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The name oolong comes from the Chinese for "black dragon." This unique tea is processed from the Camellia Sinensis plant, the same leaves from which green tea comes. It is available loose leaf or in tea bags, and more recently, this famous tea extract has become available as a diet supplement.

Oolong is more oxidized than green tea, but less than black tea. Consequently, its flavour is somewhere between the two; it isn't as sweet as black tea, but it is more slightly more floral and less grassy than green tea. Traditionally, oolong is brewed strong for a bitter tang with a sweeter after taste. The two of the most popular types of this tea are Taiwanese oolong and tea from the Wuyi Mountain Province.

### Oolong Tea Benefits:

The health benefits of this beverage includes both antibacterial and antiviral properties, as well as boosting metabolism and the immune system. It aids in the relief of allergies, diabetes, eczema, and obesity, and may help prevent cancer.

**Green Tea Vs. Oolong Tea:** Both green tea and oolong tea contain Catechins, a powerful antioxidant compounds which aid in fighting disease and ageing. While the levels of catechins in the tea leaves, the concentration of beneficial chemicals like polyphenols and flavanoids increases during fermentation. As a result, oolong is especially effective in reducing bad cholesterol.

**Helps in Weight Loss:** Oolong does promote weight loss. While green tea is a better antioxidant than oolong, the later is more productive in fat burning. Green tea may be more accessible and in some cases more affordable, but some people prefer the less vegetal taste of oolong.

### Drinking Oolong Tea:

You can purchase this pure tea in whole leaves (loose), tea bags, or as a liquid extract from all popular tea stores around the world. Organic oolong, like all organic foods, will have better benefits for your health, cultivated without pesticides, and with fewer chemicals used in processing.

**Brewing Oolong Tea:** For optimal brewing, the loose leaf of the tea should steep for 2 to 3 minutes in water that's been boiled to 180 degrees Fahrenheit. Oolong can be brewed several times, and on each occasion increasing its brewing interval. If you choose to buy oolong tea from some good tea store, you should measure between 2.25 grams for every 6 ounces of hot water, or approximately two teaspoons of whole of its loose leaf per cup.

If you find the taste of oolong too strong, use a smaller measure of tea leaves or steep for less time. You can also add a small amount of skim milk or soy milk, or sweeten with honey. As you grow accustomed to the flavour, you can brew stronger tea and eliminate these additions.

Hence, Oolong tea have many health benefits and it strengthens the immune system of the body. The rich antioxidants in it, improves the blood circulation of the body that keeps you healthy and strong. It even slow down the ageing of skin and improve pores and other skin disorders. It is best beverage to reduce weight and keeps person fit and good looking. Today, their are many shopping sites on internet from where one can easily buy tea online of all varieties at a most attractive pricing.

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Vadim Naroditsky is a passionate tea lover for about 20 years now. His favourite teas are a [Japanese teas](#), Jasmine teas, Herbal teas etc. At Apollo tea house come and see his collection and easily a [buy black tea](#), green teas etc of your choice.

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