

## Green Tea

Many of us are looking for more natural ways to boost our health and lose weight. One delightful option is the addition of green tea to our diet. Three documented benefits of green tea are super antioxidant, blood sugar regulation, and fat burning.

Green Tea is a powerful anti-oxidant. Researchers have suggested that the active ingredient (called epigallocatechin gallate or EGCG) is at least 100 more times more effective than vitamin C and up to 25 times more powerful than vitamin E as an anti-oxidant. Green tea has been reported to have anti-cancer properties and to raise levels of antioxidants in the blood that may ward off heart disease. Drinking green tea represses angiotensin II which leads to high blood pressure. This antioxidant has twice the benefits of resveratrol, found in red wine.

Clinical studies have found green tea is also effective in regulating the spike in blood sugar following a meal by slowing the action of a particular digestive enzyme called amylase. Amylase is pivotal in the breakdown of starches that can cause blood sugar levels to spike following a meal. The amount of sugar in our blood regulates the amount of insulin our pancreas releases. Preliminary results indicate green tea may be useful in preventing metabolic syndrome and insulin resistance.

In a recent study published in the American Journal of Clinical Nutrition (Vol. 81, No. 1, 122-129, January 2005), Green Tea consumption leads to both a lowering of body-fat and of cholesterol levels. The authors showed that consumption of green tea increased thermogenesis as well as energy expenditure and fat loss in healthy men, suggesting that green tea in liquid or capsule form may be an effective way to aid weight loss.

High grade green teas contain more polyphenols than ordinary teas. They are delicious. Unfermented green tea leaves are the least processed form of tea. Drinking tea from 100% quality tea leaves is the most natural way to obtain these health benefits.