

# Dr. Eder's Healthy TidBit

## Go Green with Green Tea

I have a challenge for you this week. Give up your daily coffee for Green tea. Why do you ask?

### What is it?

Green tea, black tea and oolong teas are all derived from the same plant. Unlike black tea, green teas leaves do not undergo a fermentation process.

### What does it mean?

**Polyphenolic** for you! They are thought to help control various disorders such as cardiovascular, neurological, and neoplastic disease. Studies show that drinking two or more cups of green tea per day lowers the risk for breast, prostate, and colon cancer. Green tea also contains antibacterial, antiviral, and antifungal properties.

### How should I prepare my tea?

You'll get most benefit out of freshly brewed hot tea that has steeped for three to five minutes, a process that helps to bring out the catechins. Green tea that is made from older leaves also tends to have more catechins (the good stuff). Decaffeinated or bottled tea preparations and instant teas have less of those favorable chemicals

### What about my Caffeine?

Green tea has only one-third the caffeine of black tea but has been shown to yield the same level of excitement (awesome huh?). This can help prevent the ups and downs associated with other caffeinated drinks.

**What about Milk in my Tea?** Milk has casein in it which has been shown to inhibit the beneficial effects of tea.

So will you take the challenge! And let me know how you feel



Staying healthy depends on maintaining regular exercise, good sleep, regular chiropractic care and eating good food

Call today to schedule your appointment with Dr. Eder at Hartwell Chiropractic and Wellness

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