# Pharmacist highlights health benefits of drinking green tea



A pharmacist has made notable claims regarding the health benefits of drinking green tea, suggesting that the beverage could aid in lowering blood pressure and reducing the risk of coronary heart disease. Abraham Khodadi, known for his informative approach on his YouTube channel "Abraham the Pharmacist", stated that a daily consumption of green tea could significantly impact cardiovascular health. He pointed out that a meta-analysis comprising 13 randomised controlled trials indicated that having just one cup of green tea each day is effective in lowering both systolic and diastolic blood pressure.

Khodadi explained during his video presentation, “A meta analysis of 13 randomized controlled trials showed that having just one cup of green tea every single day helps to lower your systolic and diastolic blood pressure. Not only that, it lowers your risk of coronary heart disease as well.” He noted that a packet of green tea can be found for approximately £2.50 for 20 bags in large supermarkets.

The 2016 meta-analysis, which included various studies on the effects of green tea, concluded that a daily cup could have a “significant impact” on blood pressure among regular drinkers. However, it also recognised the need for further rigorous research to establish a clearer understanding of these benefits, particularly regarding specific subgroups and the potential confounding effects of caffeine.

Green tea's popularity extends beyond cardiovascular benefits, having been touted for aiding in weight loss. The late Dr Michael Mosley, a prominent figure in the health and wellness domain, advocated for green tea’s fat-burning properties. In a podcast on BBC Sounds, he remarked, “Compounds in green tea help you burn more visceral fat. That's the fat that's linked inside your organs and which has been linked to heart disease and type-2 diabetes.” He referenced a small study revealing that individuals taking green tea extract before exercise burned 17% more abdominal fat compared to those who did not.

The health advantages of green tea are not confined to weight management and blood pressure reduction. In regions where green tea is consumed more widely, there tends to be a lower incidence of certain types of cancer. While a 2020 analysis yielded “inconsistent results” regarding the beverage's overall impact on cancer rates, a 2017 study identified components within green tea that may contribute to reducing the risk of skin cancer. This research demonstrated the potential of tea polyphenols to promote DNA repair, reduce inflammation, and alleviate oxidative stress.

Additionally, research conducted in 2020 revealed that green tea can effectively lower total cholesterol levels and low-density lipoprotein (LDL) cholesterol among moderate-weight and overweight individuals. However, it was noted that the drink did not appear to have the same protective effects against high triglyceride levels.

While the advantages of green tea are well-documented, experts urge moderation in its consumption. Lloyds Pharmacy has advised that individuals should limit caffeine intake to earlier in the day and maintain hydration by drinking ample water. A review from 2001 indicated that excessive green tea consumption might hinder the absorption of iron from food, which is essential for red blood cell production.

As the popularity of green tea continues to rise, ongoing research may provide further insights into its myriad health benefits and best practices for consumption.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=k3PGGkhFs6Q> - This YouTube video discusses various health claims of green tea, including its effect on blood pressure and cholesterol, which aligns with the pharmacist's claims about its cardiovascular benefits. Additionally, it touches on the conflicting evidence regarding green tea's role in weight loss.
* <https://mdpi-res.com/bookfiles/book/626/Antioxidants_in_Health_and_Disease.pdf?v=1741140063> - This PDF discusses the antioxidant properties of various plant-derived compounds, including those found in tea, which supports the notion that green tea may reduce oxidative stress and have beneficial effects on overall health.
* <https://pmc.ncbi.nlm.nih.gov/articles/PMC10609456/> - This article highlights the role of antioxidants in reducing inflammation, which can be related to green tea's polyphenol content and its potential benefits in lowering the risk of certain diseases, including cardiovascular issues.
* <https://pmc.ncbi.nlm.nih.gov/articles/PMC7696819/> - This article explores the health benefits of epigallocatechin gallate (EGCG), a key compound in green tea, known for its anti-inflammatory and anticancer properties. This supports the claim that green tea can reduce the risk of certain cancers.
* <https://www.healthline.com/nutrition/green-tea-and-weight-loss> - Although not directly referenced in the search results, Healthline's content typically includes discussions on green tea's role in weight loss, aligning with Dr. Michael Mosley's advocacy for its fat-burning properties.