

Who knew? Tea is great for your brain!

A cup of tea a day may be just what the doctor ordered for lifelong brain health. And this may be especially so for people who are genetically predisposed to Alzheimer's disease.

Really...

This is according to a recent study led by Assistant Professor Feng Lei from the Department of Psychological Medicine at the National University of Singapore. The study, involving 957 Chinese seniors aged 55 years or older, found that regular consumption of tea lowers the risk of cognitive decline in the elderly by 50%. The study also found people who are genetically at risk of developing Alzheimer's disease may experience a reduction in cognitive impairment risk by as much as 86%!

Great news...

Researchers also discovered that the protective role of tea consumption on cognitive function is not limited to a particular type of tea. As long as the tea is brewed from tea leaves, such as green, black, or oolong tea, they all have the same protective effect.

Tea is one of the most popular beverages in the United States. In 2019, more than 3.8 billion gallons of tea were consumed, with black tea being the most popular.

What makes tea so effective for good brain health? Some incredible bioactive nutrients in tea leaves.

Tea time, anyone?