DRINKS & SMOOTHIES

Here Is Why You Should Start Drinking Green Tea Regularly

By bestfolkmedicine · 16/06/2018 · 3 min read



Without doubt, one of the healthiest and most powerful healing beverages is green tea. It has a long list of medicinal characteristics and once upon a time in ancient China, it was considered a privilege that was enjoyed only by the royalty and wealthy people.

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Throughout time, its use and consumption spread and green tea became part of ordinary people's lives too. Most of its healing potential is a result of the catechins that it contains. Green tea is highly recommendable for prevention of cancer and inflammation and it can also be of aid against

inflammation.

If you still have doubts about introducing this drink to your daily diet, make sure you check the list below!

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The Health Benefhits of Green Tea

Lowers your risk of diabetes- when you drink green tea on a regular basis, you will decrease your chance of getting diabetes by an astonishing 42 percent!

Alleviates toothache- since it possesses strong antibacterial properties, green tea can help you relieve the pain and discomfort caused by a toothache.

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Lowers stress– the theanine in green tea can help you relax the body and mind and thus, lower the level of stress.

Beneficial for the oral health– the catechins from green tea will remove all bad bacteria and viruses that cause caries and bad breath.

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Elevates the stamina and endurance- the body will use the catechins from green tea as fuel and consequently, this will help you endure exercising more and will elevate your chances of losing weight and gaining muscle mass.

Relieves genital warts- did you know that the antioxidants from green tea are excellent in treating genital warts?

Useful in the fight against blackheads and acne– topical application of cooled green tea is effective in treating acne and blackheads and it will also detoxify the skin and make it shinier and softer than ever before.

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Boosts hair growth- green tea can enhance hair growth and avert its loss with the help of its antioxidant properties.

Betters the brain function- the caffeine in green tea has the power to better the memory and brain function and it is great for reducing anxiety too, with the help of its amino acid known as L-theanine, a potent inhibitory neurotransmitter.

Enhances the digestion- a cup of green tea on the daily will help you avert ulcerative colitis, Crohn's, and IBS.

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Lowers the severity of rosacea- topical application and regular consumption of green tea can be beneficial for people who have rosacea. This is a result of green tea's potent antioxidant and relaxing characteristics.

Alleviates psoriasis- the active ingredients of green tea are known to have a soothing effect on psoriasis.

Treats and alleviates Parkinson's- green tea and its powerful antioxidants are a great solution for people who want to lower their risk of Parkinson's or to alleviate its symptoms.

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Slow down the progression of multiple sclerosis- scientific studies have shown the capacity of green tea's polyphenol antioxidants to reduce the severity of its symptoms and slow down the progression.

Averts wrinkles- premature skin aging can be successfully prevented with the help of regular consumption of green tea. Again, this is a result of its potent antioxidants.

Reduces water retention- water weight, which can make you look less slimmer, can be easily expelled from the body if you consume green tea frequently.

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Soothing against cold and flu symptoms- to strengthen your immunity and lower the severity of the symptoms, make sure you opt for 2 to 3 cups of green tea on the daily.

Sources:

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