

Three Health Benefits of White Tea

Everyone is talking about the health benefits of white tea. There are several benefits of white tea and we will take a look at some of those benefits. First let's explain what white tea is. White tea is made from the unripe tea leaves that are picked before the buds have opened fully on the plant. The name comes from the silver fuzz that covers the buds, this turns the tea white as it dries up. There are different varieties of white tea which depends on the amount of leaves to buds that is used in each mix. For example, the white peony has one bud for every two leaves in its mix. The silver needle, which is the best is made from only the down buds and are picked within two days during early spring. Now that we explained a little about white tea, it's time to talk about some of the benefits a person can receive from using white tea.



Anti-Fungal Effect

Studies indicated that white tea has an anti-fungal effect on chrysogenum, penicillium, and saccharomyces cerervisiae. In the presence of white tea extract chrysogenum, penicillium, and saccharomyces cerervisiae were completely inactivated.

Anti-Bacterial and Anti-Viral Effects

Research conducted at pace university discovered that white tea extract may hinder the growth of bacteria that can cause streptococcus infections, staphylococcus infections, dental carries, and pneumonia. It was also discovered that white tea is more effective than green tea when it comes to inactivating bacterial viruses and it has an anti-viral effect on human pathogenic viruses.



Cell Damage Protection and Skin Cancer

Scientists have discovered that white tea extract can provide protection against the Langerhans cell destruction. Not only did the extract protect the skin after it was exposed to sunlight but also the immune system was restored as well. The DNA damage that happens to cells after sunlight exposure was limited also. The white tea extract anti-oxidant properties may be the reason for it being so effective. The extract may provide you with anti-aging benefits.

From reading the above information you now know three benefits of white tea that can help you live a happier and healthier life.

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