

seh52

How is black tea affected by the process of making it into Lipton or Nestea Unsweetened Instant Tea? Are there any pros or cons for consuming unsweetened instant black tea, compared to fresh brewed?

Posted On 11/06/2017

Guillermou

Hi seh. Judge yourself. For my part, the fewer industrial processes the better. The various processes involved in the commercial production of instant tea include blending of tea leaves, hot water extraction, aroma recovery, soluble solids concentration, aroma restoration and dehydration. An envisaged process has been developed for the production of instant/soluble tea from the expressed juice of fermented tea leaves. Green tea leaves are subjected to withering, maceration, and fermentation process, which are similar to that of existing black tea production process. The fermented leaf is pressed to expel a part of juice containing soluble solids. The juice is then heated, centrifuged and vacuum dried to get soluble/instant tea powder. The pressed leaf residue is subjected to vacuum/hot air drying to obtain low grade conventional tea granules

www.sciencedirect.com/.../S1466856412000720

www.jlspray.com/product/444-instant-black-tea-production-line--852c/

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stoneharbor

As far as I can determine, black tea is from leaves that have been withered, then physically stressed (shredded) and then oxidized. Green tea is from leaves that have been treated via steaming and drying such that oxidation is halted right after the initial withering. The results of the two processes yield different mixes of the polyphenols that came from the fresh leaves.

Posted On 11/06/2017

Guillermou

Hi Stone. Perfect the difference of obtaining. Differences in the properties of green and black tea. • Because it does not ferment, green tea retains its antioxidant properties, polyphenols and green tea catechins, make it a powerful natural antioxidant, making it a great anti-carcinogen and prevents aging. Only one cup of black tea is loaded with flavonoids (200 milligrams) which is a natural antioxidant, which makes it the ideal drink to combat cardiovascular problems. As Dr. Mercola says, it is ideal for the intestine. • The catechins present in green tea have slimming properties, combat cholesterol and accelerate metabolism and fat burning, through the process of thermogenesis. Black tea is a diuretic, so it eliminates excess fluid accumulated • The level of alkaloids in green tea, such as caffeine, is lower than black tea, so it is not a good stimulant. However, it is also not recommended for hypertensive or pregnant people. Black tea its caffeine index, is higher than other varieties of teas, so it is considered a powerful stimulant • Specialists ensure that green tea provides a positive effect on the five vital organs. Black tea, provides benefits, for people with a tendency to dilate blood vessels, are recommended to prevent heart disease, strengthen the immune system, protecting the cardiovascular system, and prevents diseases such as arteriosclerosis. • Green tea helps fight skin diseases, and improves brain functions. Black tea applied with a cloth, or drops, can combat conjunctivitis, relieve tired eyesight. If you apply it in cold compresses, you can reduce the bags under the eyes. • Green tea has more iron, fluoride and potassium than black tea. Although it is not a great source of vitamin A and C, it also has larger amounts than black tea.

Posted On 11/06/2017

Almond

If you travel or are outdoors a lot, carry a thermos. We have one thermos dedicated just to tea. Also, travel mugs. Works well. Also, much better than rest area stops that offer free coffee, sugary or artificially-sweetened beverages and cookies. We vary our teas, inc. black and herbal, but I still prefer simple green tea. Many chilly days there is nothing nicer than wrapping your cold hands around a steaming hot cuppa.

Posted On 11/06/2017

katzpaw

Thanks for the good articles on tea. I make two pitchers of black and green tea every other day. I just bring water to a boil and in the meantime, I place my tea or tea bags, two black and two green, into my Bodum tea system that I got at Cost Plus. I pour the hot water over the tea bags, fill it to the brim of the pot and swirl the tea bags or ball around in the center filter portion. I then put the center lid on it, put a tea cozy on top and let it steep overnight. I make the two pitchers by adding filtered (Zero Water) to about 1/3 of the tea, or divide the pot in half between two pitchers and add filtered water until the right strength is desired. I then fill my 20oz shaker cup with ice, pour the tea in, squeeze a 1/6 slice of lemon(fresh) and one squirt of Stevia. Put the lid on and shake. I use a reusable straw through the hole in the shaker top. Refreshing and you can also use this same idea with water, ice, lemon and Stevia, or even lime. Stevia has no calories and the liquid easily mixes with no after taste. Makes it enjoyable to hydrate, which in Arizona, is very necessary! Hope this helps! Duck Dynasty is always showing Mr. Roberts drinking tea, too. Andrew Lessman, HSN has organic teas available. Oh, and you can always do as I did and add 1/4 tsp of Macha tea to each glass, or less, depending on what strength you prefer. I bought the Macha from the Boku brand thru a home shopping channel, I think Evine, but comes from from Boku International, Ventura, Ca. That would be a good way to get the green tea health effects without having to make it and it mixes with the rest of my tea in my shaker cup.

Posted On 11/14/2017

wayne_bramble

I love black tea perhaps partly due to caffeine effects. Lately, as I am having a few issues with enlarged prostate, has been suggested I cut down particularly in the pm. I can find no alternatives. Any suggestions? The book called 'Caffeine Blues' by Stephen Cherniske is a great read mentioning the less than desirable effects of caffeine. It is very thoroughly researched. It mentions caffeine can cause headache and jaw tension, urinary and prostate problems (which I have) as well as problems with detoxification, hypoglycemia, adrenal dysfunction disorders, asthma issues, hypersensitivity issues, CFS, eyes issues due to intraocular pressure.

Posted On 11/08/2017

Jennycat24

THANK YOU DR MERCOLA - I adore my tea! (Black organic tea with raw organic full fat milk).

Posted On 11/06/2017

moach1

I never liked green tea, and had it for very short period, when the green tea hoopla started to emerge about 15 yrs ago or so. I tried. No, it has no taste, no aroma like Black Tea. So what was known for centuries about magic of black Ceylon tea, now is coming back. That's good, very good. The same with bitter dark chocolate. I never liked it. When you eat something you don't like, it will always have an opposite effect on your body. Very very few people like bitter chocolate, and most of them only pretend that they like it. How can you like it, it's bitter. Like green tea, bitter chocolate also has no taste. Recently I discovered something really bad about dark chocolate. But nobody mentions that, because if millions of people will find it out, then the dark chocolate industry will suffer humongous losses in a very short time. in supermarkets 95% of chocolate shelves are loaded with dark chocolate. It's even hard to find regular good milk chocolate, so delicious and so good for the soul!!! But it will come back sooner than later and dark chocolate will disappear forever. You can google something like "dark secret of dark chocolate", and you'll be amazed how not so good it is.

Posted On 11/06/2017

Kippers

Love organic coffee, tea and dark chocolate/cacao nibs. Also green matcha tea from Japan. Anyone drinking mucha matcha these days?

Posted On 11/06/2017

Epona777

Just because something is bitter, doesn't mean there isn't any flavor. I actually like bitter foods as much as I like sour foods. I have never liked milk chocolate. I have a green tea that has a nice strong flavor (Rishi is the brand) that I adore and yes, it is bitter, but that is what I like about it. I also love a good black tea as well as Oolong (Ti Kuan Yin is one I really love). Everybody has different taste buds :)

Posted On 11/06/2017

Guillermou

Research has indicated that inflammatory bowel disease (IBD) is a systemic disease that manifests in the gut and gastrointestinal tract and in extraintestinal organs in many patients. The European Crohn's and Colitis Organisation has defined extraintestinal manifestations IBD as "an inflammatory pathology" in an IBD patient that is located outside the gut and for which various diseases may develop in the kidney, liver, skin, gallbladder and eye, with different risks of morbidity. In decades, the incidence and prevalence of IBD increased markedly during the second half of the 20th century, the highest prevalence of IBD was reported in Europe and North America.

In recent large national cohort studies, IBD is reported to occur in 31% (EC) and 43% (UC) of IBD patients, respectively, and affects a preponderance of women (50%) more than men (34%). Figure 2 shows that the relationship between IBD and its IMDs, including immune-skeletal, hepatobiliary, ocular, mucocutaneous, thromboembolic, renal, and urological diseases, has emerged as an important new area of research. There is increasing evidence that tea polyphenols, such as catechins, (-)-epicatechin, and (-)-epigallocatechin-3-O-gallate, inhibit proinflammatory pathways and decrease the expression of proinflammatory factors such as NF- κ B, NOX, TNF-, iNOS, and IL-6.

This review summarizes the effects of tea consumption on IBD and its effects on gut microbiota in various organs. As a widely consumed beverage, the health benefits of tea have gradually attracted attention. Tea possesses anti-inflammatory and antioxidant properties and has significant regulatory effects on the structure and metabolism of the intestinal microbiota, thus playing a crucial role in preventing the development of IBD. www.sciencedirect.com/science/article/abs/pii/S2212429224005984 (2024).--

Posted On 09/04/2024

Guillermou

Research has indicated that tea polyphenols possess antitumor properties, which are achieved through a variety of mechanisms. These mechanisms encompass induction of apoptosis in cancer cells, regulation of key enzymes involved in carcinogenesis, blocking signaling pathways, acting as antioxidants, and inhibition of angiogenesis. The inhibitory effects of tea polyphenols on cancer types including lung, breast, stomach, colon, and prostate have been demonstrated in multiple studies with no significant adverse effects. Catechins have the ability to effectively neutralize reactive oxygen species.

Catechin derivatives from green tea include epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECG), and epigallocatechin gallate (EGCG). EGCG has the greatest anti-inflammatory and anticancer potential. Notably, green tea catechins have been explored for their ability to prevent a variety of cancers. The literature evidence, based on epidemiological and laboratory studies, indicates that green tea catechins have certain properties that may serve as a basis for considering them as lead molecules in the synthesis of new anticancer drugs and for further exploration of their role as pharmacologically active natural adjuvants to standard chemotherapeutics.

The different sections of the article will focus on how catechins affect tumor survival, proliferation, invasion, angiogenesis, and metastasis by modulating cellular pathways.

www.sciencedirect.com/science/article/abs/pii/S2212429224009301 (2024).--

www.mdpi.com/.../10713 (2024).- www.mdpi.com/.../3349 (2024).-- .mdpi.com/1422-

0067/23/11/6075 (2022).--

Posted On 09/04/2024

Muckrake

Salicylate sensitive individuals will likely have problems (including stomach pain) with most teas. If you have problems with aspirin, that can be an indication of salicylate sensitivity. Many who are sensitive are unaware of it, unfortunately, and don't know what might be causing symptoms for them.

Posted On 09/04/2024

ttwdem

Thank you. Very valuable information. I always got stomach pain with tea and I thought it must be the caffeine.

Posted On 09/05/2024
