

Benefits of Green Tea

A doctor would not subscribe you green tea for a medication, but people all over the world are noticing that green tea has many health benefits. Green Tea helps prevent cancer, elevated body fats, hardening of arteries, and much more. Green tea helps ward off fungal bacterial and viral infections (like the common cold).

Green tea is slightly steamed and quickly dried; it prevents the enzymes from breaking down substances called polyphenols. Polyphenols are a cancer fighting compound found in green tea. Polyphenols are strong antioxidants even stronger than vitamin C and E.

Green tea helps with the digestive system, can help you think more clearly, and has been known to help poor eyesight. Green tea strengthens arteries by reducing body fats in your blood. Green tea helps sore throats by cleaning up phlegm, and breaks down poisons causing colds. The tannins in green tea are known to help stop diarrhea.

Doctors don't prescribe green tea, but maybe they should with all the benefits to the body, mind, and soul it supplies a person.

Possible Interactions

Green tea may inhibit the effect of blood thinning medications. Green tea may affect the absorption of the following medications: atropine, codeine, ephedrine, and pseudo ephedrine. It may also interfere with the absorption of asthma medications, and psychotherapeutic medications. It is best to not use green tea while taking these medications.

Precautions

Limit you intake of green tea if you have a sensitive stomach, cardiovascular complications, kidney disorder, overactive thyroid, or tendency toward spasm. If you are prone to anxiety attacks, be careful drinking tea or any caffeinated beverage.

References

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