

A steaming hot cup of oolong tea no doubt tastes amazing, soothing, relaxing and with an aroma that touches the soul. The oolong tea is among the most popular beverage in most of the countries and generally said that nothing is quite as relaxing as a warm cup of Oolong tea. Oolong Tea is more effective because of containing numbers of granular crushed extracts of herbs, leaves, and plants, which are being used for over the centuries to treat different health disorders. Lets see some of the amazing health benefits of Oolong Tea here on this page.



Health Benefits of Oolong Tea

In terms of caffeine content and strength, Oolong tea comes has properties between the Black and Green Tea. The major difference between oolong tea and other teas lies in the way it is processed and the amount of oxidation it was allowed to undergo harvesting. The oolong tea is known for high concentration of antioxidants and it blocks your fat-building enzymes.

Removes Harmful Free Radicals From the Body

Oolong tea contains the powerful polyphenol antioxidant compound that removes free radicals in our body. Free radical are the ions that are responsible for body aging and often harm our body by causing cancer, atherosclerosis, stroke, rheumatoid arthritis, neuro degeneration, and diabetes.

Stress Reliever

A survey conducted at the Japan Research Institute proves that Oolong contains polyphenols which is an effective de-stressor. So, instead of consuming an excessive amount of foods to reduce stress, just drink a glass of beneficial Oolong tea.

Helps in Weight Loss

Oolong tea has a good amount of caffeine. Caffeine is stimulants which are known to increase the rate of metabolism in the body. Weight loss will arise when the rate of metabolism in the body is greater than the intake of nutrients.

Acts as an Antioxidant

antioxidants are known to prevent cancer and other diseases. A daily dose of Oolong Tea can slightly decrease the chances of contracting diseases such as cancer, rheumatoid, arthritis and strokes. The antioxidant properties of this tea help to protect tooth decay and strengthen the bones.

Excellent for the Heart

When you take in Oolong tea regularly you're more unlikely to be affected by a cardiovascular disease mainly because Oolong greatly reduces cholesterol in your body and eliminates excess fat.

Has an Inviting Taste

The taste of Oolong tea is mild because of its high level of oxidation. This can come in handy in helping people suffering from loss of appetite to boost their want for food.

Helps to make your Skin Youthful

Oolong helps to reduce damage done to the skin by the harsh rays from long exposure to sunlight, leaving you with a youthful skin.

Lessens Blood Pressure

If you have been suffering from high blood pressure levels for quite some time, you might find serious advantages of Oolong tea. This isn't basically a wonder drug which is the great cure for high blood pressure levels.