

Natural Skin Care: The Benefits of Green Tea for Healthier Skin

Did you know you know that you could improve the health of your skin by drinking green tea? For centuries Asian cultures have known about the many health benefits of drinking green tea. Green tea from its earliest origins in China 4000 years ago, has been highly valued for its medicinal benefits.

There are four main types of tea: black, oolong, green and white. But of the four types, studies show that green tea is known to have by far the highest health benefits because of its powerful anti-oxidants. The major chemical component of the green tea leaf which provides all the health benefits is a group of phytochemicals known as polyphenols and constitute about 15-30% of the green tea leaf. These polyphenols have proven to be very efficient at working to fight free radicals and cleanse toxins from within the body. Polyphenols also work to improve the body's own anti-oxidant system. Drinking natural green herbal tea is not only good for the health of the body, it's also good for improving the health of the skin. My favorite green tea of all is Chamomille tea, known for its calming and soothing effects. Chamomille tea also has many health benefits besides relaxation. Chamomille tea is also good for improving the digestive system, and with its anti-inflammatory properties, it's also good for healing itchy, dry skin. Another great herbal tea is Burdock Tea which contains many vitamins and minerals and is known for being a blood purifier, able to improve the body's immune system. Burdock Tea has also been known to work successfully in improving skin disorders such as acne, psoriasis, and eczema.

No matter which type of green tea you prefer to drink, the powerful and amazing health benefits of green tea are many and wide-ranging. We now know what Asians have known and understood for centuries and that is that drinking green tea will improve the overall health of your body but also the health and condition of your skin.

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