

20 HEALTH BENEFITS OF GINGER, GREEN & MATCHA TEA

1. Tea contains antioxidants.
2. Tea has less caffeine than coffee.
3. Tea may help with weight loss.
4. Tea may help protect your bones.
5. Tea may keep your smile bright.
6. Tea may boost the immune system.
7. Tea may help battle cancer.
8. Tea can boost exercise endurance.
9. Tea helps fight free radicals.
10. Tea is hydrating to the body.
11. Tea may help lower cholesterol.
12. Tea might provide protection from ultraviolet rays.
13. Tea may reduce the impact of cortisol.
14. Tea may reduce your risk of heart attack and stroke.
15. Tea might help lower the risk of Parkinson's disease.
16. Tea could be beneficial to people with Type 2 diabetes.
17. Tea may be helpful for reducing pollen allergies.
18. Tea might improve reaction time, memory, focus and concentration.
19. Tea might help protect against cardiovascular and degenerative diseases.
20. Tea might be an effective agent in the prevention of neurological diseases.



Sources: www.healthland.time.com / www.today.com / www.mindbodygreen.com