

Reduce Smoking Risks: Green Tea can help!

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**By Carla Balattan**

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In an article, "The Irreversible Health Effects of Cigarette Smoking", Paul H. Brodish, MSPH of the American Council on Science and Health defined irreversible health effect as a permanent change in the structure and/or function of an organ system or a permanently increased risk of suffering from a disease or some other threat to health. Thus, in Brodish' article, he does not expound on the diseases and health problems which may be encountered by a cigarette smoker, but rather, he goes on to enumerate that at least five years of smoking cigarettes may have permanent effect on the lungs, the heart, the eyes, the throat, the urinary tract, the digestive organs, the bones and joints, and the skin – even if the smoker quits... WHOA!

Dear readers, I would not like to frighten you into pouncing on the nearest cigarette smoker you encounter and scaring them into quitting. Nor would I like to make enemies of cigarette smokers. This article is written under good intentions for the benefit of CIGARETTE SMOKERS. YES INDEED! This article is for you!

As such, I opened my topic by giving a realistic view for all of us on the effects of our favorite vice. Upon taking up the habit of smoking or even, the 'need' of smoking, we know about its dangers and ill effects. As we continue to go on smoking, we wholly accept the responsibility of whatever may affect our mental, physical and emotional capacities. It's indeed a risk we have to take in order to continue the joys of smoking.

Now here's the catch ---- the ill effects and dangers of smoking advertised even in the very packets of cigarettes and tobacco, can be greatly reduced! Through a variety of researches, there is a new health product which may greatly reduce smoking risk. I endeavor to introduce Green Tea Plus! Due to Green Tea Plus' super concentration, it has over 90% polyphenols and 72 trace minerals, not found in regular green tea. 1 serving of green tea plus = up to 10 cups of regular green tea.

Numerous studies have shown that Green Tea can help reduce your cancer and cardiovascular risk. Green tea can boost your immune system by fighting free radicals. AND HERE'S THE BEST NEWS ---- cigarette smokers who drink up to six cups of green tea daily suffer 40 to 50 percent less damage from

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the toxins caused by cigarette smoke! Thus, reducing the damage caused by these toxins, the risk of cancer, emphysema, cardiovascular disease and other illnesses can be substantially decreased at the same time greatly reducing the effects of cigarette toxins on your important organ systems.

Bad Breath as an effect of cigarette smoking? No problem! Drink Green Tea to keep your breath smelling fresh. Researchers at the University of Illinois at Chicago College of Dentistry have discovered that polyphenols, found in green tea, inhibit the growth of an odor-causing bacterium by 30%. They say drinking a cup or two of green tea a day may help maintain fresh breath, especially if you are without a toothbrush!

Carla is a Communication Arts graduate, with a major in Journalism. Right after graduating, she worked as a clerk then became a Research, Publication and Documentation Program Director at a non-government organization, which focuses on the rights, and welfare of workers for four years. For comments and question about the article you may contact the Author at 888 311 0666 or visit <http://www.onlinehomemedicalsupply.com>

### **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.

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For more than 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 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

. Discover other tea

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

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