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The Top 5 Health Benefits of Herbal Tea

How the Best Herbal Teas Prevent Disease and Weight Gain!

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If you are trying to build a happy, healthy body using the best natural remedies, you know how hard it is to find reliable and accurate information.

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The good news is that herbal teas can help you stave off cancer, reduce your high cholesterol, prevent illness, and even more! Take our tips on the benefits of herbal tea and use them to decide for yourself whether this humble drink is right for you!

Photo credit: Flickr / pazavi

The Benefits of Herbal Tea

So how do the best herbal teas benefit body and mind? Find out here:

1. Herbal teas prevent cancer

It has been established that drinking the best herbal teas, such as **green tea**, can help to reduce the drinker's risk of cancer (1). This is because green teas contain high levels of antioxidants, which prevent tumors in the bladder, breasts, lungs, stomach, pancreas and colon.

2. Herbal teas help you to resist viruses

Researchers have found that drinking varieties of herbal tea such as peppermint can help the drinker to resist viruses. Along with this anti-viral property, herbal tea benefits include antitumor properties, and even antiallergenic properties (2).

3. Herbal teas help to prevent blood clots

A scientific study has found that drinking herbal tea can help to reduce blood clots (2). They do this by reducing the clumping activity of platelets, the cells in the blood which cause clots.









4. Herbal teas help to reduce high cholesterol levels

Oolong tea is now thought to be one of the best herbal teas because studies have shown that drinkers of this tea have lower levels of cholesterol (3).



5. Herbal teas help to prevent weight gain

Researchers have found that animals who consumed pu-erh herbal tea put on less weight over a given period of time than those that did not consume

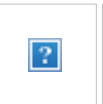



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the tea (1). This goes some way to support the claims of ancient Eastern medicine that one of the benefits of herbal tea is that it aids in weight loss (4).



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As you can see, if you are considering incorporating herbal tea into your diet, there are lots of benefits to doing so!

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About the author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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