

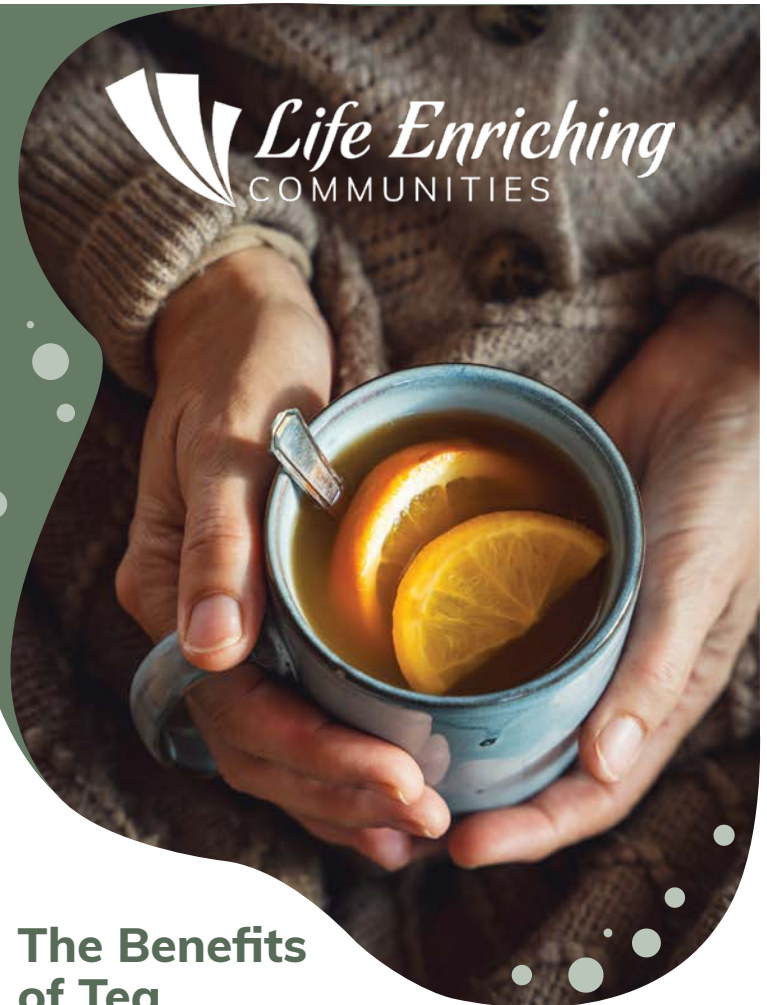
Tea Tips FOR SENIORS

Tea is part of many people's morning routines, so here are some insightful tips for aging well with your daily cup!

What is Tea

Tea is a beverage prepared by pouring hot or boiling water over loose or bagged cured tea leaves. Depending on the type, tea contains a variety of properties, such as antioxidants, caffeine, calcium, catechins, flavonoids, fluoride, potassium, and several B vitamins. Consult your doctor about consuming caffeinated or other types of tea if you have:

- A heart condition
- Acid reflux or heartburn
- Caffeine sensitivity
- Vitamin B1 or iron deficiencies



The Benefits of Tea

According to reputable sources like the National Institutes of Health (NIH) and the Mayo Clinic, with all the vitamins and minerals it contains, tea provides a variety of benefits:

- A tasty way to stay hydrated
- Improved digestive health through antioxidants and anti-inflammatory properties
- Improved mood and alertness from increased levels of dopamine
- Reduced risk of Alzheimer's or dementia through improved stimulation in the brain and central nervous system
- Reduced risk of cardiovascular disease, inflammation, and stress from the flavonoids
- Reduced risk of type 2 diabetes through improved insulin resistance and lower blood glucose
- Weight management from the catechins

A Healthy Tea Routine

Tea is a great addition to a healthy lifestyle, so consider the following when establishing a daily routine that works for you:

- Adults can have up to 3-4 cups of tea per day
- Drink caffeinated tea in the mornings and early afternoons before 3:00 pm as you would for coffee; otherwise, you can enjoy non-caffeinated and herbal teas anytime
- Swap artificial sweeteners, heavy creamers, and sugar for some honey or lemon

Tea Recommendations

If you're new to drinking tea or want to explore your options, consider what benefits you want to enjoy to choose your next flavor:

Black Tea: Decreases blood pressure, lowers cholesterol, and supports gut and heart health

Chamomile Tea: Reduces stress and the risk of heart disease, and supports digestion and sleep

Dandelion Tea: Supports digestion and improves kidney and liver health

Green Tea: Improves brain function, heart health, and weight loss

Oolong Tea: Reduces inflammation and improves heart health and metabolism

Peppermint Tea: Reduces stress and supports digestion

White Tea: Supports weight management and heart and skin health

Why This Matters

Tea is a familiar comfort for many, and we must find a healthy balance in how we consume it as our bodies change with age. Please keep in mind that:

- Caffeine can affect various antidepressants or blood pressure, osteoporosis, or thyroid medications
- Caffeine takes more time to metabolize and stays in our system longer as we age
- Caffeinated tea can increase blood pressure, heartburn or reflux symptoms, and urinary incontinence
- Tea must be accompanied with a well-balanced meal or snack; it doesn't supplement food just because it's healthy
- Too much caffeine can disrupt your sleep schedule and increase anxiety, headaches, and heart rates

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