

• **Green tea catechins linked to weight loss: Study**

○ <http://www.nutraingredients.com/Research/Green-tea-catechins-linked-to-weight-loss-Study>

○ Antioxidant compounds in green tea could help promote exercise-induced abdominal fat loss, according to a new study from the American Society of Nutrition.

▪ **Effectiveness of green tea on weight reduction in obese**

▪ <http://www.ncbi.nlm.nih.gov/pubmed/18006026>

▪ This study was undertaken to investigate the effects of green tea on weight reduction in obese Thais. A randomized, controlled trial involving 60 obese subjects (body mass index, BMI > 25 kg/m<sup>2</sup>) was conducted.

• **Drink Green Tea For Healthy Teeth And Gums**

○ <http://www.sciencedaily.com/releases/2009/03/090305183128.htm>

○ A study recently published in the *Journal of Periodontology*, uncovered yet another benefit of green tea consumption. Researchers found that routine intake of green tea may also help promote healthy teeth and gums. The study analyzed the periodontal health of 940 men, and found that those who regularly drank green tea had superior periodontal health than subjects that consumed less green tea.

• **UCLA-led study first to show green tea helps prevent chronic gastritis**

○ <http://www.scienceblog.com/community/older/2001/D/200114649.html>

○ Green-tea drinkers suffer chronic gastritis half as often as nondrinkers, according to a new study led by researchers at the UCLA School of Public Health and Jonsson Comprehensive Cancer Center at UCLA. The findings are the first to link green tea to lower rates of chronic gastritis.

• **Green tea compound may be a therapy for people with rheumatoid arthritis, University of Michigan study finds**

○ <http://www.med.umich.edu/opm/newspage/2007/greentea.htm>

○ The study, presented April 29 at the [Experimental Biology 2007](#) in Washington, D.C., looks at a potent anti-inflammatory compound derived from green tea. Researchers found that the compound - called epigallocatechin-3-gallate (EGCG) - inhibited the production of several molecules in the immune system that contribute to inflammation and joint damage in people with [rheumatoid arthritis](#)

• **Green Tea Extract Shows Promise in Leukemia Trials**

○ <http://www.mayoclinic.org/news2009-rst/5283.html>

○ "We found not only that patients tolerated the green tea extract at very high doses, but that many of them saw regression to some degree of their chronic lymphocytic leukemia," says [Tait Shanafelt, M.D.](#), Mayo Clinic hematologist and lead author of the study

- **Green tea study offers hope of AIDS drug**

- <http://www.teanewsdirect.com/2007/05/%C2%A0/>
  - The scientists from the University of Sheffield and Baylor College of Medicine in Houston found that as little as two cups of green tea could provide enough of the chemical epigallocatechin gallate (EGCG) to inhibit HIV cell binding by 40%.

- **Green tea slashes heart disease death risk: Study**

- <http://www.nutraingredients-usa.com/Research/Green-tea-slashes-heart-disease-death-risk-Study>
  - Seven cups of green tea a day over the long-term may massively reduce the risk of death from colorectal cancer and heart disease, suggests a new study from Japan. Compared to people who drank less than one cup a day, seven or more cups of green tea a day may reduce the risk of dying from heart disease by a whopping 75 per cent, report scientists from Okayama University in the *Annals of Epidemiology*.

- **Green Tea Extract Boosts Exercise Endurance 8-24%**

- <http://www.the-aps.org/press/journal/05/4.htm>
  - A new study tested the effect of regularly taking green tea extract (GTE) and found that over 10 weeks, endurance exercise performance was boosted up to 24% with 0.5% GTE supplementation, and 8% with 0.2% by-weight addition to food. Reporting in the online edition of the *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology* researchers at the Biological Sciences Laboratories of Kao Corp., Tochigi, Japan, said the 8-24% increase in swimming time-to-exhaustion was “accompanied by lower respiratory quotients and higher rates of fat oxidation.”

- **[New study finds green tea extract may prevent Alzheimer's disease and dementia](#)**

- <http://www.news-medical.net/news/20100315/New-study-finds-green-tea-extract-may-prevent-Alzheimers-disease-and-dementia.aspx>
  - Long known to be beneficial in heart disease, [diabetes](#) and some cancers, a new study finds a specific green tea extract may delay or prevent [Alzheimer's disease](#) and [dementia](#).

Sponsored by A. Holliday & Company, the study was performed by Dr. Stephane Bastianetto at the Douglas Mental Health University Institute, McGill University in Montreal.

- **Γρεεν Τεα Εξτρακτ Ινχρεασεσ Μεταβολισμ, Μαψ Αιδ ιν Ωειγητ Λοσσ**

- <http://thyroid.about.com/cs/dietweightloss/a/greentea.htm>
  - In a study reported on in the *American Journal of Clinical Nutrition*, it was found that green tea extract resulted in a significant increase in energy expenditure (a measure of metabolism), plus also had a

significant effect on fat oxidation.

- **Green and Black Tea Studies**

- <http://www.polycythemia.org/GreenTea.htm>

- The research, appearing in the April 21-25 issue of the Proceedings of the National Academy of Sciences , adds to the growing list of health benefits researchers have attributed to tea. Previous research has found that the drink can help ward off heart disease and cancer, probably due to its abundance of antioxidants.

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- **Green Tea Compounds Reduced Prostate Cancer Markers, Study**

- <http://www.medicalnewstoday.com/articles/154803.php>

- US researchers found that men with [prostate cancer](#) who consumed a mix of polyphenols found in green tea experienced a significant reduction in serum markers such as PSA, VGF and VEGF that predict the progression of prostate cancer.

The study was the work of Dr James A Cardelli, professor and director of basic and translational research in the Feist-Weiller Cancer Center, LSU Health Sciences Center in Shreveport, Louisiana, and colleagues and is published in the 19 June issue of *Cancer Prevention Research*.

- **Green tea fights glaucoma: Study**

- <http://www.presstv.ir/detail.aspx?id=119164&sectionid=3510210>

- According to the study published in the *Journal of Agricultural and Food Chemistry*, catechins, commonly found in green tea, can penetrate into the eye tissue, protecting it from glaucoma and other eye diseases

- <http://www.presstv.ir/detail.aspx?id=119164&sectionid=3510210>

- **Findings of the study**

The results of the animal study indicate that intake of green tea significantly benefits the eyes

- **Green tea could modify the effect of cigarette smoking on lung cancer risk**

- [http://www.eurekalert.org/pub\\_releases/2010-01/aafc-gtc010610.php](http://www.eurekalert.org/pub_releases/2010-01/aafc-gtc010610.php)

- Drinking green tea could modulate the effect of smoking on lung cancer. Results of this hospital-based, randomized study conducted in Taiwan were presented at the AACR-
- IASLC Joint Conference on Molecular Origins of Lung Cancer, held here from Jan. 11-14, 2010

- **Not just an immune system stimulant: STUDY SHOWS GREEN TEA DESTROYS THE BACTERIA THAT CAUSE STREP THROAT AND CAVITIES**

- [http://www.pace.edu/page.cfm?doc\\_id=8249](http://www.pace.edu/page.cfm?doc_id=8249)
- Studies conducted at Pace University have indicated that green tea extracts (GTE) and polyphenol (PP) have an adverse effect on bacteria that cause strep throat, dental caries, and other infections. Additionally, the research suggests that oral agents, such as toothpaste and mouthwash, are more effective in fighting pathogenic microbial agents, such as viruses, with the addition of GTE and PP.

- **The Miracle of Green Tea**

- <http://chinesefood.about.com/library/weekly/aa011400a.htm>
- For example, in 1994 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. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells