

4 Awesome Health Benefits Of Green Tea

Description



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Green tea is one of those “trending” drinks that everyone raves about. But, what will it actually do for your health? Can you see significant health benefits from drinking green tea every day? Well, you can never guarantee that something will happen or not. However, there are many health benefits that have been strongly linked to green tea consumption. Here are four of the best:

Potentially lower the risk of cancer

Some cancers are less likely to form when you drink green tea. This is because it is full of antioxidants that protect your body from cell damage. Green tea is seen as particularly important for [prostate health](#) and can prevent prostate cancer. It’s also shown to be somewhat effective at lowering the risk of breast and colon cancers. The great thing about green tea is that the antioxidants enter your body almost immediately because you drink them. With other things “like fruit and veg” the food has to be digested and absorbed before [your body](#) gets the antioxidants.

Stimulates brain function and keeps you alert

Green tea is a fantastic source of natural caffeine. Now, you could drink a cup of coffee to enjoy the [benefits of caffeine](#), but green tea is better. It has a more concentrated amount, and you will also see the other benefits listed in this post! Effectively, the caffeine in green tea stimulates brain function and will keep you alert. Also, green tea contains an amino acid that is also shown to aid brain function. So, if

you need help concentrating at work, drink some green tea!

Improve your oral health

There's something in green tea called catechins, and they're amazing for your oral health. In short, this ingredient will kill bacteria and stop it from growing inside your mouth. This is perfect as it can [prevent plaque](#) from forming, stopping you from getting dental cavities. Also, it does a brilliant job at stopping bad breath. If you suffer from smelly breath, think about drinking a cup of green tea now and then.

Help you lose weight

Now, green tea may be used to help you lose weight. You should always be careful when you see something with a claim like this. How will it help you lose weight? Well, it can [increase your metabolic rate](#), meaning you burn more calories throughout the day. This is fantastic, but don't assume that you can just drink green tea and lose weight! You still need to follow an exercise routine that makes you burn more calories than you consume. This is the only way to lose body fat, so keep that in mind. Think of green tea as a sort of natural health supplement that aids the weight loss process.

As you can see, green tea has some considerable health benefits. The crazy thing is that we've barely scratched the surface. I'm sure if you did some more research you'd find loads of other health benefits. Oh, one last thing to add, green tea is basically just water with a teabag in it, so it's great for hydration purposes as well!

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