

Why Matcha should be your next morning drink.

Maybe you are not a morning person, or maybe you just need a little kick for you to be in the mood every morning. Either way, caffeine should be your best friend, but with many options on how you can intake caffeine, you're going to have to choose from hundreds or even thousands of products.

We all know that when we think of caffeine, the number one thing that crosses our mind is coffee, but what if I tell you there is something that can be compared with coffee? Many people say that it is on par with coffee, if not better.

The drink is called matcha, it is a drink that can be bought in a form of powder, it is made from tea leaves that are being processed for optimal health benefits.

Where did it originate?

Everybody thinks that matcha originated from Japan, but the truth is that it is originally rooted in China. [The Tang dynasty started](#) roasting and pulverizing tea leaves for easier transport which then resulted in tea being mixed with salt and water before drinking.

A Zen Buddhist named [Eisai](#) brought some tea seeds that he got from practicing Buddhism in China at the time of the Tang dynasty. He then planted the seeds in Japan which resulted at the beginning of [Japan's tea cultivation process](#).

Health benefits of Matcha

It May help prevent cancer

Matcha is known to have a lot of health benefits due to its nature as something natural and since it's green, many assume that [it should be healthy](#). This is actually correct since matcha really has a lot of vitamins and minerals.

It is shown in a [study](#) that Matcha contains high levels of [epigallocatechin-3-gallate](#) (EGCG), which is known as a type of compound that primarily can be seen on plants, which are called [catechin](#).

EGCG is considered an antioxidant that protects our body from unwanted cellular growth or cellular damage that is primarily caused by [free radicals](#). Making matcha an ideal drink if you are trying to avoid cancer and other diseases.

Helps in weight loss

One of the reasons that green tea became known is its ability to aid in losing some extra weight from people.

A [study](#) shows that taking green tea extract 24 hours before doing a certain exercise helps in burning fat faster. This is due to the green tea extract raising the fat oxidation rate by 17% making it an efficient drink that aids in weight loss.

[11 studies](#) also stated that the catechins that are contained in green tea (matcha) help in reducing weight loss, and in maintaining weight.

Improves blood pressure

Catechins found in green tea are known to possess the ability to help lower our blood pressure. A [study](#) found that taking green tea improves systolic, and diastolic blood pressure. This is because catechins help lower cholesterol levels.

[High cholesterol levels](#) may increase the risk of heart illnesses, high blood pressure, and stroke. While [low cholesterol levels](#) can help reverse the damage done by having high cholesterol levels. E.g. Blockage of arteries, Hardening of arteries, and many more. It also helps people with type 2 diabetes.

Coffee vs Matcha

Coffee is a well-known drink that everybody loves. This is primarily due to its energy-giving component which is caffeine, Which can also be found on matcha. Let's see why matcha could be better than coffee with the following:

Caffeine Level

We all know that coffee contains more caffeine compared to matcha, but why should matcha be the better choice between the two?

[Almost all](#) of coffee's caffeine content can be absorbed by our body in pretty much less than an hour, providing us with a sudden burst of energy to help us get rid of that sleepy feeling. While matcha provides a slow pace of energy that steadily makes its way into our body, and the same

with going out. Without giving us the feeling of crashing after the caffeine fades like how coffee does.

Oral Health

We all know that coffee could leave stains on your teeth when you constantly drink every once in a while. Meanwhile, matcha does not have this side effect, [it doesn't cause teeth stains](#) even if you drink it every time.

Another known side effect of coffee on our oral health is [bad breath](#). Coffee prevents the production of saliva in our mouth, which results in our mouth becoming drier, letting bacteria grow which then leads to bad breath.

Number of Antioxidants

Matcha is known to be more concentrated than green tea, we can assume that it contains more antioxidants than a regular cup of tea. This also means that the [number of catechins](#) in it is significantly larger.

Coffee on the other hand also contains antioxidants but compared to Matcha, its antioxidant level is significantly lower. Another reason that Matcha is a healthier choice is that coffee does not contain catechin. It is mentioned beforehand that catechin helps in fighting illnesses because of its ability to prevent unwanted cell damage in the body.

Conclusion

Everyone should at least consider adding matcha to their daily diet, it can be seen how beneficial it is to us physically, and mentally. Compared to coffee, Matcha offers a lot more than just an energy boost. It also helps battle certain diseases and even helps in preventing life-threatening diseases.

Comparing their ability to increase alertness, it can be seen that matcha can be more effective in increasing productivity due to its process of letting us intake its caffeine. Unlike coffee, it offers a more calm and steady flow of energy which is really beneficial in increasing our productivity since it helps us to consistently produce energy during the course of drinking.