

Tea is an aromatic beverage commonly prepared by pouring hot or boiling water over cured leaves of the *Camellia sinensis*, an evergreen shrub native to Asia. After water, it is the most widely consumed drink in the world. Tea originated in the southwest of China, possibly as a medicinal drink. Lets see amazing health benefits of tea here on this page. Tea is generally divided into categories based on how it is processed. At least six different types are produced:

- White: Wilted and unoxidized
- Yellow: Unwilted and unoxidized, but allowed to yellow
- Green: Unwilted and unoxidized
- Oolong: Wilted, bruised, and partially oxidized
- Black: Wilted, sometimes crushed, and fully oxidized (called red tea in China)
- Post-Fermented: Green tea that has been allowed to ferment/compost (black tea for the Chinese)

The most common are white, green, oolong, and black. Lets see amazing health benefits of tea.



Black-Tea

Health benefits of Black Tea: Black tea has high concentrations of the antioxidant compounds known as theaflavins and thearubigins, which have been linked to lower levels of cholesterol

Green-Tea

Green tea is full of antioxidants called catechins; a subgroup known as EGCG may ward off everything from cancer to heart disease. Most green teas should be allowed two or three minutes, although other types may vary between thirty seconds and ten minutes.

Oolong-Tea

Health benefits: It may aid in weight loss. Oolong activates an enzyme responsible for dissolving triglycerides, the form of dietary fat that's stored in fat cells

White-Tea

Health benefits: White tea is another health multitasker. It offers the same potential cardiovascular and cancer-fighting benefits as other teas.

Flavored-Tea

Health benefits: Flavored teas have the same levels of antioxidants and the same health benefits as unflavored ones. Those flavored with super fruits, such as blueberries, may contain even more antioxidants.

Herbal Tea

Herbal Tea Health benefits: There has been less research on traditional teas, but one study published in the Journal of Nutrition found that drinking three cups of hibiscus tea daily could help lower blood pressure in people with hypertension.

Health Benefits of Tea

- Helps in Weight loss
- Green tea consumption has no meaningful effect in aiding weight loss.
- It has been suggested that green and black tea may protect against cancer.
- Tea contains antioxidants.
- They have less caffeine than coffee
- Drinking Tea may reduce your risk of heart attack and stroke. Unwanted blood clots formed from cholesterol and blood platelets cause heart attack and stroke.
- It protects your bones.
- It gives you a sweet smile
- Drinking tea is good for your teeth,
- It bolsters your immune defenses. Drinking tea may help your body's immune system fight off infection.
- It protects against cancer. Thank the polyphenols, the antioxidants found in tea, once again for their cancer-fighting effects.
- It helps keep you hydrated.
- Tea is calorie-free. Tea doesn't have any calories unless you add sweetener or milk.
- It increases your metabolism. Lots of people complain about a slow metabolic rate and their inability to lose weight.
- Black tea consumption lowers the blood concentration of LDL cholesterol by 0.43 mmol/L
- Black tea consumption may be associated with a reduced risk of stroke and Cancer
- Green tea consumption may reduce the risk of breast and prostate cancer.
- Tea drinking accounts for a high proportion of aluminum in the human diet. There are plenty of Aluminum, iron and other metals in it.

Adverse Effects of Tea

They contain oxalate, over consumption of which can cause kidney stones, as well as binding with free calcium in the body. The bio-availability of oxalate from tea is low, thus a possible negative effect requires a large intake of tea. Instant tea may contain very little amounts of actual tea and plenty of sugars or artificial sweeteners. For health's sake, check out the ingredients on the label.