

# Benefits of black tea for health and body

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World has really changed its pace today in everything that we encounter, and along with the growing technology and artificial intelligence, there are equal modifications in lifestyle diseases as well, getting us acquainted with the flipside of our advancement, consequently making it imperative for us to reach out for as many beneficial dietary changes as we can hold on to.

And one such energy bundle to start your day with is tea. Most widely consumed after water, it actually just adds aroma into your hot water in aesthetics and a multitude of benefits in literal infusing your body with rich medicinal components, and if you want to further accentuate your experience with the most oxidized variety in all, then tea in black is for you. Black tea is more oxidized than oolong, green and white teas and stronger in flavor as well. Listed below are some of the reasons as to why this variety is the perfect companion in the morning.

#### Shelf life that of a shelf

While other varieties like green tea usually lose their flavors in a short span, black tea retains it for several years, for this reason, it was also used as a form of currency in some Asian countries.

#### An aromatic solution of medicine

Black tea composes polyphenols, type of antioxidants. This reducing agent protects the body tissues against oxidative stress and the associated pathologies, consequently making it one of the most reliable options against diseases like cancer, type 2 diabetes, cardiovascular diseases and neurodegenerative disorders.

### Helps to shine bright

Components in black tea help fight free radicals, clear up acne, and reduce puffiness. Also, you don't even have to drink these tinctures, just coat it on your face or maybe soak in the leaves and ready to shine like a diamond.

### Helps to lose that extra pound

There are numerous studies going on regarding the weight loss benefits of black tea, and some suggest that through a specific mechanism in your gut microbiome, it helps in boosting up the metabolism, consequently aiding in weight loss.

### Helps in fighting scalp issues

Black tea makes for a perfect decoction to fight hair related issues. Caffeine in the tea blocks DHT, the hormone responsible for hair loss, and the tea rinse not only helps with the hair loss but also stimulates the scalp and strengthens hair, thus making it one of the most feasible home remedy.

### Helps in calming your energies

Black tea composes caffeine and an amino acid called L-theanine. Placebo experiments conducted have demonstrated the conspicuous benefits of this component in the brain. L-theanine increases alpha activity in the brain, consequently effecting relaxation and focus immediately, resulting in making tea a more stable beverage than others in producing stable calming energies.

Black tea offers to be a perfect partner for the gamut of benefits that it offers, if you are looking for a balanced beverage offering multitude of benefits for your inner and outer aesthetics, then this your perfect friend. Low calorie, less caffeine than in coffee, antioxidants helping in fighting cancer, diabetes, stroke, LDL cholesterol etc., are a few of the health benefits of black tea.