

# Green Tea (Sencha)

**Botanical Name:** *Camellia sinensis*

**Family:** Theaceae

**Energetics:** Cooling, slightly astringent

**Taste:** Bitter, grassy, fresh

**Actions:** Antioxidant, mild stimulant, digestive support, cardiovascular support, anti-inflammatory

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## Overview

Green Tea, particularly Sencha, is a Japanese steamed green tea known for its antioxidant content, mild stimulant effects, and cardiovascular and digestive support. Rich in catechins, it supports metabolism, immunity, and general wellness.

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## Uses

### Internal Uses

- Antioxidant and immune support
- Mild stimulant for mental clarity
- Supports cardiovascular health
- Digestive aid

### External Uses

- Infused in skin tonics for antioxidant and astringent properties
  - Facial steam for skin rejuvenation
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## Medication Interactions

- May interact with blood thinners due to vitamin K content
  - May enhance stimulant medications
  - Avoid high doses with iron supplements (may reduce absorption)
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## Contraindications

- Pregnancy: limit high-caffeine intake
- Children: safe in small amounts; monitor caffeine sensitivity
- Allergy to *Camellia* genus



## Caution & Safety

- Moderate consumption to avoid excess caffeine
  - Avoid late-day consumption to prevent sleep disruption
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## Herbal Pairings

### Blends Well With

- Lemon Balm (calming and digestive support)
- Ginger (warming digestive synergy)
- Jasmine Flower (floral flavor and calming)

### Avoid Combining With

- Iron supplements when taken at the same time
  - Other stimulant herbs in high doses
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## Possible Side Effects

- Caffeine-related insomnia or jitteriness
  - Mild digestive upset in sensitive individuals
  - Rare allergic reactions
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## Forms & Dosage

### Tea / Infusion

- 1 tsp dried Sencha leaves per cup water
- Steep 2–3 minutes at 70–80°C
- 1–3 cups daily

### Capsules / Powder

- 300–500 mg, 1–2 times daily

### External / Skin Use

- Infused water or toner applied to skin as desired
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## Notes

Sencha green tea is rich in antioxidants and supports general wellness, mental clarity, digestion, and skin health. It is mild but effective and widely appreciated in both beverages and herbal formulations.

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