

Tea and L-theanine

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Tea and L-Theanine Tea and L-Theanine Green tea is a strong antioxidant that can also bring relaxation effect to its users because its theanine content. According to Miller (2013), studies show that amino acid (theanine) triggers alpha waves in the brain. Alpha waves are associated with relaxation.

However, Miller (2013) asserts that green tea also contain caffeine and those looking for relaxation should thus go for decaffeinated tea.

L-theanine (γ -glutamylethylamide) is a type of amino acid distinct to tea plant. It increases dopamine and serotonin production in the brain. It boosts alpha-brain wave activity, which in turn induces relaxation (Thorne Research Inc., 2005). Theanine competitively restrains the transmission of glutamate into tumor cells. This leads to a fall in the levels of intracellular glutathione (GSH). It also hinders chemotherapeutic agents' influx restricting them to tumor cells (Thorne Research Inc., 2005). Through its antioxidant capability, theanine also safeguards to normal cells from damage by chemotherapeutic agents. Studies have indicated that L-theanine has the ability to neutralize caffeine's stimulatory effect. Further, L-theanine has been linked with LDL cholesterol oxidation (Thorne Research Inc., 2005).

Green tea is an antioxidant and has a calming effect on users. Passionflower tea relieves tension in the muscles and has a relaxation effects on nerves. Hops alleviate nervousness and stress. Kava relieves people from anxiety and stress. Lemon balm reduces anxiety and boosts mood. Chamomile has a relaxation effect on users. Catnip is a mild stimulant that reduces tension in the muscles. Blue vervain pacifies the nervous system. Lastly, valerian is a sedative, reduces muscle tension and ensures good sleep (Miller, 2013). Therefore, tea is a good stress reliever because of its relaxation effect.

References

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Miller, S. (2013). Teas that fight anxiety and help you relax. Retrieved April 17, 2014 from http://www.naturalnews.com/043048_herbal_tea_anxiety_relaxation.html

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