MATCHA

Matcha tea is a more powerful healing agent than regular green tea. Like green tea it comes from the Camelllia sinensis plant, but it is grown in the shade to increase its chlorophyll content which gives the plant a darker green colour and boosts the amino acid content. The stems and veins are removed, it is steamed and dried without being rolled and then ground into a fine powder. So you are actually consuming the whole leaf, not just the residue after steeping the leaves.

Matcha contains about half the caffeine of coffee. It is rich in catechins, and has the antioxidants of green tea but when the powder is dissolved in water, it produces three times more . Antioxidants help stabilize harmful free radicals that can damage our cells and cause chronic disease. The L Theanine produced by shade growing Matcha helps to calm the brain while keeping you alert.

Studies with matcha have revealed there is an enhancing effect on cognitive function, cardio-metabolic health, and anti-tumorogenesis. To date, randomized clinical trials (RCT) showed that matcha decreases stress, slightly enhances attention and memory, but has no effect on mood.
The therapeutic potential of matcha tea: A critical review on human and animal studies - PMC

Dr. William Li (see on youtube), tells us matcha is a super-enriched polyphenol tea. He says the super polyphenols found in matcha have also been found in the lab to kill breast cancer stem cells. He tells us that 2 grams once a day of matcha powder dissolved in water was given in a study for 12 weeks and results were improvement in cognitive function, better sleep quality (helps the glimphatic system of the brain drain toxins when sleeping).

What is Matcha? Drinking a daily cup of tea will surely starve the apothecary. ~ Chinese Proverb Matcha is a non-fermented Japanese tea used in various ceremonies. Made from Camellia senensis, the flavor comes from the fact that the leaves are not fermented and that they are grown in the shade during the last stage of the growth process. This helps to increase the chlorophyll content in the leaves and gives it its distinct flavor.

Because matcha is made from whole leaves that have been finely ground, you are actually ingesting the entire leaf. This means you're getting more nutrients 1 than if you simply steeped the leaves – as you do with regular tea – before discarding the leaves. Therefore matcha may provide even more health benefits than regular tea. And while the levels of catechins in matcha are lower than in traditional green tea due to the shading of leaves, they are still there in abundance. Plus, levels of other nutrients are higher, such as l-theanine, which produces a relaxed alertness (unlike the sometimes-jittery buzz of coffee).

The antioxidant epigallocatechin gallate, more commonly known as ECGC, can also help boost metabolism, making it more likely that you'll tone up and slim down, especially if you are also exercising and eating a healthy diet at the same time. Note these benefits accrue to the green tea itself, not the green tea flavor … avoid sugary green tea snacks and anything made with extract or fake flavoring.

Unlike some other supposed health foods, matcha and green tea are safe for practically everyone. Note that this is not the same as green tea supplements, which contain higher doses of all the substances in green tea, and may not be safe for "pregnant or breastfeeding women, those with heart problems or high blood pressure, kidney or liver problems, stomach ulcers, or

anxiety disorders," explains Medical News Today.

3 Reasons to Try Matcha Green Tea:

1. **IT BOOSTS YOUR AMINO ACID INTAKE We all need more antioxidants in our diet, and this tea is a delicious way to incorporate them into your life! Matcha comes from the Camellia sinensis plant. Compared to other tea plants, the Camellia sinensis is under heavy shade. The growing process is done this way to increase amino acids in the tea. We all need more amino acids in our diet, and this tea is a delicious way to incorporate them into your life. Amino acids play a significant role in exercise performance and weight loss.**

2. **IT CAN HELP YOU GET LEAN Matcha comes from the same plant as green tea extract, which can speed up metabolism and increase fat-burning. Matcha creates a thick liquid, so it helps you feel full! Bonus: The essential oils we use in this recipe are also great for weight loss support. People have found that they can lose weight with matcha green tea with just one cup a day! Especially when they add a drop (or two) of hunger curbing and blood sugar balancing (cancer-fighting) essential oils like peppermint and cinnamon.**

3. **IT CAN CLEAR YOUR HEAD After I drink a cup of matcha, I feel so much mental clarity. It gives me that boost I need without any jitters. Matcha drinkers refer to the feeling matcha gives them as a "calm alertness." From time to time, everyone needs a way to elevate energy. It's important to turn to clean drinks instead of harmful energy drinks and sugar laden sodas. Your body will thank you in the long run!**

When you hear the word "latte," you might think of fancy machines or at least some latte art. The truth is, you don't need any of those things to make a fantastic vegan latte. You can use a blender, or thunder stick. Mix matcha green tea powder, unsweetened almond milk (or oat milk) honey or stevia, or flavored liquid stevia, and a drop of yummy essential oils like peppermint, or cinnamon.