

# The No. 1 Tea Recommended by Nutritionists for Longevity

There are many ways to increase your lifespan: staying hydrated, getting enough sleep, and eating healthy are just a few options. But if you want to extend your life even further, consider adding green tea to your daily routine.

There are many **ways to increase your lifespan** : staying hydrated, getting enough sleep, and eating healthy are just a few options. But if you want to extend your life even further, consider **adding green tea to your daily routine** .



According to Nisha Melvani, MS, RD, this natural beverage is recommended by nutritionists as the best tea for longevity. Curious to find out why? Check out **how green tea can extend your life** , along with tips for making the most of it!

## Why does green tea help increase longevity?

### Reduce oxidative stress

Green tea is known for its ability to combat oxidative stress. This is caused by the buildup of free radicals, or unstable molecules, that damage healthy cells. Oxidative stress is caused by a number of factors, including poor sleep, alcohol consumption, physiological stress, and environmental pollution. Antioxidants are beneficial compounds that neutralize free radicals, rendering them harmless while protecting your cells.

Green tea is rich in antioxidants. Green tea is particularly rich in epigallocatechin-3-gallate (EGCG), a type of antioxidant known as a polyphenol. It supports longevity by reducing oxidative stress & boosting the body's natural defenses.

Green tea also protects cells' mitochondria, which are responsible for producing the energy cells need to function. But that's not all: The antioxidants in green tea also reduce inflammation, reduce DNA damage, and aid in cell repair, all of which help slow aging and protect against chronic disease.



## **Slows down cell aging**

Because the antioxidants in green tea inhibit these conditions and inflammation, they also benefit cell longevity. This is important for delaying cellular aging.

Cellular senescence occurs when cells permanently stop dividing. These cells thus become 'old.' While this is a natural process, high levels of oxidative stress can accelerate cellular senescence, leading to a buildup of senescent cells. This is problematic for longevity because senescent cells release inflammatory molecules that contribute to tissue damage and aging.

Antioxidants in green tea (especially EGCG) help slow down cellular aging by reducing oxidative stress. This reduces chronic inflammation, improves tissue function, and enhances cell repair, thus supporting a longer lifespan.

## **Supports gut health**

The gut influences many aspects of our health, including mental function, immunity, and longevity. With that in mind, you might be inspired to fuel up on gut-friendly foods like kimchi and yogurt—but green tea deserves a spot on this list. The antioxidants in green tea improve gut health by supporting beneficial bacteria, reducing intestinal inflammation, and strengthening the intestinal barrier. The result? Reduced levels of systemic inflammation, enhanced immunity, and improved metabolic health, all of which contribute to a longer lifespan.



## Matcha or green tea helps you live longer?

If you prefer matcha over regular green tea, you're in luck. Matcha offers the same benefits as green tea, but is often more potent because you're consuming the whole leaf. In fact, matcha has even more EGCG and antioxidants, which provide stronger protection against oxidative stress and inflammation. This makes it a great tea for longevity, just like regular brewed green tea.

You finished reading the article "**The No. 1 Tea Recommended by Nutritionists for Longevity**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.