

## **Health Advice # 22 Green Tea Lowers Risk of Heart Disease**



Start sipping your way to a stronger ticker. While heart disease is the biggest killer of women in the United States -- **nearly twice as many women die from heart disease and stroke than from all forms of cancer combined** -- a recent "[Journal of the American Medical Association](#)" report on green tea offers hope. In 1994, researchers began studying a group of 40,530 Japanese adults (ages 40 to 79) with no history of stroke or heart disease. Following up with participants 11 years later, they discovered that women who drank **five or more cups of the green elixir daily had a 31 percent lower risk** of death from cardiovascular disease compared to those who drank less than one cup. **Tea-drinking men showed a 22 percent lower risk.**

Rooibos red tea is naturally soothing and sweet in taste. Wild-crafted from the slopes of the diamond-laden Cedarberg Mountains of South Africa, this true wonder is as valuable as the sparkling gems that lie beneath. A natural source of Super Oxide Dismufase (SOD), **Rooibos Tea is said to have more antioxidants than green tea. Add Ganoderma Lucidum and you have the essence and taste for a classic cup of tea.**

**1 large cup, 32 oz! of tea costs \$ 0.80 ONLY!** (compare price to sodas!)

To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)  
Ruth Badraun, BRF Wellness, 727-687-2737 [www.brfwellness.com](http://www.brfwellness.com)

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