

# The Velma B. Cox Foundation

*For Type II Diabetes & High Blood Pressure*



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## What you sippin' on?

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Vanilla Chai...Blueberry Acai...Peach Oolong...Mango Ginger...they may be flavors for a smoothie drink but they are also tea flavors. We are not talking about those nice flavored iced teas that you buy at your local restaurant or favorite carryout. They tend to be loaded with sugar and preservatives. We are referring to teas in which all you need is your cup, hot water and tea leaves.

Aside from water, teas are beverages that do offer more than just their good taste. For several years, researchers have explored possible benefits of drinking tea consistently. Although they recommend more studies to be done, results from prior studies have shown that there are benefits when you incorporate drinking tea as part of a healthy lifestyle.

## Origins of Tea...

*Camellia sinensis* is a small green shrub or small tree that is originally grown in many countries located in the continent of Asia. These plants can also be grown worldwide in tropic and subtropic regions. The leaves grown from these plants is where the teas we drink comes from. It is the processing of these leaves that give us 4 main tea types: Black, Green, Oolong and White.



## Benefits of Tea...

Black, green and oolong teas contain a significant amount of **polyphenols and catechins**. Overall, these substances are responsible for reducing your risk of heart disease and their related conditions (i.e. stroke, heart attacks, heart failure, diseased blood vessels). Some studies have shown that it may lower blood pressure, reduce and stabilize blood sugar and cholesterol levels. More specifically, researchers believe that green & oolong teas can help with weight loss and management.

Be aware, teas that are pre-made and sold in bottles may have reduced amounts of polyphenols and catechins. This is due to the methods in which they are processed. As a result, it may offset those heart health benefits.

It should also be mentioned that these teas are naturally caffeinated. Black tea has the most caffeine followed by green tea > oolong tea > and white tea. While the caffeine amount is not as much as in coffee, it is still enough to produce effects especially in people who are caffeine-sensitive. Decaffeinated options are available, however, they still contain small traces of caffeine but not enough to affect the body dramatically.

# Herbal teas are not true teas!

As mentioned earlier, there are 4 main tea types (black, green, oolong & white). These 4 types are based on the fact that they come from one source: the *camellia sinensis* plant. Most herbal teas do not come from the *camellia sinensis* plant. Hence, why they are not classified as true teas. Herbal teas are typically infusions of leaves, roots, stems, flowers or herbs.

Nonetheless, they are still teas in their own right and should not be dismissed. They can offer great health benefits for your digestive system, immunity, cardiovascular health, mental clarity & focus, sleep, stress relief and many more. Other benefits that herbal teas offer is that most tend to be caffeine-free, they're quite flavorful and have a pleasant aroma.



Teas are a great complement to any meal, snack or if you just need something to drink. You can drink it hot or cooled. In terms of flavors, it can be fruity, tropical, minty, spicy, earthy or any combination of flavors. So, whether it is the first thing you drink in the morning or the last thing you drink before you go to bed, teas are definitely a beverage worth adding into your daily routine.~

## Disclaimer:

The information presented is for general information purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. It is highly recommended that before you start any new regimen, please consult with your healthcare provider.

## Reference:

1. *Camellia sinensis* (Assam Tea, Tea Camellia, Tea Plant, Tea Tree Camellia) | North Carolina Extension Gardener Plant Toolbox (ncsu.edu)
2. Tea and Health: Studies in Humans (nih.gov)
3. Green Tea | NCCIH (nih.gov)
4. Black Tea: Uses, Side Effects, Dosage, Interactions & Health Benefits (emedicinehealth.com)