

## The Health Wonders of Drinking Tea

For most people who need a quick caffeine fix but are not a fan of coffee, tea is another alternative. Besides being a substitute for coffee, there's more to this that tea offers to our body.

Having said this tip - drinking tea over coffee, it would also help to know that it contains 3 times less caffeine than the latter. Furthermore, drinking tea promotes stronger bones as shown by 1 study which determined that those who have been taking tea for more than 10 years have had higher-bone density than those who do not. One reason this is possible according to the authors is because of the high Phytochemical content of tea. Another cool perk of being a tea drinker which would probably amaze you is that it acts as an oral cleansing agent. It protects our gums and has fluoride which as we all know prevents cavities. Antioxidants in tea rid the body of free radicals which are the by-products of metabolism and which cause damage to our cells. Also, it boosts our immune system thus protects the body from infection. Tea helps keep you hydrated as well since it contributes to the body's fluid needs. It's also good to know that tea has no calories thereby good news to those keeping track of their sugar intake. Lastly, tea increases the body's metabolism, particularly green tea. It has been shown to increase metabolic activity by burning those extra calories.

What could be more refreshing than enjoying a cup of hot tea or an iced glass of your flavored choice? With many commercially formulated drinks available now, we are not aware anymore what to believe to be good to our body. But now you know that this is one proof that what is good to taste may actually be healthy too.

### About the Author

Wanna get healthy? Check out [gogi juice](#) or just visit <http://www.justgojijuice.com> [Goji juice has no side effects!](#)

Source: <http://www.spinneykitchen.co.uk>