# Benefits of Green Tea

## Introduction

Green tea is a great way to get some healthy antioxidants without feeling like you're missing out on the taste of coffee. But did you know that green tea has many health benefits beyond just being tasty? In this article, we'll discuss several ways that green tea can improve your health.

## Green tea can help prevent cancer

Green tea is a rich source of antioxidants, which may help protect against cancer. Studies have shown that people who drink five or more cups of green tea each day have a lower risk of developing some types of cancer than those who don't drink it.

The cancer-fighting properties of green tea are still being studied, but they're thought to be due to the plant's polyphenols (natural chemicals found in many foods). One particular polyphenol in green tea—epigallocatechin gallate (EGCG)—has been shown to prevent tumor growth and kill some types of cancer cells. Some researchers think that EGCG may be responsible for protecting against certain cancers because it interferes with the process by which cells grow and divide. Other studies suggest that other compounds in green tea can also fight certain cancers.

Green tea also contains the B vitamin folate, which has been linked to lower rates of breast and colorectal cancers as well as heart disease and stroke.

## Green tea helps protect your brain

Green tea is rich in antioxidants, which help prevent damage to brain cells. The polyphenols found in green tea can protect against Alzheimer's disease and other types of dementia, as well as reduce the risk of stroke.

## Green tea can improve your dental health

There's a lot of talk about the health benefits of green tea: it can help you lose weight, prevent cancer, and even reduce the risk of heart disease. But did you know that green tea may also improve your dental health?

Well, according to a study published in The Journal of Clinical Periodontology (and supported by other studies), drinking green tea regularly can actually help reduce bacteria that causes tooth decay. Green tea has anti-inflammatory properties that might actually help prevent gum disease too!

## Green tea might help you lose weight

Green tea has been shown to be effective in reducing body fat. In one study, overweight women who took green tea extract for 12 weeks lost about seven pounds and saw their waistlines shrink by over an inch on average. This is because green tea can help you lose weight in three ways:

- It boosts your metabolism so that you burn more calories at rest.
- It helps prevent fat buildup in the liver, which means less stored energy (aka belly fat).
- It may cancel out some of the effects of fructose-containing foods and beverages like soda or fruit juice.

## Green tea can lower your risk of type 2 diabetes

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- Green tea can help lower your blood sugar by improving your body's ability to use insulin, preventing insulin resistance, and preventing type 2 diabetes.
- Green tea can help prevent your blood sugar from rising too high if you already have diabetes.

## Green tea can improve physical performance

In addition to aiding in weight loss and improving your metabolism, green tea can also improve your physical performance. There are several ways that drinking green tea can help increase your athletic ability:

- Green tea may help you recover from exercise. Studies have shown that taking green tea extract after endurance training appears to reduce markers of muscle damage and inflammation. This may be because the catechins in green tea promote antioxidant levels within the body and protect cells from oxidative stress (R).

- Green tea may improve endurance performance during prolonged exercise. A study on marathon runners found that those who drank a lot of green tea were able to complete their races more quickly than those who did not drink any green teas (R).
- Green tea inhibits lactic acid production after intense exercise, which results in less muscle soreness (R).
- Athletes who use caffeine supplements often feel jittery or anxious—this side effect does not occur with natural sources like coffee or green teas due to their different chemical structure (R).

## Green tea is associated with a lot of positive health effects.

Green tea is associated with many positive health effects. Research has shown that green tea contains antioxidants and may help protect against heart disease, cancer, and diabetes. Studies have also suggested that drinking green tea can help you lose weight, though it's unclear how much of this effect is due to its caffeine content versus other nutrients in the drink.

Green tea may be able to help you live longer than otherwise expected—a 2014 study found that people who drank black or green tea at least once per week had a lower risk of death from all causes during an average follow-up period of 10 years compared with those who didn't drink either type of tea regularly. The study authors concluded that drinking black or green tea could improve longevity but cautioned that more evidence is needed to confirm these findings (black teas are usually lower in caffeine than the stronger varieties like oolong).

## Conclusion

There’s a lot of evidence to support the health benefits of green tea. People who drink green tea regularly may be at lower risk for certain types of cancer, cognitive decline, heart disease and diabetes. Green tea also seems to improve physical performance, dental health and weight loss. All in all, this hot beverage is something you should consider adding to your diet if it doesn’t already contain enough caffeine!