



THE SIX MOST POTENT ANTI-INFLAMMATORY TEAS

TO REDUCE THE EFFECTS OF AGING AND KEEP YOU FEELING WONDERFUL.

If you're over 40, you need to be aware of the effects of inflammation on aging; the way you manage inflammation can have a drastic impact on how well you age. How? Over time, chronic inflammation can wreak havoc on tissue throughout the body, leading to a variety of serious conditions, including:

- Diabetes
- Fibromyalgia
- Macular Degeneration
- Heart Disease
- Stroke
- Rheumatoid Arthritis
- Lupus

And so many more.

Inflammation also has a damaging effect on the skin, impacting its integrity and causing changes in both the normal structure and function of the skin

The result? Those fine lines, wrinkles, and dry, thinning skin that is the hallmark of the effects of aging on our appearance.

Either way you look at it, inflammation is bad news, but the good news is that you can protect your body from inflammation, reducing your chances of chronic conditions and of course keeping your skin looking it's best.

How Tea Can Decrease Inflammation

If you love a good cup of tea, you'll be pleased to know that tea is a fantastic way to reduce inflammation and help you stay healthy.

Many teas that protect against inflammation also have antibacterial and antiviral benefits, and by reducing inflammation they also soothe inflammation-related aches and pains.

By staying active and healthy, maintaining a balanced diet and incorporating delicious tea into your routine, you can manage inflammation.

So, what are the best teas to ward off chronic pain and inflammation? We've put together a list of the six best kinds.



SIX TYPES OF TEA THAT CAN DECREASE INFLAMMATION



Green Tea

If you love a nice cup of earthy green tea, you're in luck. Green tea boasts a high content of Epigallocatechin (EGCG) or tea catechins that actively fight inflammation.

How?

Studies have shown that catechins and flavonoids contained in green tea reduce protein denaturation (a breakdown or weakening of the protein's structure), thereby decreasing tissue inflammation.

And that's not all green tea does. Ever hear of free radicals?

Free radicals are uncharged molecules in the body that are cruising for a partner; they bond with healthy cells, causing oxidative stress that can seriously affect your health.

Oxidative stress makes it tough for your cells to detoxify and/or repair, and it can open the door to a wide range of diseases. Free radicals are caused by a variety of conditions, some of which we have more control over than others.

Pollution can cause an increase in free radicals in the body, as can a poor diet, smoking, exposure to X-rays, and many other external sources.

Green tea is full of antioxidants that neutralize free radicals to keep your cells happy and healthy, which helps prevent inflammation.

There's also some evidence that green tea reduces the risk of heart disease, can help maintain a healthy blood pressure and improve blood flow

White Tea

If you're looking for a tea to fall in love with, white tea is often touted as being the most natural option.

Why? Once harvested, it undergoes the least amount of processing and leaves are packaged for sale almost immediately.

When it comes to benefits for the skin, this light, sweet tea is a favorite.

How does it work on the skin? White tea contains polyphenols that keep inflammation down in the cells responsible for helping skin heal after an injury. By rebuilding connective tissue and easing swelling and pain in joint tissue, white tea is an effective source of protection against inflammation.

Ginger Tea

With an intriguing blend of spicy and earthy flavors, ginger tea is a flavorful choice in the battle against inflammation.

So how does ginger tea go to work against inflammation?

Ginger is chock full of gingerol and shogaol, two compounds that are known for combatting oxidative stress in the cells, thereby reducing inflammation.

As a result, this tea may play a role in fighting several inflammation-related diseases, such as cancer.

And you don't have to take our word for it; the Arthritis Foundation has cited research that shows ginger to be as effective as NSAIDs and other painkillers and/or anti-inflammatory drugs in managing pain and inflammation.

Black Tea

Black tea has been used in both Chinese and Ayurvedic medicine for thousands of years, and for good reason.

As a rich supply of anti-inflammatory flavonoids and its strong, robust flavor, black tea is a favorite for both taste and health benefits.

The flavonoids in black tea that are primarily responsible for all this cellular love are called thearubigins and theaflavins; both have been shown to eliminate free radicals and help keep oxidative stress under control.

Rooibos Tea

If you've never tried rooibos tea, you're truly missing out; this gorgeous caffeine-free herbal tea hails from the Cederberg Mountains in South Africa.

Also known as 'red bush tea' it's a sweet, piquant flavor akin to cranberries.

In animal studies, rooibos tea has been shown to fight inflammation through its rich flavonoid content; rooibos has two active ingredients called aspalathin and nothofagin that have been shown to be more powerful than all other flavonoids at staving off chronic inflammatory issues.

As such, rooibos can conquer free radicals and oxidative stress, all while tasting amazing!

Chai Tea

Chai tea is a delightfully popular, spicy tea made with black pepper, cardamom, ginger, cinnamon, cloves and in some cases allspice and/or star anise. It gets its name from India, where Chai is the word for tea.

This potent combination of spices is known for fighting inflammation and managing a variety of conditions. Research has shown that chai tea helps protect against free radicals to manage inflammation on a cellular level, protecting your DNA from oxidative stress and harmful changes.

And as always, with a reduction in inflammation comes pain relief, which is always welcome.



Chai tea helps protect against oxidative stress.





Turmeric Tea

I must admit that turmeric tea is a personal favorite; from the rich, cheerful color to the amazingly earthy flavor, this is one potent brew!

Just sipping it makes me feel healthier, and rightly so! Turmeric has been used for centuries in Ayurvedic medicine.

Turmeric's active ingredient is curcumin, which studies have found to be incredibly effective against inflammation.

So how does it work?

Studies have shown that curcumin inhibits cellular activity that causes inflammation. Research has shown these findings to be consistent in a variety of human studies, and the results are in; turmeric is a safe and effective means for managing chronic inflammation!

Rosehip Tea

As an inflammation-fighting favorite, rose hip tea can be brewed right from the garden! How? By harvesting the berries from your very own rose bushes; these berries grow immediately after your roses have bloomed and are a pretty orange-red color.

Rose hip tea boosts immunity through its rich Vitamin C content and a class of compounds called galactolipids.

In studies with over 300 participants, rose hips were demonstrated to have a significant impact on reducing inflammation, joint stiffness, and pain.

Research done by Versus Arthritis has also shown that rose hips block enzymes that break down cartilage, helping to reduce inflammation. Also interesting is studies done by the Arthritis Foundation that have found rose hips to be more effective than a placebo for treating inflammation and stiffness of the joints related to rheumatoid arthritis.

Fighting Chronic Inflammation

WITH TEA

Staving off the effects of chronic inflammation is not a one-and-done thing- you need to live an overall healthy lifestyle. So what does that include?

A healthy diet of anti-inflammatory foods, exercise, and laughter; staying hydrated, getting your sleep and... well, you know the drill. Taking care of your body is the ultimate way to pamper yourself, and it's well worth the effort.

And above all, see your healthcare provider for an assessment of any chronic pain or inflammation in your body and talk about a workable plan to manage it.

Remember, your healthcare provider is an ally in healthy aging, so remember to keep communication open.

So next time you're feeling the need for a little relaxation, sit back and enjoy a nice cup of inflammation-fighting tea.

