

## HEALTH AND TEA

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Sorry coffee, but more people drink tea than any other beverage in the world. "Steeped" in tradition, tea has filled the cups of everyone from peasants to kings and queens for thousands of years. Ironically, modern science has only recently "discovered" that tea is actually really good for you!

Rich in powerful antioxidants called catechins, green tea may inhibit cancerous tumor growth, decrease cardiovascular disease risks, act as an anti-inflammatory agent, promote fat burning, reduce cholesterol levels, and even slow down the aging process by protecting our DNA from oxidizing free-radicals.

White tea has similar health benefits as green tea, with additional fat burning potential. Recent [studies](#) show that white tea can help reduce fat cell formation, as well as the ability to pull fat (triglycerides) out of existing fat cells. White and green tea are also very helpful for an alkaline pH balance, which is important for overall health.

*Caution: limit your use of green or white tea if you are taking blood thinning medications. Infants should also largely avoid green or white tea because it may inhibit iron metabolism.*