

Health Benefits of Oolong Tea - Oolong Health

Drinking Oolong tea is one of the hottest diet crazes around the world today, because of its reported ability to make a person lose weight fast and safely. Actually, the Chinese have been enjoying this delicious tea for hundreds of years already, and it is said to come from Mount Wu Yi Shan in Fujian Province. One will notice that the Chinese are among the healthiest and slimmest people in the world, and they also have the clearest skin. It comes from the medicinal qualities of their food and medicine and of course, drinking Chinese Oolong tea.

Why are the health benefits of Oolong tea?

Oolong tea helps fight the free radicals in our body. Free radicals are substances that cause disease in our body, as well as serious damage to our hair and skin. We can get free radicals by being too exposed in ultraviolet rays caused by sunlight, as well as from stress and chemical food additives. The amount of free radicals in our body increase as we get older.

Chinese Oolong tea contains antioxidants which are more powerful than Vitamin C, which help fight the free radicals in the body and improves physical and mental performance because of its relaxing qualities. Oolong contains a substance called polyphenol, which is responsible for the tea's great flavor and ability to promote health and beauty. Polyphenol is actually the key to the health powers of the Oolong tea.

Various studies have confirmed the benefits of drinking Oolong tea. In observing individuals who drink the tea several times a day, they discovered that aside from the ability to make the body lose weight, Chinese Oolong tea also has the following benefits:

- " It increases the body's resistance against diseases like cancer and stroke
- " It fights obesity by activating enzymes which destroy substances that cause obesity
- " It strengthens the bones and whitens the teeth; prevents tooth decay
- " It makes the skin look more glowing and healthy; prevents the appearance of liver spots and dark pigmentation
- " It increases the body's overall metabolism
- " It fights off signs of aging
- " It is effective in improving conditions associated with spleen energy and weak kidneys

Another interesting thing to note about the Oolong tea is that it combines the benefits of both green and black tea, but it's primarily prescribed more for its ability to make a person lose weight.

Aside from its obvious benefits, another good thing about drinking Chinese Oolong tea is the taste. Even if you're not dieting, drinking Oolong tea is good for the body because it is an enjoyable experience by itself. Chinese Oolong tea is known for its unique taste and delicious aroma, guaranteed to uplift the spirit and increase one's zest in everyday activities.

Of course, health benefits will come if the tea is consumed in recommended amounts; too much or too little is not good. Too little will bring less results, and too much consumption can reduce the body's ability to consume iron and will discolor teeth.

About the Author

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