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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!

Green Tea and Cholesterol facts

By Lorraine Bevere

A green and lush oasis in the middle of a scorching desert. A cool breeze on a hot summer night.

A bright light in the end of a cold and dark tunnel. Green tea and cholesterol.

For the millions and millions of people suffering from high cholesterol green tea may be that light. You can browse and search the Internet for topics on green tea and cholesterol and would come up with hundred of hits.

Cholesterol, triglycerides, the protein apoB in LDLs, are words dreaded by humans of the modern age. This new century is expected to become the century of medical miracles, the green tea, lowly as it may sound looks very promising as several researches have shown. This could be the decade of green tea and cholesterol.

More good news is it's not just green tea and cholesterol; it's also green tea and cancer. Several studies have shown that the antioxidants are present in green tea. The Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. Another research done by the University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. In another study by the University of Kansas determined that EGCG may explain why the rate of heart disease among Japanese men is quite low, even though approximately seventy-five percent are smokers.

And more good news! It's not just green tea and cholesterol; it's also green tea and high blood pressure. Habitually drinking 5 to 10 cups a day of green tea lowers high blood pressure.

For more that 4,000 years the Chinese have known about the medicinal benefits of green tea since using it to treat everything from headaches to depression. So it's not just green tea and cholesterol; it's also green tea and depression!

Drinking green also is reported to be helpful with rheumatoid arthritis, Cardiovascular disease, infection, and impaired immune function.

Green Tea and Cholesterol facts

Green tea is rich in catechin polyphenols, especially epigallocatechin gallate (EGCG). EGCG is a good anti-cancer element. Polyphenol limits the negative effects of smoking and a fatty diet.

There's more! It's not just green tea and cholesterol; it's also green tea and weight loss. The American Journal of Clinical Nutrition published a report that found out that men who were given a combination of caffeine and green tea extract burned more calories than those given only caffeine.

How about green tea and tooth decay anyone? Its bacteria-destroying abilities kill the bacteria that cause dental decay. So it's not just green tea and cholesterol, it's also green tea and bacteria.

Why is it that it's green tea and cholesterol not oolong tea or black tea? As we all know there are 3 types of tea, green, oolong and black. All of these come from the leaves of the Camellia sinensis plant. But why green? Green tea leaves are steamed, which prevents the EGCG compound from being

oxidized while black and oolong tea leaves are made from dried or fermented leaves, which causes loss of EGCG.

We should have learned speaking mandarin or fukien a long time ago and got to know green tea and cholesterol lowering the Chinese way.

There is more to green tea and cholesterol, search the web and get to know more of the health benefits you may get from green tea. Does anyone know how to say green tea in Chinese?

Lorraine Bevere is well known for documenting the amazing qualities of
green tea

. Discover other tea

"secrets" at her site <http://www.fogtea.com>

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.

Green Tea and Cholesterol facts

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.

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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