

Title:

Centuries old beverage contains super antioxidant more powerful than Vitamins C & E

Word Count:

683

Summary:

Green tea is the new wonder compound containing a super antioxidant more powerful than Vitamin

Keywords:

green tea benefits, greentea, polyphenols, free radicals, antioxidants, anti oxidant

Article Body:

"If we do not find time to take care of our health, we will reluctantly have to find time for
-Hippocrates

Lately there's a lot of buzz in the news and online about green tea and its' health benefits,
Polyphenols are chemical compounds found in fruits, vegetables and green tea and further divid

This compound is dubbed the "super antioxidant" because it's more powerful than the popular an

Free radicals disrupt the biochemical processes within cells, and our body's natural defenses
Free radicals in the body are toxic forms of reactive oxygen metabolites (ROM). It's ironic th

Without an antioxidant line of defense, your cells oxidize or breakdown faster thus speeding u

Since EGCG contained in green tea is a potent antioxidant it neutralizes free radicals and her

Lower total cholesterol and LDL (bad)-cholesterol levels

Increase HDL (good)-cholesterol levels

Reduce the risk of cancer

Reduce the risk of heart attack

Decrease the risk of stroke

Decrease the risk of developing rheumatoid arthritis

Enhance immune function

Act as an antibacterial and antiviral agent

Help in weight loss

Boost longevity due to potent antioxidant properties

One cup of green tea usually provides 100-300 mg of polyphenols and contains EGCG in high conc

Green tea has been used for centuries in China for the health benefits it provides. We're just

The latest research indicates that green tea may help in Alzheimer's disease by decreasing the

Green tea comes in various dosage forms but the more popular versions are the liquid forms and

As you can see EGCG is an important component of green tea responsible for all of the health b

Green tea is truly a 'wonder compound' with a large array of benefits for improving health. It

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