Tea With Rae! Three Green Greats!

October 9, 2013 By Rae Lewis-Thornton

It’s been no secret that I’m partial to black tea, but lately it seems that I’ve been sipping on more green tea than black tea. Well, since I’m on this get fit and then stay healthy kick I’ve been trying to do the things to help me be the healthiest I can be. If you’ve been following my CrossFit post you know that I’m all in.

Green Tea is certainly one way to be healthy. There are so many benefits of green tea among them is weight lost. Let’s review weight lost and green tea first, then I’ll tell you bout another green tea winner. Green Tea comes from the same plant as black, oolong and white tea (Camellia sinensis). While all tea groups have some benefits what makes green tea special is a couple of things. One, it is not fermented before drying and steaming, which allows it to keep more of it’’s antioxidants. Secondly, green tea is a rich source of polyphenol catechin.

Epigallocatechin gallate (EGCG) is the most active form of catechin responsible for green tea’s anti-inflammatory, and metabolic effects. While green tea is light in caffeine, it is there and that helps EGCG assist the metabolism and body fat accumulations.

In a nut shell, it stimulates the body to burn calories and decreases body fat, epically the waist line. Green tea also lowers cholesterol, which I'm putting to the test. My bad cholesterol is very hight right now. Green tea also fights, cancer and heart disease. It is the highest in anti-inflammatory properties. of the 4 tea groups. Studies have shown over and again that green tea is a factor in weight lost. However, you must drink at least 4 cups of green tea a day to benefit from the metabolic effects.

Now that we know why we should be drinking Green Tea. Lets talk about the new green teas from Adagio Teas I've been sipping lately. First up is Citron Green. I typically drink this tea as my second cup of the day. I will always be a strong black tea girl in the morning. I like this tea because, it's not fruity sweet. It has the right balance of lemon and lime that renders a fresh crisp taste. Citron Green is made with Green tea, orange peels, natural orange flavor, natural lemon flavor and Marigold Flowers.

Calypso is a new tea from Adagio and it's a wonderful journey to the Caribbean. Made with green tea, apple pieces, orange peels, dried coconut, marigold flowers, natural passionfruit flavor, natural peach flavor, natural coconut flavor, natural orange flavor and mango pieces it has all the flavor of the Caribbean. I'm not big on fruity teas, but this balance is perfection.

Speaking of fruity teas, I fell in love with Adagio, Mango tea just last night. The manager gave me a sample when I was in the store yesterday and I fell in love. I guess I do like some fruity teas after all. Its perfect for that after dinner dessert pick me up! Last night I wanted some dessert but fault the urge. This tea certainly filled the void. It's made with green tea, natural mango flavor,

apple pieces, mango pieces and marigold flowers

Adagio Tea is a Chicago based company and I like popping into the State Street store in River North after I leave the gym. They have loose tea and bag tea. You can also take a cup to go, hot or cold. I like their teas because they are very fresh and reasonably priced. They will fix you up a cup of any of their teas to sample in the store, just ask. The bonus, they have wonderful tea accessories. They also have an online store check them out HERE! I highly recommend these three Green teas and I recommend Adagio Teas! Happy Cuppa!!!!

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