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Aum Tea Company

High Mountain, Top-Leaf Oolong Black Tea Health Benefits

Drink Oolong Tea for Health and Pleasure

This healthy tea is abundant in minerals and free of pesticides, sugar, colorings and preservatives. Our Grade A Oolong has a natural aroma and full-bodied flavor that creates a delicious beverage. Enjoy this infusion hot or cold and nourish your body. See more about the Health Benefits of Oolong Tea below.

Health Benefits of Oolong Tea

The benefits of tea are extensively researched in China and Japan. It has been shown to positively effect many systems in the body and to inhibit the progression of some diseases. It contains among the highest concentrations of minerals and antioxidants, which have proven to benefit the body. The following are some of the health benefits of tea from Western research sources.

Saves Arteries: Drinking black tea supports healthy arteries and arterial functioning that can trigger heart attacks and strokes, two major new studies have found. In a large 10-year study in the Netherlands, men who consumed the amount of antioxidants called "catechins" found in three cups of black tea were 50% less likely to die of ischemic heart disease, caused by narrowed clogged arteries, than were men who consumed only the catechins in half a cup of tea. In another recent test, Joseph Vita, M.D., of the Boston University School of Medicine, had heart patients drink either plain water or four cups of black tea daily. In a month, impaired blood vessel functioning (a risk factor for heart attack and strokes) improved about 50% in the tea drinkers.

Tames Inflammation: Researchers at Case Western Reserve University gave arthritis-prone mice either green tea or water. The human equivalent of four cups of green tea daily halved the mice's risk of developing arthritis. Also intriguing: TF-2, the newly discovered compound in black tea, suppresses the Cox-2 gene that triggers inflammation, says research at Rutgers. That's the same way the drugs Vioxx and Celebrex work. Also, in a UCLA study of 600 Chinese men and women, drinking green tea halved the risk of chronic stomach inflammation.

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Drink Tea for Health ~ www.aumtea.com ~ info@aumtea.com

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Wipes out viruses: Previous tests prove tea can neutralize germs, including some that cause diarrhea, pneumonia, cystitis and skin infections. New research by Milton Schiffenbauer of Pace University finds that black and green tea deactivates viruses, including herpes. When you drink tea, he says, chances are good you will wipe out viruses in your mouth. Flu viruses, too? Possibly. A recent Japanese study showed that gargling with black tea boosted immunity to influenza. Recent research at Harvard indicated that tea chemicals stimulated gamma-delta T-cells that bolster immunity against bacteria and viruses.

Burns calories: Tea has been used as an aid for weight loss. Drinking a cup of tea with each meal is a protocol for using tea successfully as a metabolic stimulant. Tea by itself carries only 4 calories per serving, and it's most healthy when consumed with nothing added. The caffeine in tea increases body function to help burn more calories and the polyphenols seem to aid in the digestion of fats. Oolong teas have received the most attention regarding weight loss, but all types of tea offer a low calorie alternative to commercial beverages.

For the best benefit: Bottled tea and instant tea have few antioxidants, research shows. Tea with caffeine has slightly more antioxidant activity. Steep tea leaves or bags in hot water 3 to 5 minutes to thoroughly release antioxidants. Adding milk to tea does not block absorption of antioxidants, new Dutch research finds. Don't give much tea to kids. Tea "chelates" iron, removing it from the body. That may help combat chronic disease but can cause anemia in young people.

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