

Drink rightly prepared
tea in right quantity at
right time to boost up
your metab...

[Health & Medicine](#), [Healthy Lifestyle](#)



In India, most of us start our day with morning tea and enjoy our evening tea with family and friends therefore somehow people are emotionally connected with tea. Tea is not only favourite drink in India but its consumptions have increased in Newark and California.

Indian tea has many health benefits if it is prepared by in a right way, the original Indian tea has been prepared in two ways;

Traditional Black Tea:

Black Tea has prepared by adding black tea powder and some good spices that add various health benefits when consumed in a right quantity at right time, some important ingredients and its health benefits:

- Black Tea powder: Indian black tea has many health benefits because it is the rich source of antioxidants which helps in reducing LDL Cholesterol and neutralizes harmful free radicals that cause inflammation, the root cause of most diseases.
- Ginger: Fresh mashed ginger roots are added to black tea that improves digestion and reduces the stomach inflammations.
- Cardamom: is the most healthy spices that are being used in black tea; it improves blood circulation and purification process.
- Cloves: It has an antimicrobial property and helps in reducing pain.
- Black Piper: It boosts the metabolism and promotes the cells to absorb nutrients.

Tea with added milk:

Some people would like to add milk and sugar in traditional black tea that actually deteriorates its quality. If you don't like black tea and want to add milk, you can add it in a very small quantity because milk doesn't suit many people and instead of using sugar you can add jaggery to avoid harmful impact of sugar.

If a cup of tea makes you happy, removes your stress level then nothing is harm to take a cup of tea because giving up one or two cup tea is not going to make any difference in you, avoid eating spicy Indian snacks like baskets, Namkeens with tea that can make you fatty and reduce the quantity of daily tea intake because excess of anything is bad and harmful, have one or two cups rightly prepared tea.

Don't have tea immediately after your food, because tannin blocks the absorption of nutrients and before drinking tea, eat some fruits to neutralize the acidic effects of sugar.

Take a balanced diet, do some exercise and adopt a healthy lifestyle that's the key to a healthy life.