

# Tips From Indepth:

## The Trouble with Green Tea

According to a new study, the health benefits of green tea might hike up by Citric juices of fruits like lemon and orange.

Scientists have discovered that lemon, orange, lime and grapefruit juices enable these antioxidants to remain after digestion making the pairing even healthier than previously thought.

Researchers at Purdue University compared the effect of various beverage additives including juices and creamers on catechins, naturally occurring antioxidants found in tea.

Green tea has certain disease fighting properties. Juices of citric fruits enable these antioxidants to remain after digestion making the pairing even healthier than previously thought.

They found that complementing green tea with either citrus juices or vitamin C increases the amount of catechins available for the body to absorb, reported health portal Medical News Today. Catechins display health-promoting qualities and may be responsible for some of green tea's reported health benefits, like reducing risk of cancer, heart attack and stroke.

The problem, the scientists said, is that catechins are relatively unstable in non-acidic environments such as the intestines, and less than 20 per cent of the total remains after digestion.

Citrus juices enable these antioxidants to remain after digestion. The study found that lemon juice in particular caused 80 percent of tea's catechins to remain. Following lemon, in terms of stabilizing power, were orange, lime and grapefruit juices.

**Does this make you want to go right now and order some Calli or Fortune Delight!!**

Since I am on the go most of the time and in my car a lot. I love to put fresh squeezed lemon or lime in my Calli or Fortune Delight. However, this was difficult at times in the car or even in restaurants, where sometimes it may not be healthy to ask for

lemon in your water (You never know what you are squeezing into your water). So, in my quest to find an alternative to this problem, I stumbled upon a product called True Lemon and True Lime. They come in small purse or pocket size packets to carry anywhere you go. This was the perfect mate for my Calli and Fortune Delight. Just pour it in and shake it up. No waste of the lemon or lime. You can find this product in your local super market or go to: [truelemon.com](http://truelemon.com) I don't like to endorse too many products, but, these are very good and convenient to use. Sometimes (because I carry a case of bottled water in my car) I will just pour some true lemon and squirt some SunNectar, viola, you have lemonade or limeade! It is a great pick me up. I also carry the small packets of Fortune Delight to add to the mix.



For the first time ever, fresh squeezed lemon and lime taste is as simple as a tear of a packet or a shake of a bottle thanks to True Lemon and True Lime, the original crystallized lemon and lime substitutes, in packets and shakers.

True Lemon in packets, which has been available nationally for six months, is now joined by True Lemon in a shaker bottle and True Lime in packets and a shaker bottle. True Lemon and True Lime can be used anywhere you would use lemon or lime juice and make the use of these popular fruits convenient and easy. The packets are great to take to the office, gym, traveling and when you're on-the-go, and the shakers are made for cooking, baking and seasoning.

Each serving provides:

- Consistent fresh lemon or lime taste without any mess, waste or inconvenience;
- 100 percent all natural ingredients including fresh lemon or lime juices and oils;
- 0 calories and 0g carbohydrates;
- No artificial or natural sweeteners;
- No preservatives or sodium; and
- Offers 25 percent of an adult's daily Vitamin C requirements.