



Article published on April 29th 2012 | [Shopping](#)

The history of Chinese tea goes back centuries. According to popular legend, the Chinese emperor Shennong (2737 BCE) invented tea. It was rumored that the emperor preferred his water to be boiled before drinking it so it would be clean. The culture is quite different from European or Japanese tea cultures. It consists of not only the material aspect but also the spiritual and cultural aspect. Chinese tea may be classified into five categories according to the different methods by which it is processed. There are three main varieties of tea - green, black, and oolong. The difference between the teas is in their processing.

Green tea is made from unfermented leaves and reportedly contains the highest concentration of powerful antioxidants called polyphenols. Black tea is the most consumed type of tea in the world. Tea overall is the second most consumed beverage in the world, with water as the first. Black Tea is made from the same plant as green tea and white. Wu Long Tea (Oolong) is a semi-oxidized tea, occupying the middle ground between green and black teas. Combining the best qualities of green tea and black tea. Wu Long Tea is not only as clear and fragrant as Green Tea, but also as fresh and strong as Black Tea.

The use of Chinese tea for medicinal purposes dates back to ancient times. According to Chinese myth, tea was discovered by the Emperor Yan Di. He was experimenting with different plants in order to find the ones that could be used for medicinal purposes. He accidentally poisoned himself. He was saved when water from a tea tree miraculously dropped into his mouth. Today, researches have proven the health benefits of tea, ranging from protection against cavities to slowing down the aging process. It is excellent for stress reduction and correct stress related imbalances. White and green teas contain the amino acid theanine, which is known to relieve stress and anxiety without causing drowsiness. As legend has it, the emperor and his army were on a trip when one of the servants was boiling water for the emperor, and a leaf accidentally fell into the boiling water. Although the leaf turned the water a brownish color the emperor drank it anyway and very much enjoyed it.

Some research suggests that theanine actually increased alpha brain waves, thus enabling the brain to think clearer and problem solve more efficiently. For a tasty treat that will help boost the tea's calming effects, try mixing Chinese tea with lemon balm, St. John's wart, lavender or chamomile.

Article Source:

<http://www.articleside.com/shopping-articles/know-more-about-chinese-tea.htm> - [Article Side](#)

[Catherine](#) - About Author:

With much more information about a [Chinese Tea](#), pay a visit at our online store where you can buy it with high satisfaction.

Article Keywords:
Chinese Tea

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!