



By *Summer Banks* on Oct 01, 2017

What do we know about green tea benefits? Considered a healthy option for centuries, now science has something to say.

Modern medicine shows green tea benefits [weight loss](#), improves heart health, immunity and general health and wellness. fighting bacteria, reducing diabetes, weight loss, brain function, general health and wellness, cardiovascular

disease, cancer, and cognitive function.

Green tea is the single best food source of these catechins or compounds found in plants. One of the key ingredients in [Thrive Patch](#). (1)



Green Tea Benefits Total Health and Wellness

Studies show green tea benefits gut health. It also slows down the growth of bad bacteria. (2) (3)

Additional research shows green tea benefits health when you have symptoms of the flu. (4) (5) (6)

Green tea benefits the health of the mouth by reducing bad breath. (7) (8) (9)

The growth of particular bacteria is affected by the catechins found in green tea. (10) (11)

Bottom Line: “On average, based on per gram comparison, Matcha has over five times as many

antioxidants as other superfoods, like raw fruits, deep green veggies, and dark chocolate. Not to mention, nutrition-wise, one cup of Matcha is equivalent to 10 cups of steeped green tea.” states [Aiya-America](#).



Green Tea and Diabetes

Type 2 diabetes affects how the body processes insulin. Green tea benefits your health by helping to control blood sugar levels. (12) (15)

Several studies suggest green tea has a favorable effect in decreasing fasting glucose levels. (16)

One study showed a correlation between green tea and a [reduced risk of developing type 2 diabetes](#).

Bottom Line: Green tea benefits health by reducing the risk of Type 2 diabetes.



Green Tea and Weight Loss

Green tea benefits overall health and wellness by boosting metabolism. (18) This in turn promotes weight loss; similar to drinking a shake from [Plexus Slim](#).

There's also research showing green tea helps prevent obesity. (19)

Green tea benefits health when combined with [moderately intense exercise](#). (20)

By reducing abdominal fat and improving body composition, green tea benefits overweight individuals wanting to lose weight. (21) (22) (23)

Bottom Line: Green tea benefits overall health by helping promote weight loss.



Green Tea for Heart Health

Heart disease is a concern in cultures around the world. (34)
So, where does green tea fit in?

Studies show drinking green tea benefits heart health by helping to lower bad cholesterol levels. (35)

There's also research showing green tea benefits health by helping lower blood pressure and the risk of stroke.
(36) (37) (38)

Bottom Line: Green tea benefits heart health.



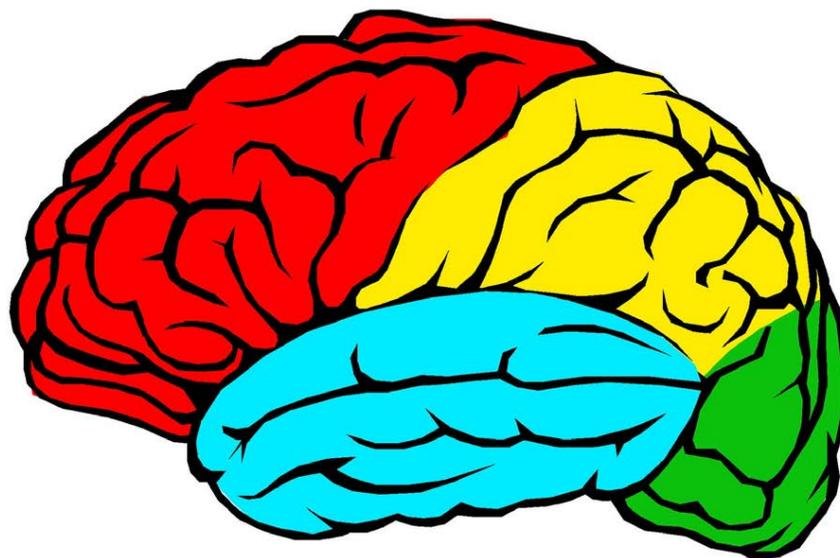
Green Tea and Cancer

Cancer is one of the leading causes of death worldwide. (40)

Some studies show the risk of developing breast cancer lowers when you drink green tea. (41)

There's additional research showing green tea benefits health by lowering the risk of prostate cancer and stomach cancer. (42) (46)

Bottom Line: There's a connection between green tea and lower risks of certain types of cancer.



Can Green Tea Improve Brain Power?

Green tea contains caffeine; known to improve alertness. Studies show green tea benefits brain function by positively affecting mood. (25)

L-theanine, an amino acid in green tea, helps promote focus and attention. (26)

Green tea benefits brain function by slowing the progression of neurodegenerative disorders such as Alzheimer's and Parkinson's disease. (49)

Some studies show drinking green tea helps prevent dementia. (51)

Bottom Line: Green tea has a positive effect on brain functionality.

Final Thoughts on Green Tea

Green tea is a popular drink throughout the world. However, green tea benefits reach far and wide. It helps promote weight loss, improve brain function, heart health and even prevents certain types of diseases.



About the Author:

Summer Banks, Director of Content at Dietspotlight, has researched over 5000 weight-loss programs, pills, shakes and diet plans. Previously, she managed 15 supplement brands, worked with doctors specializing in weight loss and completed coursework in nutrition at Stanford University. [full bio](#).



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