

## Herbal Medicine News Update

### 1. Tea drinkers live longer

**Date:** January 9, 2020

**Source:** European Society of Cardiology

**Summary:** Drinking tea at least three times a week is linked with a longer and healthier life, according to a new study.

### 2. Caffeine may offset some health risks of diets high in fat, sugar

**Date:** December 20, 2019

**Source:** University of Illinois at Urbana-Champaign, News Bureau

**Summary:** In a study of rats, scientists found that caffeine limited weight gain and cholesterol production, despite a diet that was high in fat and sugar.

### 3. Experts review evidence yoga is good for the brain

**Date:** December 12, 2019

**Source:** University of Illinois at Urbana-Champaign, News Bureau

**Summary:** Scientists have known for decades that aerobic exercise strengthens the brain and contributes to the growth of new neurons, but few studies have examined how yoga affects the brain. A review of the science finds evidence that yoga enhances many of the same brain structures and functions that benefit from aerobic exercise.

*References: [www.sciencedaily.com](http://www.sciencedaily.com)*

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