

DRAKE MAGAZINE

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TEA UP FOR HEALTH BENEFITS



Tea may be consumed by many all over the world but few may realize just how many amazing health benefits this classic drink can have on your body. Tea can be a beneficial substitute to other drinks, such as coffee. “Because tea can be processed in various ways, with varying oxidation levels, the overall range of different health benefits is wider than coffee,” says Kevin Borowsky, the owner of [The Whistling Kettle](https://www.thewhistlingkettle.com/), an online tea shop. The two most common types of tea are green and black varieties.

Green (and white) teas contain high levels of catechins, which are antioxidants that help prevent chronic [disease and cancer](https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/tea-fact-sheet), as well as boost metabolism. “It is EGCG ([epigallocatechin-3-gallate](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3509513/)) that is thought to be the most powerful in stopping oxidative damage to cells, in addition to having the ability to fight other diseases,” says tea expert [Angela Pryce](http://angelapryce.com). Green teas contain the most EGCG, hence the reason they protect you against diseases and cancer the most.

Black teas contain flavonoids, a type of antioxidant that helps blood circulation and cardiovascular health. “Drinking three cups of tea a day has the same antioxidant power as eating six apples,” Pryce says. And according to [organicfacts.net](https://www.organicfacts.net/health-benefits/beverage/health-benefits-of-black-tea.html)(<https://www.organicfacts.net/health-benefits/beverage/health-benefits-of-black-tea.html>), black teas can also help lower cholesterol and aid in treating diarrhea, tooth decay, high blood pressure, and asthma. Types of black tea include

Earl Grey, English Breakfast, and [many more](https://www.thespruce.com/different-tea-types-766320)(<https://www.thespruce.com/different-tea-types-766320>).

Tea can also be consumed to gain certain benefits. Here’s our quick-and-dirty tea cheat sheet:

- **Best for caffeine:** Black teas will do the trick to give your day a great start.
- **Best for sleep:** Any tea containing chamomile, valerian, lavender, lemon balm, peppermint, and [more](http://www.nosleeplessnights.com/tea-that-helps-you-sleep-looking-beyond-chamomile/)(<http://www.nosleeplessnights.com/tea-that-helps-you-sleep-looking-beyond-chamomile/>) will help you drift off to dreamland faster.
- **Best for metabolism:** Green and oolong teas are among [many](http://www.eatthis.com/5-best-teas-that-boost-your-calorie-burn)(<http://www.eatthis.com/5-best-teas-that-boost-your-calorie-burn>) that will help you speed up your metabolism.
- **Best for the common cold:** “Common cold” teas contain [echinacea](http://www.umm.edu/health/medical/altmed/herb/echinacea)(<http://www.umm.edu/health/medical/altmed/herb/echinacea>), which has been clinically proven to reduce the duration of colds, Borowsky says.

Not only does tea help with simple day-to-day needs, but it can also help to relieve ongoing struggles with stress and [anxiety](http://www.huffingtonpost.com/toby-nwazor/6-natural-tea-remedies-for-anxiety_b_10619928.html)(http://www.huffingtonpost.com/toby-nwazor/6-natural-tea-remedies-for-anxiety_b_10619928.html). Peppermint, chamomile, lemon, passion flower, and green teas can all help with calming yourself. For example, peppermint tea contains a substance called menthol that helps your muscles relax, making it a perfect pre-bedtime treat.

So, put down that cup of coffee, and sip on this.