

# 7 Proven Ways Matcha Tea Improves Your Health



Matcha tea is rich in 4 main catechins (flavonoids), and the most active and abundant is EGCG. Depending on the quality, one cup of matcha may contain 110mg per teaspoon of EGCG, compared to 40mg for your typical green tea. The number of certain catechins in matcha is up to 137 times greater than in other types of green tea.

## 1. High in antioxidants

Antioxidants help stabilize harmful free radicals, which are compounds that can damage cells and cause chronic disease. One study found that matcha contains up to 10 times more antioxidants than regular green tea. EGCG has been studied extensively in animals. It may [reduce inflammation](#) in your body, help maintain healthy arteries, and promote cell repair. L-theanine has also been shown to increase glutathione, an antioxidant that counteracts free radicals and protects neurons and other cells.

## 2. Boost Relaxation and Alertness

L-theanine has also been shown to increase alpha wave activity in the brain, which may help induce relaxation and decrease stress levels. L-theanine also modifies the effects of caffeine in your body, increasing alertness without causing the drowsiness that often follows coffee consumption.

## 3. Help to protect the liver

As such, 2 cups (474 mL) of matcha may provide the same amounts of plant compounds as 20 cups (4.74 liters) of other green teas. Though some studies show symptoms of toxicity, others demonstrate potential. After 12 weeks, green tea extract significantly reduced liver enzyme levels. Elevated levels of these enzymes are a marker of liver damage protective effects. Some research also suggests that EGCG from green tea might protect against kidney toxicity.

## 4. Boosts brain function

Matcha also contains a compound called [L-theanine](#), which alters the effects of caffeine, promoting alertness and helping avoid the crash in energy levels that can follow caffeine consumption. L-theanine can also increase the number of feel-good chemicals in your brain, leading to improved mood, [memory](#), and concentration.

## 5. Can help prevent cancer

In one study, **green tea extract** decreased tumor size and slowed the growth of breast cancer cells in rats. Matcha is especially high in epigallocatechin-3-gallate (EGCG), a type of catechin that has been shown to have powerful anti-cancer properties. One test tube study found that the EGCG in matcha helped kill off prostate cancer cells. Other test tube studies have shown that EGCG is effective against skin, lung, and liver cancer.

## 6. Promotes heart health

Drinking green tea may help improve several of these risk factors, including total cholesterol, LDL (bad) cholesterol, **triglyceride**, and blood sugar levels. Studies show that people who drink green tea have up to a 31% **lower risk of heart disease** than those who don't.

## 7. Helps you lose weight

Human studies suggest that green tea increases your total calories burned by boosting your metabolic rate

## 8. Matcha tea is very easy to prepare!!! :)

Travel to the you tube link below to learn how.

Reference: <https://www.healthline.com/nutrition/matcha-green-tea#benefits>



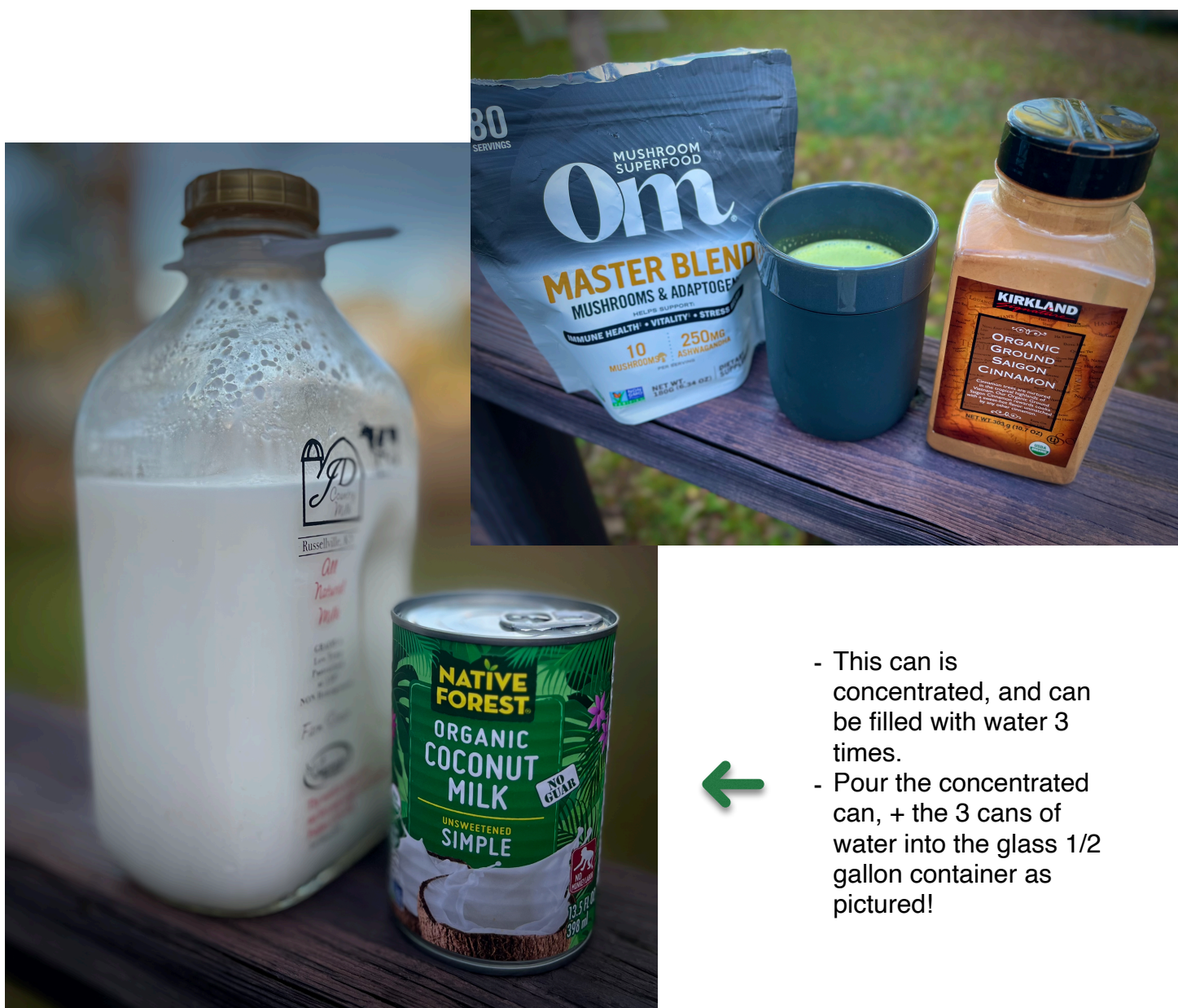
## Coconut Milk Recipe

Coconut Milk Recipe for Native Forest organic unsweetened, guar gum free concentrate. Absolutely no additives for a real test of delicious coconut milk beverage. Mix as described below. This brand can be found at Whole Foods and online Thrive Market.

Native Forest Organic Coconut Milk-Simple: 1 can 13.5 oz

- Place entire contents into 1/2 gallon jug or container.
- Refill coconut milk original can with filtered or spring water 3 times and place into the 1/2 gallon container. Makes just under 1/2 gallon total. Add to matcha recipe, and enjoy!

Use 8 oz of this new mixture to make your delicious matcha latte and protein shake.



- This can is concentrated, and can be filled with water 3 times.
- Pour the concentrated can, + the 3 cans of water into the glass 1/2 gallon container as pictured!



## Matcha Latte with benefits

1 g sugars  
14 grams fat  
<1 grams protein  
70 EGCG

### Ingredients:

Cinnamon 1/4 teaspoon  
MCT Powder or Oil - 1 teaspoon to 1 tablespoon  
Master Blend Mushrooms & Adaptogens - 1-2 teaspoon  
Matcha Ceremonial Grade - 1 teaspoon = double shot  
Stevia extract or Manuka Honey 1/4 to 1/2 teaspoon for taste  
Organic Coconut Milk Unsweetened - 8 ounces (Native Forest-Simple)

*Mushroom blend can be substituted for Lions's  
Maine for more brain and memory boost.  
Almond milk can also be substituted for  
coconut milk for taste preference.*

Place all ingredients into pot of the stove top  
and whisk to a parboil until mixed completely.  
Pour into your favorite cup and enjoy the  
benefits. Your cells will leap with joy!

Mixing/Frothing Option:  
Breville Model BMF 600XL



*Expect to enjoy an awesome beverage full of anti-stress, anti-cancer and cardiovascular risk  
reducing benefits. Try this in replacement of coffee and experience the wonderful benefits.  
You deserve the best!*

