

The Benefits of Drinking Green Tea *by Jake Lakie*

In Ancient Chinese medicine, green tea held a position of prominence and it is only in recent years that the Western world has discovered that this herbal remedy has great significance in maintaining the good health of the body. Modern medical treatments consist of many different chemicals and while they can cure one illness, they also cause damage to other parts of the body.

Although green tea does contain caffeine, it contains much less than coffee and regular black tea. This means that it won't cause the same effect with insomnia, nausea or frequent urination. The Chinese drank green tea mainly to give them relief from headaches and depression, but its medicinal effects are more far-reaching than these two medical conditions. Some of the main benefits of making Green tea a regular part of your diet include:

the prevention and treatment of multiple sclerosis

It has been found to prevent cancer and is also used in the treatment in combination with chemotherapy

control of Alzheimer's Disease and Parkinson's Disease

reduction of thrombosis, which causes heart disease

the treatment of the immune system when it is not functioning normally

In weight loss, studies have shown that drinking green tea helps to curb the appetite much better than diet pills. It also helps to raise the metabolic rate of the body and this helps the body to burn fat at a much faster rate.

Research into green tea has also shown that it inhibits the development of cancer cells, which is why it has been touted as a preventative measure against different kinds of cancer, especially cancer of the esophagus. In oral care, it can also serve in a preventative way in preventing tooth decay because it destroys the bacteria that cause plaque buildup on the teeth. At the same time, it also helps to prevent bad breath.

If you are a smoker, you can reduce your health risk associated with the toxic chemicals in cigarettes by drinking green tea. In addition, you can replace some of your beauty aids with this drink by applying it to your face to give your skin a fresher look and to soothe the look of tiredness around your eyes. It has also proven to be an effective remedy for sunburn and as an antiseptic for minor scrapes and cuts.

Green tea is a natural source of antioxidants and has positive implications for almost every part of the body.

About the Author

Jake Lakie is a stay at home dad who passes time writing about topics that are close to his heart.

[Exercise](#) and everything that goes along with it is one thing Jake loves to research and write about.