

# O

THE OPRAH  
MAGAZINE

OPRAH'S NEW BOOK CLUB

It's Version 2.0—  
And Her First Pick  
Is on Page 102

"I was deeply  
opened and  
inspired by this  
book."

*The* **10 Smartest  
Things You Can  
Do for Your Body  
This Summer**  
(Pass the Nut Butter!)

*Plus*  
**29 BEST  
BEACH  
READS**

**How to Make the Right  
Decision—Every Time**

**\$30 Bag! \$15 Ring! \$40 Dress!**  
**Fantastic Fashion Finds Under \$50**

JULY 2012 \$4.5





Feeling Good



## The Tea Rx

Good health is in the bag.



It can warm your soul or cool you off on a sweaty summer day—but did you know that tea can also prevent the formation of brain plaques associated with Alzheimer's disease? And that's not all: A potful of research is showing how various brews can ward off pathogens, hypertension, even cancer. Check out these four healing cups; we'll wait while you put the kettle on. —GINA ROBERTS-GREY

### Darjeeling

#### The brew

This delicate infusion—considered by many to be the best tea in the world—is made from plants grown in the Himalayan foothills of India's Darjeeling region.

#### The benefits

More than half the global population harbors a pathogen called *H. pylori*; 15 to 20 percent of those people develop ailments including ulcers, gastritis, and gastric cancer. But in a recent study, scientists found that various teas inhibit *H. pylori*—and that Darjeeling steeped for five minutes has the greatest effect. Just hold the milk; it can block the activity of compounds in the tea.

### Oolong

#### The brew

The leaves of this elegant Chinese tea are semi-fermented—allowed to wither briefly, then bruised to spur oxidation, and dried before the enzymatic process is complete. Oolong's varieties range from light and sweet to thick and woody.

#### The benefits

According to a study of more than 1,500 subjects, a half cup to two and a half cups daily of oolong tea or the more famous health star green tea can lower a person's risk of hypertension by 46 percent. Oolong and green tea are rich in antioxidants that help control an enzyme that raises blood pressure.

### Black

#### The brew

When tea leaves are allowed to fully ferment, they develop the bold, tannic, earthy flavor of black tea. (Its color, though, is closer to red.)

#### The benefits

Four antioxidant compounds (called theaflavins) found in black tea appear to protect the brain from disease in a very specific way. Last year a group of German researchers published findings stating that these compounds prevented the formation of senile plaques (likely by binding to amino acids that would have otherwise formed the plaques), which contribute to the development and progression of Alzheimer's and Parkinson's.

### Yerba Maté

#### The brew

Derived from the leaves of a holly species native to South America, yerba maté has a strongly herbal, almost grassy flavor. For a less bitter taste, steep in hot (not boiled) water.

#### The benefits

In a 2011 study, scientists added yerba maté to petri dishes containing colon cancer cells. "Put simply, the cancer cells self-destructed," says study author Elvira Gonzalez de Mejia, PhD. "Caffeine-related compounds in the tea damaged their DNA." More research is needed, but Mejia is optimistic that yerba maté could help the body fend off colon cancer.

# NEW

Slimited Edition



Who needs Maracas when ya got



Scan the QR code for a scrumptious coupon\*.

\*Limited supply of coupons available only while supplies last.