THE HEALTH BENEFITS OF TEA

We’ve all heard that tea is good for us. Second to water, it’s the most popular drink in the world—even more popular than beer.

But what are all the different kinds of teas out there, and why do all these different kinds have health benefits?

Teas contain health-benefitting compounds, but they won’t prevent health problems on their own. Think of tea as a beverage to enjoy, in addition to a proper diet and exercise.

White tea is harvested in the early spring. It is the least processed of the teas with the least amount of caffeine. Thought to protect against:

- Cancer
- Tooth Decay
- Diabetes
- Heart Disease
- Stroke
- Osteoporosis

*Also may help:
- Burn fat
- Improve cholesterol levels
- Weight-loss

Green tea has a lighter, subtler taste than oolong or black tea. It has a negligible amount of caffeine, and a high concentration of antioxidants. Thought to protect against:

- Cancer
- Tooth Decay
- Diabetes
- Heart Disease
- Stroke
- Osteoporosis

*Also may help:
- Burn fat
- Improve cholesterol levels
- Weight-loss

Oolong tea has properties in between green and black tea. It has less caffeine than black tea. Thought to protect against:

- Tooth Decay

Black tea is the most processed and most caffeinated. It has a stronger taste than oolong or green tea. Thought to protect against:

- Heart Disease
- Stroke
- Neurodegenerative Disease
- Lung Disease

Rooibos is a South African herb that can be made into a caffeine-free herbal tea. Because it does not come from the Camellia sinensis plant, it is not considered a true tea. Thought to protect against:

- Cancer
- Neurodegenerative Disease

*Also may help:
- Stimulate immune system
- Control cholesterol and triglyceride levels

Herbal tea is made from herbs, fruits, seeds, or roots steeped in hot water. Because it does not come from the Camellia sinensis plant, it is not considered a true tea. Thought to protect against:

- Chronic diseases, like diabetes, depending on the type of herbal tea, although limited research has been done.

* Source: [www.berkeleywellness.com/healthy-eating/food/article/tea-benefits recherche super](http://www.berkeleywellness.com/healthy-eating/food/article/tea-benefits recherche super)


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