

Matcha Green Tea Health Benefits

Green tea is increasing in popularity, for those who are health-conscious as well as for people in the know about antioxidants and epigallocatechin gallate (EGCG). Americans are now learning what people in the East have known for thousands of years: the powerful, healing powers of green tea.

Green tea has often been referred to as "antioxidant tea" or "health tea" and with a long list of matcha health benefits, it's easy to see why. Years of research has found that a high vitamin and antioxidant content have made green tea effective in treating stomach disorders, vomiting, and diarrhea, as well as calming nerves, raising good cholesterol while lowering bad cholesterol, and even preventing dental cavities. Perhaps most intriguing health benefit of matcha is green tea's ability to prevent cancer and to slow the process of aging. Homeopathic rejuvenation methods are becoming increasingly popular in the U.S., and the health benefits of matcha are virtually indisputable.

Researchers have found that the antioxidant in green tea, EGCG, inhibits quinol oxidase or NOX, which is required for growth in both normal cells and cancer cells. Under normal conditions, cells only express NOX when stimulated by hormones. Cancerous cells, however, express NOX all the time. The researchers found that, at certain levels, EGCG inhibited the production of NOX in cancerous cells and not on normal cells. Furthermore, by limiting the growth and development of the cancerous cells, the cancer cells did not grow to the minimum size required minimum to divide and create new duplicate cells.

Matcha Green Tea for Longevity

As green tea's popularity lives on, so do the people who drink it. One Japanese study found that people who drink at least one pint of green tea daily tend to live longer. Additionally, it's been found that women who drink five or more 3.4-ounce cups of green tea per day can reduce their risk of heart disease by 31 percent over women who drink one or fewer cups of matcha green tea per day.

Nutritionally, green tea is high in potassium, iron, and magnesium, as well as dietary fiber. What's more, matcha green tea is also low in calories. Green tea helps to reduce stress, control melanin levels and break up cholesterol

Like all green teas, matcha is credited with providing numerous health benefits. The beauty of matcha is that you can receive the benefit of the whole, high-quality green tea leaf. Comparatively, matcha green tea has a much higher concentration of antioxidants than orange juice or blueberries, two fruit sources well known for their abundance of antioxidant properties.

Matcha has antiviral and antibiotic properties, said to help with digestion by killing harmful bacteria, and even preventing colds and flu. Matcha health benefits include increasing mental alertness with an abundance of vitamin C, plus huge amounts of beta-carotene. Matcha green tea is also known for its ability to provide a meditative, focusing, calming effect on those who consume this remarkable beverage.

If you are interested in weight lifting and bodybuilding, you may be surprised to learn of the many matcha health benefits related to bodybuilding. Studies show that EGCG, the powerful antioxidant in green tea, suppresses the

appetite, and aids in the process of turning carbohydrates into energy instead of fat. Matcha is known for its weight loss and fat-burning qualities.

People who practice yoga and meditation also enjoy Matcha green tea. Matcha is a delight for anyone who appreciates the calming, serenity-inducing benefits of green tea, as well as by individuals who are seeking to burn extra calories.

A Little Science

Green tea contains between 30 and 40 per cent of water-extractable polyphenols, while black tea (green tea that has been oxidized by fermentation) contains between 3 and 10 per cent. Oolong tea is semi-fermented tea and is somewhere between green and black tea.

The four primary polyphenols found in fresh tealeaves are epigallocatechin gallate (EGCG), epigallocatechin (EGC), epicatechin gallate (ECG), and epicatechin (EC).

Tea catechins have received great attention due to their biological activities, such as antioxidant and antitumour activities.

Health Benefits of Matcha

- Increases energy/metabolic rate
- Promote anti-aging and immunity
- Stabilize cholesterol and blood sugar level
- Cleansing and detoxifying effects
- Improves mental/physical alertness
- Helps weight loss...and more!!!

Research continues to support the many health benefits of green tea. Very high in antioxidants, green tea helps to control free radicals, which are a natural consequence of cell metabolism in the body. Polyphenols are found in high concentrations and help in the prevention of heart disease and cancer. Catechins, which are a category of polyphenols, reduces LDL cholesterol and suppresses the chemicals in the body that trigger the constriction of blood vessels, thereby helping in the prevention of high blood pressure. Research has shown that green tea catechins also inhibit the growth of various types of cancer cells and have proven to be antibacterial and antiviral. Theanine is an amino acid that produces a tranquilizing effect in the brain and is found in the leaves of green tea. It helps the brain produce more alpha waves, which make it effective against tension and stress and it increases mental focus and improves concentration. With matcha, the actual tea leaf is consumed, which gives higher concentrations of catechins and vitamins.

Matcha – Nutritional Information

| | Matcha | Green Tea | Black Tea | Coffee |
|----------------------------|--------|-----------|-----------|--------|
| Polyphenol (Tannin) | 1.0g | 0.07g | 0.1g | 0.25g |
| Protein | 3.1g | 0.2g | 0.1g | 0.2g |
| Fiber | 3.9g | --- | --- | --- |
| Calcium | 42mg | 3mg | 1mg | 2mg |
| Iron | 1.7mg | 0.2mg | 0mg | --- |
| Potassium | 270mg | 27mg | 8mg | 65mg |
| Vitamin A | 480ug | --- | --- | --- |
| Vitamin B1 | 0.06mg | --- | --- | --- |
| Vitamin B2 | 0.14mg | 0.05mg | 0.01mg | 0.01mg |
| Vitamin C | 6mg | 6mg | --- | --- |
| Carotene | 2900ug | --- | --- | --- |
| Caffeine | 0.3g | 0.02g | 0.03g | 0.06g |

*Per serving - By Standard Table of Food Composition in Japan (5th ed., 2000)