

## 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.

Elaborate tea ceremonies have been created by Buddhist monks as part of their meditation practices and are still an important part of many Asian cultures. Green tea also has a long history of medicinal use.



All tea leaves: green, black, oolong and pu-erh come from the same tree, they are just processed differently. Green tea is heated after it is picked which stops the oxidation process and increases its amount of Epigallocatechin gallate, or EGCG. EGCG is a powerful antioxidant. Tea also contains L-theanine, which triggers the release of calming neurotransmitters in the brain. L-theanine combined with the small amount of caffeine found in green tea creates a relaxed but alert state.

### 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.