



hanover healthfoods

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CONTENTS



Pgs 1/2:
Green Tea



Pg 2:
Good Chia



**September is
when new
season
Scottish
Heather Honey
comes along.
Help support
our local
bee-keepers!**

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The Power Of Green Tea



The antioxidants found in green tea are called polyphenols, the main one is epigallocatechingallate (EGCG). This antioxidant is said to be 100 times more powerful than Vitamin C in protecting cells against free radical damage. The average cup of green tea contains around 50-100mg of polyphenols and 30mg of caffeine. (An average coffee could contain up to 6 times that amount.) For those of you who don't like the taste of green tea or want to avoid caffeine, 1-2 capsules in supplement form is equivalent to around 4 cups of tea with virtually no caffeine.

This month's newsletter is all about green tea (*Camellia Sinensis*) and the health benefits of the simple tea leaf which grows throughout Asia. The discovery of green tea goes back to an ancient Chinese legend dated around 2700BC, when it was said that a Chinese emperor was sitting under a tree with a mug of hot water when green tea leaves fell into his mug, and hey presto – Green Tea was born!

So what is so special about green tea? Well, in tea terms it's the least processed tea out of the four main varieties- green, black, white and oolong. Black and oolong teas are fermented, whereas green and white tea are not. Avoiding fermentation ensures that the antioxidants found naturally in the leaves are preserved and make it all the way into our cups - which is good news for us! The leaves are simply gently steamed, then rolled and dried to produce the end product.

In Chinese medicine, green tea is traditionally used for many purposes from improving heart health to controlling bleeding and acting as a stimulant. Here in the West it is mainly used for two purposes – the antioxidant content and aiding fat metabolism.

Other goodies found in green tea are vitamins A, B1, B2, B3, C, E, K and chlorophyll. Vitamin K thins the blood and is found in much higher quantities in the fresh leaves than in the tea itself, so people on blood thinning medication such as warfarin can enjoy their green tea without worry. More benefits include fluoride, which is known to kill the bacteria that cause bad breath, as well as strengthening teeth and preventing cavities.

Green tea also contains the amino acid L-Theanine mentioned in last month's newsletter. This amino acid is great for promoting relaxation and a general feeling of calmness through the production of alpha brain waves. One of the main benefits of green tea is its aid in thermogenesis and fat metabolism. The two components found in green tea which aid fat burning are caffeine and the antioxidant EGCG. When we burn fat, free radicals are produced so the antioxidants found in green tea can help counteract this. Try consuming green tea as part of your
(continued overleaf)

DEFINING: Chia Seeds

It is reasonably certain that the Aztecs of Central America grew Chia as they are described by the Spanish post-conquest. Today Chia seeds are still widely consumed throughout Mexico and surrounding countries. The ground seeds are added to grain based foods like porridge and breads. The whole seeds are mixed with water and lime juice to make a drink called Iskiate or Chia fresca. The Chia seed is so embedded in Mexican culture that the state of Chiapas was so named.

Like all 'superfoods' Chia punches above it's weight and is a really valuable

collection of nutrients. Although the seeds are tiny (about the same size as cress seeds) they contain above normal levels of soft, soluble fibres, Omega 3 fatty acids, protein, and a whole host of minerals.

When Chia seeds get wet they swell up and absorb an absurd amount of fluid. This is useful for anyone with digestive issues or wishing to detox as the watery fibre takes fluid right through the digestive track, softening the stool and helping to push decaying faecal matter out of the way.

One of the reasons that Chia seeds started to become popular over here was a book about a tribe of long-distance runners in the Copper Canyon area of Mexico who could cheerfully (literally!) run 100 miles a day. The fact that they had drunk Iskiate would mean that they had a slow release mechanism for water inside them. Soft fibres also help to stabilise blood sugar levels. That's my personal theory by the way...



Chia seeds contain about 30% of Omega 3, ALA, which is richer even than linseeds. They also contain 20% complete protein. These too latter making it a great nutrition source for vegetarians and vegans. It is also a reasonable source of Calcium, Magnesium, Potassium, and Iron, if eaten on a regular basis.

We sell whole chia seeds but also milled. If you are putting chia seeds in breads and cooking then you will probably be better off with the milled as it is easier to get the minerals, fatty acids and proteins out of the middle of the seed. This is also true of linseeds which share many of the same properties as chia.

A quick web search will show you all kinds of different ways to cook with chia. There are all manner of puddings, breakfasts and smoothies to choose from. This website has some great ideas... <http://dailyburn.com/life/recipes chia-seed-recipes/>



daily routine and workout schedule to see best results.

There are also studies to suggest green tea has a role in cancer treatment and heart health. The antioxidants in green tea can help to prevent oxidation of cholesterol, thus helping prevent atherosclerosis. Researchers have shown the rate of heart attack can decrease by as much as 11% with 3 cups per day of the green stuff – so get drinking! A study in the U.S. found that the antioxidant EGCG found in green tea can stop cancer cells reproducing and even shrink tumour size. It also has a role in skin protection against UV damage thanks again to its antioxidant content.

You might have heard of a certain type of green tea called Matcha? This very special green tea has been used as part of the tea ceremony in Japan for over 900 years and is used by Buddhist monks to maintain alertness and focus during long meditation sessions. This form of green tea comes as a powder, where the whole leaf has been dried then ground. This produces a concentrated tea, but with the goodness of the whole leaf and nothing thrown away. We stock two types of Matcha powder.

Green tea can be an acquired taste for some but here in the shop we have different brands and varieties to suit everyone. If you don't like the bitterness of green tea, try Pukka's blend of Matcha and Sencha, its very smooth and much less bitter than some other green teas! This comes straight or also with Sicilian Lemon, sweet Spearmint or Chai spices. The Clearspring Sencha, loose or tea-pot sized bags, is a high-grade Japanese green tea that has been popular here for many years. If you are really caffeine-sensitive then we also keep Clipper Decaffeinated Green Tea.