

## Tea is liquid brain food



by Julie O'Connell Seamer

Cognitive function is enhanced by drinking tea.

A study by almost 3,000 participants all whom were aged 55 years or more, showed clearly that frequent tea drinking of all kinds (black, oolong and green) were associated with a lower risk of cognitive impairment and cognitive decline.

3 billion cups of tea are consumed every day by millions of people across the world. In the past research has hinted on the potentially neuro-protective qualities of tea, however up until now, studies have not existed to prove this. While a recent Japanese study on green tea found that unfermented tea consumption was beneficial for cognition, now it has been shown that black (fully fermented) and oolong (semi fermented) tea are equally helpful for maintaining healthy brain activity.

Cognitive function includes memory, attention, language and visuospatial ability, In this study, physical, social and productive activities of all participants were taken into account, as well as daily tea consumption. Higher tea consumption not only improved these functions and abilities but also resulted in a lower prevalence of depression. Further, it was found that those who drank more tea tended to enjoy higher levels of exercise relations.

Possible mechanism regarding teas ability to promote cognition include the antioxidant and iron-chelating properties of the catechins within tea leaf. Another factor could be related to the polyphenol theanine, which is an amino acid uniquely found in tea leaf, possessing an evident neuro-protective effect. Tea leaf also contains various other phytochemicals, including vitamin C. It is possible that the cognitive effect of tea is not due to a single compound but due to the synergistic effect of several or many of its chemical compounds.

Who said only fish is brain food?

At clinic we always offer you a cup of warming, nutritive tea. You don't need an excuse to pour a cuppa now! It will be helping to keep you young!

reference:

Tze-Pin Ng et. al. '[Tea consumption and cognitive impairment and decline in older Chinese adults](#)'. The American Journal of Clinical Nutrition, Vol 88 No.1, 224-231, July 2008