

White tea may fight obesity

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A study published this month in "Nutrition and Metabolism" suggests that white tea may be an effective inhibitor of fat cell formation and may also help break down existing fat cells. Early reports of this study were published by the "Telegraph" in the United Kingdom.

Fighting fat is just the latest health benefit to be found for the rare tea. Earlier studies have shown the tea to inhibit some cancer cells, help lower blood pressure, and increase bone strength. Scientists credit the high anti-oxidant content of the tea for many of its benefits.

White tea comes from the young buds and leaves of the plant *Camellia sinensis* which are harvested and minimally processed. Since white tea is uncured and unoxidized like other teas, white tea may contain more ingredients that are active on human cells.

Obesity is at epidemic levels, with nearly a third of US adults and 25 percent of UK adults now having a Body Mass Index greater than 30. Obesity levels in China are currently under 2%, although that number is beginning to rise in urban centers.

Zen Tara Tea has a selection of 8 different organic White Teas



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