

News You Can Use

Green Tea Extract

Green tea has long been used by the Chinese as medication for the treatment of headaches, body pain, and poor digestion, and the improvement of health and life expectancy. In the 21st century, green tea extract is used as a means to lower cholesterol, slow down arthritis, prevent the growth of cancer cells and assist in weight loss.



More than 2,000 scientific studies suggest that green tea is rich in polyphenols and flavonols. The most powerful antioxidant contained in green tea, Epigallocatechin Gallate, commonly referred to as EGCG is over 200 times more potent than vitamins C and E together in fighting free radicals and pro-oxidants.

In particular, the health benefits of green tea extract can be merely summarized as follows:

Lowers LDL cholesterol

Protects the joints against arthritis

Because green tea leaf is anti-bacterial, it prevents inflammation. Green tea extract reduces arthritis by causing changes in various arthritis-related immune responses, it suppresses inflammatory substances and proteins that induce arthritis, and it increases anti-inflammatory substances. Moreover, EGCG prevents inflammatory responses responsible for rheumatoid arthritis.

Prevents the growth of cancer cells

The EGCG in green tea extract inhibits cancer cells from growing, thus protecting the development of prostate, breast, and lung cancer. Green tea extract is also beneficial for women who have breast cancer because it is high on chemicals that bind estrogen. In doing so, estrogen does not remain free to stimulate breast cancer cells. Moreover, studies have shown that women who consume great quantities of green tea before menopause are 50 percent less likely to develop breast cancer or to develop the severe forms of the disease.

In relation to lung cancer, green tea extract is also beneficial. Studies have shown that smokers who consume green tea are less likely to develop lung cancer, although drinking green tea is not smart insurance against lung cancer from smoking.

Helps losing weight

Green tea extract boosts the number of calories burned by almost 4.5 percent. This accounts

for 135 calories per day, but consuming green tea regularly can help the average man on a high-fat diet lose 18 lbs. during a year and the average woman on a high-fat diet lose 11 lbs. This weight loss is calculated without eating less or exercising more.

Topical applications of green tea extracts (EGCG) have protective effects on UVA- and UVB-induced skin damage.



Increases metabolic rate

Clinical trials conducted by the University of Geneva and the University of Birmingham indicate that green tea raises metabolic rates, speeds up fat oxidation and improves insulin sensitivity and glucose tolerance. In addition to caffeine, green tea contains catechin polyphenols that raise thermogenesis (the production of heat by the body), and hence increases energy expenditure. There is also a suggestion that it can increase endurance in exercise by improving fat metabolism.

Possible anti-diabetes effect

There is also epidemiological evidence that drinking green tea and black tea may help prevent diabetes.

Boosts mental alertness

The amino acid L-theanine, found almost exclusively in the tea plant, actively alters the attention networks of the brain, according to results of human trials announced in September 2007. It has been proposed that theanine is absorbed by the small intestine and crosses the blood-brain barrier, where it affects the brain's neurotransmitters and increases alpha brain-wave activity. The result is a calmer, yet more alert, state of mind.

Boosts immune system

On 21 April 2003 the Brigham and Women's Hospital released details of a research project which indicated that theanine may help the body's immune system response when fighting infection, by boosting the disease-fighting capacity of gamma delta T cells. The study included a four-week trial with 11 coffee drinkers and 10 tea drinkers, who consumed 600ml of coffee or black tea daily. Blood sample analysis found that the production of anti-bacterial proteins was up to five times higher in the tea-drinkers, an indicator of a stronger immune response.

Lowers chances of cognitive impairment

A 2006 study showed that elderly Japanese people who consumed more than 2 cups of green tea a day had a 50 percent lower chance of having cognitive impairment, in comparison to those who drank fewer than 2 cups a day, or who consumed other tested beverages. This is probably due to the effect of EGCG, which passes through the blood-brain barrier.

Lowers stress hormone levels

According to a study by researchers at University College London, drinking tea can lead to lower levels of the stress hormone cortisol after a stressful event. Fifty minutes after being subjected to challenging tasks, subjects who had been drinking 4 cups of tea daily for 6 weeks, had a 20% greater drop in cortisol than the placebo group. Blood platelet activation, which is linked to blood clotting and the risk of heart attacks was also lower for tea drinkers.

Effects on HIV

A recent study appearing in the Journal of Allergy and Clinical Immunology was the subject of an article on BBC News. It stated that epigallocatechin gallate (EGCG) found in green tea

can lead to the inhibition of HIV virus binding and may be used as a complementary therapy for HIV patients.

Effects on inflammatory bowel disease (IBD)

The polyphenols in green tea have been shown to reduce intestinal inflammation in mouse models of IBD. This effect seems to be related to tea's ability to interrupt the cascade of inflammatory reactions that are the cause of IBD.

Effects on bad breath

Researchers at the University of Illinois at Chicago stated that polyphenols help inhibit the growth of bacteria that cause bad breath.

Effects on obstructive sleep apnea-related brain deficits

University of Louisville researchers report that green tea polyphenols may stave off the cognitive deficits that occur with obstructive sleep apnea, in the second issue for May, 2008 of the American Thoracic Society's American Journal of Respiratory and Critical Care Medicine.

Stroke

Research presented at the International Stroke Conference in February 2009 found that drinking three or more cups of tea per day could reduce the risk of suffering a stroke by as much as 21%. The research, conducted at the University of California, Los Angeles (UCLA) found that drinking green and black varieties of teas has a significant impact on the risk of stroke.



Antidepressant properties

In a Japanese study Green tea consumption was inversely associated with psychological distress even after adjustment for possible confounding factors. A more frequent consumption of green tea was associated with a lower prevalence of depressive symptoms in another Japanese study.

This is just a short list of diseases that may be improved by drinking green tea or taking concentrated green tea extract and the list is growing. Every month, more and more studies are published in scientific journals around the world. The U.S. National Library of Medicine contains 2,300+ studies about green tea and the properties it contains. While research continues, it would be prudent to take green tea extract as a preventative measure for the many degenerative conditions common to modern man.

Pregnant and breast feeding women should avoid green tea.

Possible Interactions: certain medications and/or pharmaceuticals may be contra indicated for use. Check with your care provider.

Nature's Sunshine Green Tea Extract [Immune, Circulatory] contains catechins—a type of polyphenol with powerful antioxidants that neutralize free radicals. **Green tea also provides antimicrobial immune system support, helps support the vascular blood-clotting function and helps maintain cholesterol levels already within the normal range.**

It also appears to support healthy kidney function. Each capsule contains 420 mg of standardized green tea extract (80% polyphenols, 60% catechins, 30% EGCG). [Click Here for more information!](#)

Yours in Good Health!

Sincerely,

Chris Ritchason
Dr. Jack & Verlyn Ritchason, Founders
The Back to Herbs Team

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