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**Is Black Tea Good For Your Health?**

**By Rene Graeber**

For thousands of years, the Chinese people have been drinking tea because of its refreshing and

soothing effects. Like all three of the major Asian teas in the market, black tea comes from the plant called *Camellia sinensis*. But the difference between the tea types lies in how the leaves are processed, not on where they come from.

In the case of black tea, the leaves are first dried and then fermented. Black tea undergoes full oxidation, which actually accounts for its aromatic and rich taste. Compared to green tea and oolong or black dragon tea, black tea has a fuller taste and tastes better with age.

However, black tea is not only known for its intriguing flavor (comparable to wine!). New research suggests that it may be a major contributor of health-promoting nutrients in the U.S. diet.

Black tea health benefits lies in the presence of flavonoids in tea. Before, scientists believed that the process of fermentation changed the beneficial flavonoid polyphenol in black tea into another form, which is not thought to have any beneficial effects at all. However, newer studies showed that polyphenol or not, black tea health benefits can certainly do you a lot of good.

Below are the top five black tea health benefits enjoyed by those who love their cup of tea every morning:

**Antioxidants**

This is actually the one black tea health benefit you can get from drinking tea. Antioxidants are substances commonly found in vegetables, fruits, and beverages such as tea. Because of their disease-fighting abilities, antioxidants have been the subject of various scientific studies investigating their many benefits, from heart disease to cancer prevention.

Think of antioxidants as the rust-oleum paint that you put on your outdoor furniture to keep it from rusting. Just as oxygen in the air around us cause iron to rust, the oxygen particles in our blood can sometimes be destructive. In scientific circles, they call these highly reactive oxygen-containing

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substances as free radicals, and they are the reason why our body undergo massive cellular damage as we age or undergo degenerative diseases like cancer and heart illness.

The function of black tea health benefit antioxidants is to seek out these free radicals and destroy them. In so doing, these black tea health benefit antioxidants help protect your body from the ravages of aging and the effects of pollution.

### Caffeine

Unless you consider yourself a coffee connoisseur, one black tea health benefit that you would surely appreciate is its caffeine content. Black tea does the job that your coffee does - that is, to give you a little push as you wake up in the morning after pulling up an all-nighter. But while coffee has the unfortunate reputation of causing heart palpitations because of too much drinking (and hence, too much caffeine), your chance of suffering the same with drinking black tea is nil. That's because black

tea has two to three times less caffeine than coffee. An eight-ounce cup of coffee contains around 135 mg. caffeine, while black tea contains only 30 to 40 mg. per cup.

Rene Graeber graduated from the University of Munic in Educational and Sports Science and from the Paracelsus School of Medicine in Hamburg from Naturopathic Medicine. If you're looking for helpful information about alternative medicine visit his website at

<http://www.naturheilkunde-reetz.de>

### **You Asked: Is Black Tea Good For My Health?**

#### **By News Canada**

(NC)—Data emerging from several recent studies on black, green, and oolong tea - each one derived from the same plant species, *camellia senensis* - consistently demonstrate that tea may indeed give your diet a boost. The findings have sparked great interest, so here are the answers to the most frequently asked questions, courtesy of the Tea Association of Canada:

**Q:** What health benefits are attributed to tea?

**A:** More people are turning to tea for its antioxidant appeal. Antioxidants are compounds, which neutralize free radicals and potentially protect against disease. Tea is rich in antioxidant plant compounds called flavonoids, which are widely believed to prevent damage to body cells that can result in cancers. As such it is good to incorporate them into the diet. The antioxidant activity in two cups of tea equals that of seven glasses of orange juice.

**Q:** What are the varieties of tea?

**A:** Traditional tea is black, green, and oolong - and all are calorie-free. Black tea is the most familiar;

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green tea is also familiar to health-conscious Canadians; and oolong tea is highly popular in the Chinese culture. From these, as many as 3,000 blends are available, including flavoured teas. Herbal infusions or tisanes, such as chamomile, rosehip, fennel, or peppermint, are made from various kinds of plants and do not contain any real tealeaves. The term "herbal tea" is somewhat of a misnomer.

Q: Which has more caffeine, black tea or coffee?

A: If caffeine is of concern, do note that 400–450 milligrams of caffeine is considered a safe and moderate daily intake. One cup of tea contains 30 to 50 percent less caffeine compared to a cup of coffee, which means that enjoying even several cups of tea every day can fit into a healthy eating plan. Decaffeinated tea is an alternative for those who want to avoid caffeine altogether.

Q: How do I maximize the benefits from each cup or pot?

A: As the research indicates, you can enjoy one or more cups of green, black, or oolong tea every day. To maximize the amount of flavonoids released from tea, use boiling water and brew it for at least three to five minutes. When making a single cup, dunk the tea bag continuously to increase the release of flavonoids.

More information is available online at

[www.tea.ca](http://www.tea.ca)

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