

Time to Get Around Tea

Tea... Who doesn't love a warm cup of tea? Especially in winter. Tea comes in so many varieties and each one comes with its own bunch of health benefits. Black tea, green tea, herbal teas, what ever your choice, it is time to get around tea!

Green tea is one of the things you either love or you hate. But green tea is an asset to a healthy diet so if you have tried it in the past and haven't overly enjoyed it, try it again, it grows on you. Green tea has a bunch of health benefits.

- Antioxidants – it is rich in polyphenols, a powerful antioxidant which research has shown can help prevent against cancer cells and can lower LDL (the bad) cholesterol levels.
- Aids healthy skin
- Boosts the immune system
- Shown to increase metabolism and help use fat as a main fuel source
- Lower levels of caffeine – green tea has around 1/3 of the caffeine a regular cup of coffee would have.

There are many varieties of green tea on the shelves. You can get green tea all on its own. But then you can get green tea and jasmine, green tea and lemon, green tea jasmine and pear, or one of my favourites, green tea and pomegranate. there are plenty to choose from. If you didn't like the pure green tea, try a different one. A little tip; squeeze a little lemon juice into your green tea. It helps your body absorb the antioxidants better and it also takes some of the bitterness away, avoiding having to add any sugar or sweetness.

Herbal teas are also great for cold winter nights, when you need something to sip on. If you are still hungry after dinner, or between meals, try sipping some herbal tea to take your mind away from food. Also a good way to keep your water intake up over winter when you find normal water less appetizing because it's so cold. The flavours you can get these days are ridiculous. I recommend Tetley's Orange and Cinnamon Tea (Coles and Woolworths), or Tummy Tea (T2), these two teas are delicious, completely caffeine and guilt free, and almost like a liquid dessert. Another good tea after dinner is peppermint as it aids in digestion.

Time to check out the tea aisle and explore the wonderful thing that is tea. You will not be disappointed.

And for the real tea connoisseur out there, i recommend checking out Harney & Sons online. Their teas are pretty special.

