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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Research Confirms Drinking Relieves Stress

By Art Turner

The results are in, the clinical trials have spoken. Drinking relieves stress—drinking green tea, that is. There's something in green tea that helps us relax. And it may start turning up in other foods soon.

The legendary benefits of green tea—weight loss, cancer prevention, immune system boosting, and more—have put green tea on everyone's top ten superfoods list. Now the teacup's relaxation effect has been proven in the lab.

An amino acid called theanine (or L-theanine) is responsible for green tea's magic. First discovered in 1949, theanine is found almost exclusively in tea leaves. (It's also found in one type of mushroom—but who wants to relax with a plate of mushrooms?)

Clinical trials testing the relaxation effect of theanine produced remarkable results. Japanese researchers found that human volunteers became more relaxed about 30–40 minutes after taking up to 200mg of theanine. That's six cups of tea to you and me.

Once the theanine is flowing, a couple of things happen. Your brain waves start to shift into the alpha range. That's a good thing. Alpha brain waves occur when you are relaxed and peaceful, but still awake—like after a massage or a hot bath, or during meditation.

At the same time, theanine increases the GABA levels in your brain. GABA is a neurotransmitter that is linked to dopamine and serotonin levels. This complicated-sounding chemical cocktail results in a relaxation effect. And what's more, theanine also lowers your blood pressure. Well, OK, the blood pressure part is only proven in rats. But testing continues.

So if you're stressed and anxious, relax with a few cups of green tea. You should begin to feel relaxed and alert in about half an hour. Theanine won't make you drowsy, but if it happens to be bedtime, studies have also shown you'll sleep better and awake more refreshed. By the way, if you're already relaxed when you start, it doesn't matter how much theanine you get—you won't get any more relaxed.

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If you would rather get your theanine in a pill, you're in luck. Supplements containing theanine are readily available. One of the Japanese firms heavily involved in theanine research went beyond simple green tea extracts and developed Suntheanine, which is a synthesized, ultra-pure theanine. A company spokesperson stated there is "a tremendous opportunity for designing foods and medical foods targeting relaxation and the reduction of stress."

I'm not sure what they have in mind, but the possibilities are wide open. More than 50 food items containing Suntheanine, including ice cream, candy, and beverages, are currently sold in Korea, Japan, and Europe. In America, it's only available in supplements right now. But I'm looking forward to seeing it in something that goes with my cup of tea. Relaxation muffin, anyone?

Art Turner is a writer, musician, and creator of Relaxation Emporium, where you can learn more about

the relaxation effect of tea and other ways to reduce stress. Visit

<http://www.relaxationemporium.com/earth.html>

5 Reasons Why To Use Acupuncture?

By Karina Jacobsen

Acupuncture is an ancient form of natural Chinese healing. It continues to be practiced in modern times in countries all around the globe to treat a wide variety of conditions and illnesses.

Acupuncture involves using extremely thin long needles, often described as 'hair thin'. These needles are inserted in various points on the body to simulate the body's own healing abilities.

Below are five of the common reasons that acupuncture is used today:

Acupuncture Controls Allergies

Allergic reactions occur when the immune system reacts to a substance that is normally harmless to most people. These substances can be environmental such as pollen and dust, or they can be from foods such as mild, peanuts, or shellfish. Allergies can cause mild reactions such as itchy, watery eyes and runny nose. Sometimes, more severe reactions occur as a result of an allergic reaction and these can be kidney failure, heart palpitations, depression, and joint pain. Acupuncture helps to detoxify the body so the immune system can be strengthened to the point that allergic reactions no longer occur.

Acupuncture Strengthens The Immune System

Studies have shown that acupuncture improves the body's natural resistance to disease and infection by strengthening the immune system. Acupuncture increases the level of white blood cells as well as alpha, beta, and gamma globulins. Gamma globulin helps the body produce immune antibodies and alpha and beta globulin assist the white blood cells in fighting infection.

Acupuncture Provides Pain Relief

Acupuncture triggers the release of the body's feel good chemicals, the endorphins. An increase in the level of endorphins helps to alleviate pain. Acupuncture further helps to provide pain relief by balancing the nerve impulses along the central nervous system.

Acupuncture Assists in Drug Recovery

Chemical dependency can be treated with acupuncture by helping to reduce the withdrawal symptoms from drugs and alcohol. Acupuncture helps to reduce cravings, relieves tension, and generally helps people relax. Acupuncture is used extensively in drug recovery due to these desirable benefits.

Acupuncture Relieves Stress

Traditional Chinese medicine teaches that stress is related to liver imbalance, so therefore the treatment for stress is using acupuncture to restore the energy balance in the liver. Once this is done, the muscles relax and the patient is stress free. Stress can lead to many serious life threatening diseases, so alleviating stress is an important benefit of having an acupuncture treatment.

The five reasons above are just a few of the many indications for using acupuncture. If you have a

chronic condition, you should consider this alternative treatment.

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