DRINKS & SMOOTHIES

Matcha Green Tea May Inhibit Cancer Growth, a Study Finds

By bestfolkmedicine · 23/09/2018 · 2 min read



As explained on One Green Planet, a recent study done at the Unversity of Salford, UK, suggests that Matcha green tea may be a viable tool against cancer due to its potent anti-cancer characteristics.

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For the purposes of the study, the researchers used an estrogen receptive, human breast cancer cell line to find out if the Matcha tea influences the breast cancer on a cellular level.

The Research of Matcha Green Tea

In the last couple of years, green tea was found to be able to curb cancer stem-like cells. With the goal to investigate the potential of Matcha, a type of green tea, they tested its connection to cellular metabolism, all with a goal to discover if it has the power to inhibit cancer growth.

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The research help conclude that Matcha green tea was able to suppress the cancer cell propagation by 50 percent! It does this by lowering the mitochondrial metabolism and glycolysis. Matcha tea keeps the cancerous cells in a dormant state and averts their growth. Even though further research is needed, Matcha green tea may be pivotal for a natural inhibition of cancer.

So, why wait?! Include it to your daily diet as soon as possible and start reaping its numerous health advantages!

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Other Health Benefits of Matcha Green Tea

- ***Abundant in antioxidants, including EGCg***
- ***Speeds up the metabolism and helps burn calories***
- ***Cleanses the whole body of toxins and waste***
- ***Calms down the mind and relaxes the body***
- ***It is abundant in fiber and vitamins***
- ***Betters the mood and elevates your concentration***
- ***Decreases bad cholesterol and blood sugar***

How to Include Matcha Green Tea to Your Daily Diet

1. **Raw Coconut & Matcha Energy Bars**

This recipe makes a great healthy and tasty breakfast or on-the-go snack. It will supply your body with antioxidants, fiber, protein, and healthy fats! Wow!

2. **Matcha & Mint Cheesecake**

This delicious vegan cheesecake requires no baking and it is perfectly healthy for all chocolate lovers. We are already in love!

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3. **Matcha latte**

This latte is the ideal, nutrient-abundant morning drink that we all need for an amazing morning kick! Cheers!

How to Prepare Matcha Tea

After you have purchased your organic matcha powder, it is time to learn how to make it. Here are the instructions:

Sift one and a half tsp of matcha powder into a cup with a small sifter and then pour 2 oz. of boiled water. Whisk it vigorously until you get a frothy content. Enjoy it right away!

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Sources:

ONE GREEN PLANET

MATCHA SOURCE

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