Ditch the Bean, Go for Green – 5 Reasons to Quit Coffee and Take up Tea

It's certainly no secret that the act of drinking tea is getting hot. From Starbuck's recent acquisition of cult brand Teavana to Oprah's latest deal to bring chai to the mass, the time-honored cup of tea is en vogue once again! But for the average coffee lover, it may be hard to give up that familiar cup of joe. Here's five reasons why you should considering jumping onboard this latest foodie trend.

- Teas are a great source of antioxidants, which are substances typically found in food that improves blood flow. Studies have shown that a diet rich in antioxidants can have a significant affect in the fight against illnesses such as cancer and heart disease.

- Looking for that great morning jolt without the crash later? Then a cup of tea is definitely the way to go. Brewed tea has a significantly lower amount of caffeine than a typical cup of coffee. Which means that you can be wide awake for your morning commute without falling asleep in your 10 am staff meeting.

- If you are struggling to meet the daily recommended amount (about 9 cups for women and 13 cups for men) of water intake, then unsweetened tea may be the answer. Unsweetened tea has the same benefits as drinking water when it comes to removing toxins from the body. And the rumor about tea being a diuretic that could affect the body's ability to be hydrated? Just a myth.

- Did you know that teas can actually help you maintain your weight? It really can, by replacing a dessert with some of the specialty dessert teas on the market now. In many cases, it can help satisfy your sweet tooth without adding extra pounds.

- Drinking tea can actually also have a positive affect on your appearance too. The antioxidants in tea have an anti-inflammatory affect. Which helps to fight the aging process and regenerate skin.

So the next time you're tempted to grab that next cup of coffee, challenge yourself to go for the tea instead. The long-lasting benefits will definitely look great on you!