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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!**

## Can Green Tea Really Help Prevent Strokes

By Carl Hampton

We have all seen those television adverts that tell us drinking Green Tea can prevent or even cure cancer. Are these claims actually true, although Green Tea naturally contains many antioxidants there is no real proof that it can or will help prevent cancer. But it does now appear that Green Tea can help prevent the risk of clot related strokes.

To prove this theory, a recent study conducted in Japan, by the Japanese government and published in the Journal of the American Medical Association by Dr. Shinichi Kuriyama of Tohoku University. Dr. Kuriyama suggested that the Japanese are less likely than Americans to suffer from heart disease and stroke. This study is a bit more particular because of the large number of participants that were used for the study, 40,530.

Most of the studies that have been conducted to date regarding Green Tea have ended with conflicting results, even those studies conducted by the National Cancer Institute. Nonetheless, tea drinking is very common in Japanese culture so the research seems to refute criticisms of previous studies.

In America, those who drink Green Tea tend to be of a wealthier status and much more health conscious, where as in Japan, green tea is pretty much used in their staple diet. But there were a few factors that created certain results. The heavy tea drinkers in this Japanese study also tended to eat more vegetables and fruits which is a diet that reduces cardiovascular disease and cancer risks. Another major factor of the study that sets the Japanese apart from Americans, the Japanese are a lot less over weight than most Americans.

Women who drank five cups of Green Tea a day had a 31% lower risk of dying from cardiovascular disease in comparison to those women who drank one cup a day. Cardiovascular disease consists of heart disease and stroke, the number one killer for women in the U.S, as for the men the risk was reduced by 22%.

As mentioned, tea naturally contains antioxidants - it is a substance that keeps the (red & white) cells in your body healthy. There are more antioxidants in Green Tea than in black, there have been studies on animals that show that catechins (a type of antioxidant) seems to shrink cancerous tumors but not

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prevent them. Studies on humans have shown that tea can lower cholesterol and keep arteries clean.

The main problem with this study is it "points you in a direction" but is not totally conclusive in its findings. The study itself seemed to have a few loop holes. From the 40,530 participants that took part in the study over the seven years, 1134 participants did die of cancer and 892 died from cardiovascular disease. This is really not too surprising since a major requirement for entry onto the study was being diagnosed with cancer or cardiovascular disease, or at least having the possibility of getting either.

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### **Benefit of Green Tea**

**By Chucky Smith**

#### Benefit of Green Tea Introduction

There has been an influx of media coverage about the health benefits of green tea. Most green tea enthusiasts may base their opinions on green tea around their own experiences of the beverage. The Chinese have been drinking green tea for thousands of years due to its miracle working abilities. Green tea has been used by the Chinese for treating minor headaches to much larger matters such as preventing cancer. Many health studies are beginning to shine some light on the facets and benefits of green tea. What are the benefits from green tea that can affect your life? The following are five major benefits of green tea that may substantially change your life.

#### First Health of Green Tea – Weight Loss

The high concentration of polyphenols in green tea helps to oxidize fat and encourage thermogenesis. Thermogenesis in the body is the rate which the body burns calories. Green tea results in an increase of energy which raises the metabolism, therefore, more weight is lost than normal. As a morning beverage, green tea has a small amount of calories compared to most other beverages that Americans drink in the morning. The constant barrage of coffee as most peoples' morning beverage results in a higher amount of daily calories compared to green tea as a beverage in the morning. A substitution of green tea instead of reaching for a cup of joe will make a big difference in the size of your waistline.

#### Second Benefit of Green Tea – Prevention of Cancer

The antioxidants in green tea eliminate free radicals that plague the body. These free radicals cause aging and cancer. The polyphenols of green tea constantly search for free radicals and they prevent the formation of unstable oxygen molecules in a process known as oxidation. This oxidation damages healthy cells of the body and have been linked to illnesses like cancer, heart disease, and even strokes. The polyphenols in green tea prevent the birth of abnormal cells, inflammation, and destroy most cancer causing agents.

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### Third Benefit of Green Tea – Healthy Teeth

Green tea is well known for keeping teeth clean because of one of its ingredients, fluoride. The fluoride kills the bacteria in the mouth that causes plaque. Also, fluoride helps to maintain healthy, cavity-free teeth. This helps to prevent general tooth decay inside of the mouth. This cannot be about coffee which stains the teeth with an ugly yellow tinge. The oral health of teeth can be vastly improved with the consumption of green tea.

### Fourth Benefit of Green Tea – Lowers Cholesterol

Green tea may be a possible solution for all those suffering from conditions of high cholesterol. Heart attacks are one of the most common problems associated with bad cholesterol. Drinking green tea could possibly lower this stunning high risk. Green tea lowers the bad cholesterol's levels, LDL cholesterol and prevents the occurrence of blood clots in the body. The LDL cholesterol flows through the liver and cells forming heavy deposits on artery walls. The catechins in green tea help to decrease

the amount of bad cholesterol. Also, the catechins help to maintain a healthy good cholesterol to bad cholesterol ratio improving the overall health of the body.

### Benefit of Green Tea Conclusion

If weight loss, the prevention of cancer, healthy teeth, and the idea of low cholesterol does not give you an idea that green tea is a miracle worker, you must be working with some pretty powerful magic. A couple of cups of tea in addition to your normal daily beverage will greatly decrease the risk of any bad conditions. The only side effect that has been clearly recognized is the daily overdose of caffeine. This problem has been addressed through the usage of green tea extract. Green tea can be taken in a pill form with all the benefits of normal green tea. So, we hope that you begin a daily green tea regimen tomorrow!

Learn more about the

Benefit of Green Tea



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