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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Antioxidants In Green Tea

By Linda Brown

Oxygen isn't harmful to your body, is it?

Oxygen is an essential element that all members of the animal kingdom need. Oxygen is that element that triggers the body to burn glucose and fat to provide heat and energy. But as essential as oxygen is, it does have its negative effects.

During the process of oxidation, highly reactive byproducts called free radicals are produced. These free radicals act on other molecules, turning them into free radicals like themselves and disrupting their normal functioning. This eventually leads to massive cell destruction, tissue damage, and can even cause degenerative diseases like cancer, heart disease, Alzheimer's disease, Parkinson's disease, rheumatoid arthritis, and atherosclerosis.

Fortunately, the human body comes equipped to use antioxidants as a natural defense against these harmful free radicals. Antioxidants are naturally occurring chemical substances found in fruits and vegetables. They act on free radicals by hunting them down and neutralizing them.

Among the many plants that contain disease-fighting antioxidants is the camellia sinensis (the tea plant). For centuries, tea has been served in Chinese households as beverage that promotes health and general well-being. Green tea is especially favored due its many astounding health benefits.

Green tea has been consumed in India, China, Japan, and Thailand throughout history. In traditional Chinese and Indian medicine, green tea is used as a stimulant, a diuretic (to promote the excretion of urine), an astringent (to control bleeding and help heal wounds), and to improve heart health.

The benefits of green tea are largely attributed to the presence of polycatechins. Among flavonoids, catechin is ranked high in its antioxidant effects and properties. Catechin is the substance in green tea which makes the beverage an excellent source of antioxidants. Other substances in green tea with antioxidant effects are tannin and vitamins such as A (carotene), C, and E.

Catechins are powerful polyphenolic antioxidants. The antioxidants in green tea have powerful anti-carcinogenic, cardio-protective, neuro-protective, and anti-microbial actions. A particularly

bioactive catechin called epigallocatechin gallate has been singled out as very important because of its possible antioxidant effects in preventing cancer.

Linda Brown contributes to several web sites, including

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The Health Benefits of Drinking Green Tea and Coffee

By Lee Dobbins

The Chinese have used green tea to treat disease for many centuries. Today, Western culture is beginning to appreciate the benefits of green tea.

Recent research has revealed some of the health benefits of using green tea including the possible prevention of rheumatoid arthritis, cardiovascular disease, cataracts and even cancer.

Green tea aids weight loss programs. Studies have shown that drinking green tea helps you burn more calories.

One of the best benefits of green tea is its ability to fight bacteria. This gives your immune system a boost. It also helps kill bacteria that cause plaque and subsequent tooth decay. Green tea can help fight food poisoning, as well.

In addition, green tea can help lower blood sugar and cholesterol. It even helps slow the aging process!

Why is green tea so beneficial? It has to do with the way it is processed.

Black tea and oolong tea are fermented, but green tea is steamed. Fermenting oxidizes the antioxidants in the leaves and renders the antioxidant much less effective. Steaming the leaves keeps the antioxidants intact.

How much green tea do you need to reap all of the great benefits?

Recommendations vary from 3 to 10 cups a day. One thing is certain: more is better, so drink as many cups as you like!

Even though green tea has lots of great benefits, many of us are not about to give up our morning cup of coffee. Guess what? No problem!

Antioxidants In Green Tea

You will be glad to hear that new studies have shown there are some healthy benefits of coffee drinking.

Coffee seems to offset some of the damage caused by bad habits such as smoking or heavy drinking. Some smokers who also drink coffee have been shown to have less heart disease than other smokers. Some heavy drinkers who also drink coffee regularly have less incidence of liver damage than expected.

Besides the caffeine in coffee, there are other ingredients that are beneficial to our health.

Coffee contains antioxidants including quinines, chlorogenic acid and tocopherols as well as essential minerals such as magnesium. All of these aid glucose metabolism and may, as a result, reduce the risk of diabetes.

Animal studies published in the Journal of Agriculture and Food Chemistry suggest coffee antioxidants boost the activity of enzymes which may protect against colon cancer.

Trigonelline is another beneficial ingredient in coffee which may help prevent tooth decay. Other benefits of coffee include reducing the risk of Parkinson's disease, helping relieve asthma symptoms and tension headaches, and inhibiting the formation of gallstones.

Now you can enjoy your morning brew with no sense of guilt!

Lee Dobbins writes for

Online Gourmet Foods

where you can find out more about eating gourmet

every day!



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