

- **Hot Tea**

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With winter approaching, individuals often turn towards various warm beverages to block out the cold weather. One drink that not only keeps you warm, but also has many health benefits, is tea. Proven to actually improve health, drinking tea is also a flavorful way of getting fluids into your body.

Containing antioxidants, tea can stop or limit bodily damage caused by free radicals, or molecules that contribute to the aging process. The antioxidants also improve heart health and decrease incidences of a heart attack and lowers cholesterol. Tea can also help tune up immune cells, cells that target and destroy bacteria or pathogens, because of its antibacterial, anti-fungal, and anti-inflammatory properties.

Caffeine occurs naturally in tea. Although the amount of caffeine varies and is less than that of coffee, in this beverage can be a mood enhancer, improve alertness, and stimulate metabolism.

Japanese researchers have reported that tea was associated with significantly decreased chances of tooth loss. Some studies suggest that tea may lower the pH of the tooth surface and ultimately suppress the growth of periodontal bacteria. Beyond that, this beverage does not to erode tooth enamel.

Overall, tea is a tasty and healthy choice of beverage. Hot tea is great for the winter, especially because of the cold weather.