

# green tea

For many generations in India, China and Japan, green tea has been regarded to contain health-promoting components. Much research has been made on the health effects of green tea and its prevention of and stopping the progressing of a variety of illnesses. Only 20% of the tea consumed worldwide is green tea. The remainder is black, yet many polyphenols in green tea contain more antioxidant activity than the well-known Vitamin C and Vitamin E. The antioxidants found in green tea may prevent and reduce severe cases of arthritis and cancers.

## **Green Tea May Prevent Oral Cancer**

At a scientific conference in Washington DC, 1998, a team of Chinese scientists revealed that drinking green tea improves pre-cancerous conditions of oral leukoplakia in patients and proposed it may have counteractive effects in oral cancer.

The study involved 32 patients, 12 females and 20 males ranging in ages 23-28 years old who had oral mucosa leukoplakia (a pre-cancerous lesion of oral cancer). For the six month study, these patients drank three cups of green tea a day and applied a mixture of green tea and glycerin directly to the lesion.

The result was that 38% of the patients had a reduction in the size of a single lesion or in the total size of multiple lesion by 30% or more. Although 59% saw no changes at all, the development of cancerous cells decreased considerably.

Although this study was limited in time and size, these figures provide promising evidence on the preventive effects of green tea on cancer.

## **Green Tea May Prevent Rheumatoid Arthritis**

A study in Cleveland in April 1999 by medical researchers reported that drinking four or more cups of green tea a day might prohibit rheumatoid arthritis and lessen the harshness of it in those currently suffering from it.

The study was directed onto mice with collagen induced arthritis, which is comparable to rheumatoid arthritis in humans. The mice that received green tea were less likely to develop arthritis than the mice who were given only water. The mice that were given green tea and still developed arthritis had less severe forms of arthritis.

This study concluded that the antioxidants found in green tea have cancer-preventing properties as well as anti-inflammatory properties. Rheumatoid arthritis is an inflammatory disease that causes

pain, swelling, stiffness, and loss of function in the joints. Green tea's antioxidants may prevent or reduce the severity of these symptoms.

## Green Tea as Cancer Preventive

Of the ongoing research done on green tea and its beneficial properties, a remarkable study by Japanese scientists of the Saitama Cancer Research Institute found the delay of cancer onset with drinking green tea. The study showed that in early stages breast cancer, the cancerous cells spread significantly slower in women who drank five or more cups of green tea a day. They also found lower recurrence rate in these patients.

Green tea contains EGCG which is a natural obstructor of TNF- (a gene expression which encourages cancer cells to develop in surrounding tissue). EGCG has been proven to kill cultured cancer cells without causing harm to surrounding healthy cells. Green tea could be beneficial not only for the prevention of cancer but also in the therapy and prevention of other diseases

## black tea

**In a study done at the American Heart Association in New Orleans, researchers found that tea drinkers have a lower risk of heart attack and stroke.** Black tea relaxes and expands arteries, thus increasing blood flow to the heart. The eight-week study involved 50 men and women with coronary artery disease. They drank four cups of either water or tea a day for four weeks. The arteries of a healthy person release the chemical called nitric oxide which causes the artery to dilate. People with coronary artery disease produce less nitric oxide and thus the areteries do not dilate normally. The study revealed tea reverse this abnormality while drinking water had no effect.

Tea drinking also increases the amount of favonoids in the blood. These are antioxidants which are like those found in fruits and vegetables.

The high levels of antioxidants in black tea have been found to not only improve artery function but also to lower the rates of cancers. They have the ability to stop the oxidation which causes damage to DNA and turn normal cells into cancer cells.

Tea can also help prevent tooth decay. It contains fluoride and works better than the antibiotic tetracycline. It fights bacteria in the mouth that causes gum disease and cavity causing bacteria.

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