

## Warm up with a Hot Cup: The Health Benefits of Tea

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This winter, warm up, relax, and focus on wellness with a simple cup of tea. Tea leaves contain high levels of antioxidant compounds, called polyphenols. Due to the antioxidant capacity of tea, researchers are optimistic about the role of tea in prevention of obesity, cancer, CVD, diabetes, and other inflammatory chronic diseases.

The main types of caffeinated tea include:

- Black tea (47 mg caffeine/8 oz cup) - made from fermented tea leaves, black tea may protect the lungs from smoke exposure as well as reduce the risk of stroke. Black tea is the most widely consumed tea in the world.
- Oolong tea ( 35 mg caffeine/8 oz cup) - made from partially oxidized tea leaves, oolong tea may improve insulin resistance, although more research is needed. Oolong tea also shows promising results in the research for healthy teeth by strengthening tooth enamel.
- Green tea (28 mg caffeine/8 oz) - made with steamed tea leaves, this cup contains high antioxidant levels of EGCG, which has been associated in research studies with prevention of tumor growth. EGCG is also correlated with improved CVD risk factors and reduced risk of neurological disorders, such as Alzheimer's disease.



Tea certainly shows promising results in the research for prevention of chronic health issues. Beyond that, tea is naturally unsweetened, lower in caffeine content than coffee, and in my personal experience, an excellent way to unwind. Holding a warm mug of subtly scented tea always helps me to relax!