

10 Very Good Health Benefit That Green Tea Gives You

Drinking green tea has become more and more popular around the world. Originated from Asia, people have been drinking it for centuries due to the many benefits it contains. The health benefit green tea can provide you are plenty. It offers at least ten health benefits. Let us now look at why drinking green tea is so good for you. One health benefit green tea offers is the ability to lower the cholesterol in your body. How can that happen? It is possible because green tea has a very high concentration of antioxidants. Green Tea will help your body to increase your liver's LDL receptors. This can then help reduce the bad cholesterol in the blood, thereby lowering your total cholesterol levels. Consuming as few as five cups of green tea per day could lead to lower cholesterol in your body. Green tea has also been known to cause remission in cancer patients. Green tea is able to inhibit the enzyme that can cause cancer cells spread throughout the body. It can also decrease tumor sizes and prevent further tumor formation. Green tea can also prevent cancer. As it contains the compound EGCG, the tea prevents cancer cells from growing when the compound binds with the enzyme also found in the body. Another health benefit green tea provides is that it is able to ease the effects of rheumatoid arthritis. The antioxidants in the tea have the effect to ease swelling, which in turn, helps ease the pain associated with arthritis. Green tea can also prevent heart disease. The tea can not only help lower cholesterol, as previously mentioned, but it can also help break down the plaque on the artery walls. This allows better blood flow, and thus, prevents heart disease. Another health benefit green tea gives you is its ability to cure infections. The antioxidants in the tea have the ability to kill the disease causing organisms. Green tea can also assist with impaired immune function. Polyphenols and antioxidants exist in green tea. These substances help with the stimulation of your immune system. This can help to make you stronger and gives your body more ability to fight infection. Green tea can treat acne. Because green tea has natural antioxidants and antibacterial properties, it is just as good as acne medications. Moreover, it helps reduce toxins and swelling. It also reduces some of the hormone levels that are known to cause acne. For acne problems, it can either be ingested or administered directly on the skin in the form of a cream. Green tea can prevent cavities. As green tea can destroy bacteria and viruses, it inhibits the growth of cavities, which are primarily caused by these things. In the future, you may see it in toothpastes and mouthwash products. One final health benefit of green tea is that it can promote longevity. The polyphenols in green tea help to fight against free radicals. This means fewer wrinkles and longer life. Green tea has many health benefits if properly used. So do try it out now to feel and experience the many health benefit green tea has for you.

About the Author

Tell her you are doing it for her own good in order to help her stop smoking. smoking is injurious to health. it affects not only self , but neighbors.

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