Green Tea

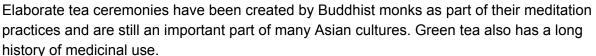
Botanical name: Camellia sinensis

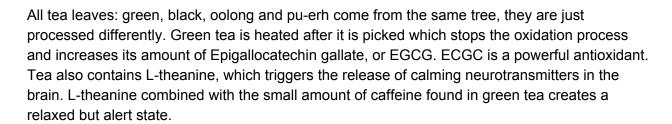
Energetics/Actions: cool, mildly bitter, astringent,

stimulant, diuretic

## Description

Tea is the number 1 beverage in the world. Green tea was first steeped in 2737 BCE when green tea leaves fell into a cup of hot water being drunk by the Chinese Emperor Shennong.





## Uses

Detoxification: high in antioxidants and anti inflammatory constituents
Diarrhea: astringent quality tonifies the intestines (part of the BRATT diet)

Blood sugar balance: improves insulin sensitivity and decreases fasting blood sugar

Heart health: decreases cholesterol and blood pressure with regular use

Metabolism: increases calorie burning Brain: improves brain function and memory

## Dose

Tea: 1 teaspoon in a cup of water steeped for 1-3 minutes up to 3 times a day Green tea extract: 250-750 mg total dose per day

## Safety information

Do not exceed 800 mg per day of the extract, there have been cases of elevated liver enzymes at high doses of the extract. Talk to your health care provider if you have diabetes, liver or kidney disease before taking the extract.

