



# HEALTH & TEA

The Healthy Concept

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- Tea has been used to treat everything from **cancer to constipation.**

- Sipping on a cup of the right kind of tea could be the **answer to your health problems.**

○ **Black tea** is one of the most widely **consumed tea in the world.**

○ The leaves of the shrub ***Camellia sinensis*** is more oxidized than **oolong, green** and **white teas.**

- **Chinese** people have been drinking tea for thousands of years and believed drinking tea is a very **healthy way of living**.

- Recent **medical research** has shown drinking tea regularly can help people lower **LDL Cholesterol**, reduce the risks of getting **cardio disease, cancer and strokes**, prevent **diabetes**, improve your **metabolism** and **immune system**. It can also reduce chances of getting **Alzheimer**.

○ **Black** is oxidized tea and **green** tea is not.

○ Green and Black tea come from the same plant  
**(*Camellia sinensis*)**

- The **tiny little leaf** that packs a big health punch.



- Tea leaves have **flavonoids** which are naturally occurring **phytochemicals**



# The 9 point roster for Tea

1. Tea contains **antioxidants**
2. Tea has **less caffeine** than coffee
3. Tea may **reduce** your risk of heart attack and stroke
4. Tea may help with **weight loss**
5. Tea may help **protect your bones**
6. Tea may keep your **smile bright**
7. Tea may help **battle cancer**
8. Tea contains fluoride — **prevents dental caries**
9. Tea — unadulterated, that is — is **calorie free**

*Five cups of Tea daily in your diet keep you away from Drug Shop — Chinese proverb*

Add more Black Tea in your diet.

Taking this decision will keep you in **Healthy Body** and in **Healthy Mind**.