

What Is So Healthy About Matcha Tea?

Although matcha tea has only recently been given mainstream notice, the Japanese have harvested it for more than 1,000 years. Why is matcha receiving so much attention and gaining preference over green tea?

Antioxidants – Prevent Cancer

The high levels of antioxidants present in matcha have extraordinary anti-cancer properties. These antioxidants fight against free radicals and negate the effects of UV radiation. They combat aging and help prevent disease. Raw fruits, vegetables, dark chocolates – all of these are foods that people turn to for antioxidants. Yet, matcha tea has the highest levels of antioxidants.

Of all antioxidants, catechin is amongst those providing the greatest benefits. Epigallocatechin gallate (EGCg) is one kind of catechin most recognized for anticancer properties and matcha green tea is loaded with it.

Burns Fat Faster

If you are looking to burn fat fast, matcha green tea should be your preferred beverage. It will help you burn body fat four times faster than usual, mainly by increasing your metabolism. The advertisements for so many diet plans and medications promote empty promises and are usually accompanied by side effects. Matcha green tea, however, is safe and does not cause any problems like increased heart rate and blood pressure, common side effects with other types of treatments. Matcha green tea is your elixir if you are hoping to shed those extra pounds before your big day and you do not have a

lot of time left.

Gives an Energy Boost

The energy you get from a cup of matcha green tea is truly unmatched. Having a cup of this tea in the morning will help you get through the entire day, and this is absolutely clean energy you are getting. The boost that matcha provides is owed to its combination of nutrients, not caffeine as previously thought. It is no wonder Samurais used to drink matcha before battles. So whether you are juggling studies and a job or your children are draining you, a daily dose of matcha green tea is probably what you need.

Boosts Memory and Concentration

L-Theanine is an amino acid present in matcha green tea with psychoactive properties; it causes dopamine and serotonin production. These neurotransmitters are responsible for boosting mood and enhancing memory, thus helping with improved concentration. Not only that, these chemicals fight depression, stabilize moods, and calm you down. Looking for increased clarity for during your exam times? You might want to try matcha tea to get just that.

Detoxifies Your Body

Green is the universal color signifying health. The vibrant green color characteristic of matcha is owing to chlorophyll. In fact, while it is growing, matcha is kept in shade in order to enhance its levels of chlorophyll. This chlorophyll helps detoxify your body by removing heavy metals and toxins, thus making matcha a very effective and efficient daily detox.

Conclusion

Besides all of these benefits, matcha is great for your immune system. It keeps you healthy. You do not have to take it as medicine. You can enjoy its health benefits as a tea or use it to make muffins, brownies, puddings, soups – you name it. The reason matcha tea is more effective than normal green tea is because it contains all the nutrients the plant has to offer. Not only is the chlorophyll content high due to it being grown in shade, but the drink is made by powdering the leaves. Instead of steeping the leaves and throwing them away, losing all their nutrients, matcha is a whole food, giving you maximum nutrients.

But remember, just because matcha has so much to offer, it does not mean that you should overload your diet with it. Everything is best when taken in moderation.

Note from Author:

“Many thanks to Batool Ali, a dear friend of mine and a passionate blogger who did all the research for this article. She works for Centra Care, a Tampa Bay Urgent Care Provider.”

Recommended Reading:

- *How to Optimize Curcumin Absorption – With Golden Milk Tea Recipe*
- *Foods that Kill Cancer*
- *Increase your IQ with the Right Foods, Herbs, Vitamins, and Exercises for Your Brain*

Sources:

- *9 Amazing Health Benefits of Matcha Tea – Healthy and Natural World*