

[IMAGE]

## **Green Tea: Good for Body & Soul**

By Editorial Staff

Tea has always had a special place in our hearts. As any tea drinker will tell you, it does indeed relax and calm the spirit. And author C.S. Lewis stated, "You can never get a cup of tea large enough or a book long enough to suit me."

New research suggests green tea in particular may have an even more special place in our hearts. It may actually help relax your arteries, thereby reducing your risk for heart disease and clots. When your arteries are more relaxed, blood flow increases, which reduces the risk for cardiac disease.

Tea Pot - Copyright â Stock Photo / Register Mark Healthy subjects were given 6 grams of green tea (the equivalent of about three to four cups), another caffeinated beverage or hot water. Arterial blood flow was measured 30, 60 and 120 minutes later. People who drank the green tea showed increased arterial blood flow compared to the other two groups. Even more impressive was that the heart-healthy benefits lasted up to two weeks for those who drank green tea daily.

So brew yourself a pot of green tea, settle down with your favorite book and relax your soul and your heart.

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