



The biggest cause of death

According to a [recent report published by BBC](#), cardiovascular disease ranks top for cause of death around the world. This surprising statistic reveals that 1 out of every 3 deaths are caused by heart disease. As an individual, how can we then take a preventive measure to protect ourselves against cardiovascular disease?

EGCG

Green tea is often touted as a superfood with a plethora of antioxidants and anti-inflammatory properties. Did you know that [raw Pu'er tea](#) is equally or even more effective at fighting against cardiovascular threats?

The molecule called **EGCG** that reduces plaque build up inside arteries is found in Pu'er tea extracts. EGCG, can bind to proteins found in plaques linked to coronary artery disease and under certain circumstances, make it more soluble. A team from Lancaster University and the University of Leeds have also concluded that EGCG can also break up potentially dangerous protein plaques found in blood vessels. In the paper published in the Journal of Biological Chemistry, researchers found that EGCG also bind to fibres in the tissue, converting them into smaller, soluble molecules less likely to cause damage.

How should you drink Pu'er to reduce risk of heart diseases

There is no certain rules or guidelines about the consumption of **Pu'er tea** for preventing heart issues. However it is suggested to drink 2 to 3 cups of Pu'er tea every day, specially after an hour of a meal for the best results. Consuming too much of tea may cause more damage than benefit, so never exceed your standard level of consumption.

