

The tea on the healthiest teas (Broadcast Version)

INTRO:

SO – WHAT’S THE TEA?

YOU MAY HAVE HEARD THAT TEA IS GOOD FOR YOU ... BUT WHEN WALKING THROUGH THE GROCERY AISLE AND BEING CONFRONTED BY A BARRAGE OF OPTIONS – IT CAN BE HARD TO CHOOSE.

TAKE VO

TO START – IT’S BEST TO UNDERSTAND THE DIFFERENT KINDS OF TEAS AND WHERE THEY COME FROM. ASHLEY SIMPER... THE MANAGER OF DIETETIC SERVICES WITH OSF HEALTHCARE... SAYS BLACK... WHITE... OOLONG... AND GREEN TEA ALL COME FROM THE SAME PLANT. HERBAL TEAS COME FROM ROOT ... STEMS... AND FLOWERS OF VARIOUS PLANTS... ALL CONTAINING DIFFERENT BENEFITS.

OVERALL – SIMPER SAYS GREEN TEA SHINES ABOVE THE REST. BUT DIVING INTO THE SPECIFICS OF EACH TEA CAN HELP PEOPLE CHOOSE WHAT’S RIGHT FOR THEM.

“Consuming three or more cups of *green tea* a day leads to the most health benefits when it comes to cardiovascular disease, cancer and the overall risk of mortality. The research is a little stronger when it comes to promoting heart health. The consumption of three to five cups of green tea a day has also been shown to lower blood pressure, stroke risk, and LDL (bad cholesterol).”

VO TAG

CONSUMING THREE TO FIVE CUPS OF GREEN TEA OR BLACK TEA HAS ALSO BEEN SHOWN TO LOWER THE RISK OF DEVELOPING DIABETES. SIMPER SAYS THE ANTIOXIDANT FOUND IN TEA THAT’S SO BENEFICIAL... ARE CALLED POLYPHENOLS (**poly-FEE-nahls**). THEY ARE KNOWN TO DECREASE INFLAMMATION AND REDUCE THE RISK OF CHRONIC DISEASE.

VO/SOT #2:

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WHILE GREEN TEA HAS BEEN FOUND TO HAVE THE MOST BENEFIT OVERALL – EACH TYPE OF TEA HAS ITS PERKS.

ASHLEY SIMPER... MANAGER OF DIETETIC SERVICES WITH OSF HEALTHCARE... SAYS GREEN AND WHITE TEA CONTAIN AN AMINO ACID CALLED L-THEANINE... WHICH HAS BEEN LINKED TO DECREASED ANXIETY... IMPROVED SLEEP... AND BOOSTING MENTAL CLARITY.

THERE’S NOT AS MUCH CLARITY IN TERMS OF CANCER RISK. SIMPER SAYS PEOPLE WHO DRANK HIGHER AMOUNTS OF GREEN TEA HAD A DECREASED RISK OF LIVER... OVARIAN... LUNG AND BREAST CANCERS. BUT BY DRINKING REALLY HOT TEA – YOU HAVE A HIGHER RISK OF ESOPHAGEAL AND GASTRIC CANCERS... WHICH EMPHASIZES THE IMPORTANCE OF DRINKING TEA AT A COMFORTABLE TEMPERATURE.

SIMPER SAYS THERE HAS EVEN BEEN AN ANTIVIRAL EFFECT FOUND IN GREEN TEA... ADDING TO ITS LIST OF BENEFITS.

SOT:

“In lab and animal studies, they have found an antiviral effect with the consumption of green tea. In Japan, they did a study with kids that showed anywhere from one to five cups of green tea a day lowered the risk of flu,” Simper says. “There was also a study where they gargled green tea in a bottle, green tea extract or black tea extract, and there was a 30% decreased risk of flu.”

VO TAG

SIMPER RECOMMENDS BOILING YOUR OWN WATER AND STEEPING THE TEA YOURSELF... INSTEAD OF PUTTING IT IN THE MICROWAVE TO HEAT IT UP. SHE ADDS ADDITIVES LIKE SUGAR AND MILK... CAN ALSO TAKE AWAY FROM THE HEALTH BENEFITS TEA OFFERS. IN TERMS OF HERBAL TEAS - PEPPERMINT TEAS HAVE BEEN FOUND TO HELP WITH UPSET STOMACH... WHILE GINGER TEA HELPS WITH NAUSEA. CHAMOMILE TEAS HAVE A RANGE OF BENEFITS, TOO... HELPING DECREASE CARDIOVASCULAR DISEASE AND SOME CANCERS. ALSO HELPING WITH PREMENSTRUAL SYNDROME... WHILE BOOSTING IMMUNITY.