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USEFUL PROPERTIES OF TEA

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Tea is the specially dried leaves of the Chinese shrub plant (Assam tree). Black tea and green tea are leaves harvested from the same tea bush, but processed differently. Green tea undergoes almost no fermentation (oxidation processes). Black tea is subject to fermentation.

The chemical composition of freshly picked tea leaves differs from that of dried tea, which is obtained from that leaf during processing. It is more diverse and complex in dry tea. Not all of the chemicals present in fresh leaves remain in the dried tea pips. Some disappear without a trace, others undergo oxidation and are partially altered, while others undergo complex chemical reactions and give birth to entirely new substances with new properties and traits.

Research into the beneficial properties of tea has been going on for over 200 years and is not yet complete. As we have known tea contains at least 130 substances. Moreover, along with alkaloids (caffeine, theobromine, theophylline) that give this drink tonic properties, tea leaves contain biologically active substances - tannins, vitamins, macro - and microelements, essential oils and many different essential amino acids.

In tea, the phenolic compounds (tannins) give the drink unique medicinal properties that have a positive effect on the digestive, circulatory and nervous systems, also have a tonic effect on the human body, stimulate vital functions and eliminate fatigue [1].

In addition the beneficial effects of tea on the human digestive tract are the ability to adsorb harmful substances, so tea not only "cleanses" the digestive organs of microbes, but also performs a kind of chemical cleansing of the stomach contents, kidneys and partly the liver.

Finally, other properties of tannin make tea of various kinds an excellent preventive and therapeutic agent for digestion. It also has beneficial effects on the kidneys, skin and other organs of our body.

It is quite clear that tea has a comprehensive healing effect on all internal organs, deals with processing and metabolism, and, consequently, prevents diseases related to the violation of these functions [2].

In fact not every variety of tea is able to provide the same therapeutic properties on the human body. The reason for this discrepancy is the difference in chemical composition and the degree of solubility of substances in tea leaves [3].

To illustrate the difference between varieties and their same therapeutic properties on the human body we described some of them in this paper:

For men's health

For men, the advantage of black tea lies in the high concentration of micro- and macroelements and vitamins important for health. With heavy physical exertion and intense sports training, the body needs additional support. The drink will saturate him with vitamins, invigorate, improve his mood. Green tea is also good for men. It contains carotene, which stimulates hair growth and helps maintain hair. Hibiscus, herbal and all green teas are the best hangover cure. These drinks are good at detoxifying and helping to restore clarity of thoughts.

For women's health

Women need to choose healthy tea based on the problem that needs to be solved. So, herbal tea removes excess moisture, relieves swelling, it can be used in the preparation of home cosmetics. Green fights inflammation. Due to the high content of antioxidants, it prolongs youth, improves complexion, and maintains the tone of the body. Black and white teas with the addition of grated ginger root help in the fight against excess weight.

For sleep

Insomnia negatively affects the general condition of a person and the work of all body systems. Herbal tea can help improve sleep quality. It will soothe and have a mild hypnotic effect. To enhance the effect, it is recommended to add honey and milk to the drink.

For kidney health

Green tea is good for kidney disease. Of course, to get the most benefit, only a high quality leafy drink should be consumed. It normalizes metabolic processes, removes toxins, radionuclides and toxins, helps to reduce the size of kidney stones, and reduces inflammation. Herbal teas can also be used - they help cleanse the kidneys and improve their condition.

For heart health

Natural green teas and rooibos drink are useful for the heart and blood vessels. They strengthen the walls of capillaries, remove “bad” cholesterol, promote a gentle decrease in blood pressure, and reduce the risk of strokes.

For liver health

Black, red and green teas can help support the liver. They have an antioxidant effect, helping to get rid of toxins and stagnant bile. Fruit tea will support the body, and Ivan tea will help to dilute bile, improve peristalsis and heal the filtering membrane.

For skin health

Beautiful skin is an indicator of the health of the whole organism. Regular consumption of quality green tea without additives or with natural jasmine is a source of antioxidants and kakhetins. These substances protect the skin from harmful effects, slow down the aging process, improve blood circulation, and strengthen blood vessels. It has been noticed that Japanese and Chinese women have fresh and young skin. One of the main reasons for their timeless beauty is the frequent consumption of green tea. In addition, you can wash your face with a drink to moisturize and tighten the skin of the face, and restore youthful elasticity to it.

To summarize given above, tea, whether black, green, red is certainly extremely healthy. However, some people need to drink tea carefully to avoid harming themselves. Some categories of people should drink significantly less tea and be attentive to contraindications when drinking it.

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