



## Tea and Dehydration

In July 2006, the "European Journal of Clinical Nutrition" published the results of an investigation of the effects of black tea on health. The authors, E.J. Gardner, C. H. S. Ruxton and A.R. Leeds, wanted to know whether caffeine, a substance that naturally appears in tea, can cause dehydration. Caffeine is a diuretic, and can stimulate urination. Gardner et al reviewed research done on this topic between 1990 and 2004, and concluded from the existing information that normal consumption of black tea does not cause dehydration. According to the journal review, tea can only dehydrate you if you consume 300 milligrams of caffeine all at once. That is equal to drinking six to seven cups of tea, one after another. If you consume tea in moderation, you are not at risk for dehydration.

## Tea as a Diuretic

Since green tea has caffeine the beverage is recommended in traditional Asian Medicine as a medicinal diuretic. Diuretics help to relieve fluid retention, known as edema, and high blood pressure. If your doctor diagnoses you with any of these conditions, do not replace any prescribed medications with tea without discussing the pros and cons of the option with her and discussing potential side effects.

## Tea as an Antioxidant

Tea contains antioxidants called polyphenols. Antioxidants neutralize free radicals, molecules that form naturally in your body as a byproduct of organ function. They can also appear after you are exposed to environmental toxins. Free radicals can damage and kill cells, causing serious illnesses including cancer. Tea's antioxidants have the potential to protect against atherosclerosis and cancer and lower cholesterol, according to the University of Maryland Medical Center. Green tea has the highest concentration of polyphenols.

## Tea Precautions

Tea contains tannin, an acidic substance that gives the drink a bitter flavor and can cause gastrointestinal irritation and nausea. Depending on how sensitive you are to caffeine, you may become irritable and experience insomnia, even if your tea consumption falls within the moderate range that does not cause dehydration. The caffeine in tea can also minimize the effect of anti-anxiety medications. Mixing drugs for high blood pressure with caffeine can stimulate hypertension rather than relieve it. Green tea can render adenosine, a drug prescribed to regulate heartbeat, and warfarin, a blood thinner, useless.

Read more: <http://www.livestrong.com/article/491462-can-drinking-tea-dehydrate-you/#ixzz2bDTbn3ok>