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

Information collected by:
Md. Akbar Hossain
Department of Pharmacy
ASA University of Science and Technology Bangladesh