HEALTHY FOOD

Scientists Explain What Happens To Your Body When You Drink Green Tea Every Day

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Did you know that green tea is one of the healthiest teas in the world? It's rich in polyphenols and antioxidants.

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Thanks to its rich nutritive profile, it helps us improve our health and minimize damage caused by free radicals that have been linked with some serious health problems.

But, drinking green tea has so many other health advantages to offer. This being said, make sure you drink it on a regular basis.

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Below, check out why a cup of green tea is always a good idea!

The Best Health Benefits of Green Tea

- **Reduces high blood pressure**

Green tea, according to one Japanese study, helped those who regularly drank it to reduce their risk of type 2 diabetes by 42 percent.

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- **Boosts your digestion**

Since it possesses anti-inflammatory benefits, it helps soothe digestive discomfort common in those with IBS, ulcerative colitis, and Crohn's.

- **May help lower the risk of cancer**

Cancer often develops as a result of oxidative cell damage. Thanks to the antioxidants in green tea, it can be a good way to minimize your risk.

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In one study analysis, it was discovered that the women who consumed the most green tea had a 20 to 30 percent reduced chance of breast cancer.

Moreover, in one study, the men who drank green tea had 48 percent reduced risk of prostate cancer.

- **Helps reduce bad cholesterol**

As it contains antioxidants, green tea may play a role in the intestinal cholesterol absorption and keep the LDL particles from oxidation that is linked with heart illness and stroke.

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Plus, green tea helps increase the good cholesterol in the body.

- **Betters the health of the liver**

Your liver will thank you for consuming green tea on a regular basis-it's especially great for people with alcoholism and for protection from liver tumors.

Scientists believe it's helpful because of the chemicals it contains known as catechins.

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- **Minimizes the risk of cardiovascular disease**

Thanks to its richness in antioxidants, green tea may play a role in slowing down or averting atherosclerosis or buildup of fat, cholesterol, and other substance in the arteries.

According to studies, people who drink green tea regularly have 31 percent lower risk of cardiovascular illnesses and 10 percent reduced chance of heart attack.

Sources:

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