

GREEN TEA

What is GREEN TEA?

The tea plant is a large shrub with evergreen leaves. It has been used for more than 5,000 years in China where it originated. Green tea is unfermented. The leaf buds and young leaves as found in Yellow mountain and Yunnan make the best tea. The fresh leaves are slightly steamed and then quickly dried to prevent enzymes in the tea from breaking down nutritious substances called polyphenols, which are the cancer-fighting compounds in green tea. Polyphenols are better antioxidants than vitamins C and E. Population studies show that there is less cancer in countries where people drink green tea every day. Green tea's cancer-fighting effects work best against gastrointestinal, lung and breast cancer. Black tea does not have the same effect due to the fact that it has been oxidized. *

What are the benefits?

Drinking Green tea daily has many health benefits. It is an important preventative against elevated blood fats, hardening of the arteries, dental decay, gum disease and cancer; as an antimutagenic, it blocks the interaction of tumor promoters and inhibits estrogen interaction with its receptors, beneficially affecting breast and prostate. It can help ward off fungal, bacterial and viral infections. It is beneficial for digestive disorders as it inhibits pathogenic bacteria associated with digestive infections; increases probiotic activity and helps regulate bowel function. It may help improve thinking and eyesight. It strengthens arteries and reduces excess fats in the blood. It clears phlegm from sore throats and neutralizes poisons. The tannins in Green tea can help stop diarrhea and inhibit flu viruses. It has been shown to help burn fat, maintain a healthy metabolism and promote weight loss in obesity. It is recommended as an alternative to coffee, black tea and harsh stimulants. *

Supplement recommendation:

For the most effective benefits look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **A powerful antioxidant and cardioprotectant***
- **Enhances weight management***
- **Promotes dental and periodontal health***
- **Clears heat and toxins from the body***
- **Promotes cardiovascular health***
- **Improves circulation and prevents against hardening of the arteries***
- **An important preventative against some cancers***
- **Promotes gastrointestinal health***
- **Increases energy and potential oxygen uptake***
- **Reduces platelet aggregation***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.