

Title: Do You Know?

Subtitle: What Green Tea can do?

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What GREEN TEA Can Do? Bacteria lurking in your mouth could be doing more than just keeping people away. Mouth bacteria not only leads to tooth decay, gum disease, but can actually trigger a heart attack.

Researchers found that the same bacteria that leads to gum disease can also cause an abnormal heart beat, and the makings of a heart attack. Since there are so many bacteria in the mouth, the risks are pretty hard to swallow.

Fortunately, new studies have found that green tea fights bacteria, including throat and tooth decay.

Tea is a healthful beverage. The custom of drinking tea with meals in the Far East is a major reason for the low cancer rate in the region. Tea is high in tannins, which have protective benefits for the body (their presence in red wine may be responsible for the Paradox the phenomenon that allows French wine drinkers to remain healthy). These powerful antioxidants, called polyphenols, protect the body from free radicals.

There are two major types of tea: green tea and black tea. They are from the same plant. Green tea is fermented to develop a richer flavor and color. Because green tea is not fermented, it contains one-third less caffeine, and a much higher concentration of antioxidants. It constitutes 15-30% of unfermented dried green tea, and most of its soluble antioxidants have demonstrated many benefits in scientific studies, such as:

- Antioxidant activity, including protection from cancer and heart disease
- Cholesterol reduction
- Blood pressure reduction
- Antibacterial and antiviral activity