

Could Black Tea Lower Blood Pressure?

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Since hundreds of thousands years ago black tea has been trusted as such a drink which is efficacious for body healthy. Recently, the most popular of such a tea is green tea thanks to the richness of anti-oxidant. However, the last research proves that black tea consists of the depth efficacy for making lower hypertension and blood pressure.

A new research that just released on January 2012 in Archives of Internal Medicine told about the research which inspects about what the effect for certain people who drink at least three cup of tea a day within 6 months. The result from its research found that by consuming black tea, there is lowering occur with 2 until 3 points of blood pressure measurement.

Nevertheless, even though there is existed lowering of blood pressure measurement, the lowering is quite small. Hence it is difficult to say that by drinking black tea could give big benefits to lessen blood pressure in particular for hypertension sufferers.

But the research has shown that people who suffer high blood pressure, the 31 % ingredients of food eaten will affect the physical condition. So that it is important to keep the healthy condition by managing food eaten and in addition, don't make it worse by drinking alcohol.

From some of researches claim that black tea just gives small benefits to lessen blood pressure. So, it is possible as well for the other type of tea such as green tea and others. Another opinion from other research told that Hibiscus Tea is able to help lowering blood pressure.

Actually, by taking medication as the doctor advised is the important and also primary step to control blood pressure of the sufferers effectively. And the other way is just for support and couldn't be relied on as the main medication. In addition there is additional way could be applied to assist the lowering of blood pressure besides drinking black tea. That is doing relaxation such as yoga which could help lowering the high number of blood pressure.