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GREEN TEA FOR DIABETES



Did you know that green tea can actually benefit people with both Type 1 and Type 2 Diabetes, as well as assist people who are actively working to prevent the onset of Type 2 Diabetes?

This is due to the unique antioxidants contained in the green tea leaves, and the effect that these antioxidants have on our bodies.

WHAT IS DIABETES?

Diabetes is a chronic condition in which the levels of glucose (sugar) in the blood are too high. Blood glucose levels are normally regulated by the hormone insulin, which is made by the pancreas. In people with diabetes, the pancreas doesn't produce enough insulin or there is a problem with how the body's cells respond to it. (*

(http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Diabetes_explained?open)

THERE ARE TWO TYPES OF DIABETES: TYPE 1 AND TYPE 2

Type 1 Diabetes (<http://www.diabetesaustralia.com.au/Understanding-Diabetes/What-is-Diabetes/Type-1-Diabetes/>) is where the pancreas, a large gland behind the stomach, stops making insulin, and this type of diabetes is not preventable. (Diabetes Australia (<http://www.diabetesaustralia.com.au/Understanding-Diabetes/What-is-Diabetes/Type-1-Diabetes/>))

Unless treated with daily injections of insulin, people with type 1 diabetes accumulate dangerous chemical substances in their blood from the burning of fat. This can cause a condition known as ketoacidosis (<http://www.diabetesaustralia.com.au/Understanding-Diabetes/What-is-Diabetes/Ketoacidosis-/>). This condition is potentially life threatening if not treated.

Type 2 Diabetes (<http://www.diabetesaustralia.com.au/Understanding-Diabetes/What-is-Diabetes/Type-2-Diabetes/>) is the most common form of diabetes, affecting 85-90% of all people with diabetes.

Type 2 diabetes results from a combination of genetic and environmental factors. Although there is a strong genetic predisposition, the risk is greatly increased when associated with lifestyle factors such as high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist. (Diabetes Australia)

(<http://www.diabetesaustralia.com.au/Understanding-Diabetes/What-is-Diabetes/Type-2-Diabetes/>)

HOW COMMON IS DIABETES IN AUSTRALIA?

Diabetes is an epidemic affecting over 1 million Australians.

Every day, 280 people are being diagnosed with this disease. (**
(<http://www.diabetesaustralia.com.au/Understanding-Diabetes/>))

(MORE INFORMATION) (http://www.bakeridi.edu.au/Diabetes_Resources_Fact_Sheets/)



GREEN TEA & PREVENTION

Epidemiological studies suggest the possibility of green tea being a strategy for treatment or prevention of obesity and type 2 diabetes, which are closely linked.

A Japanese study (2006) demonstrated that people who drank up to 6 cups of green tea per day were 33% less likely to develop Type 2 Diabetes (<http://www.diabetesaustralia.com.au/Understanding-Diabetes/What-is-Diabetes/Type-2-Diabetes/>) than people who consumed under 1 cup per week. (1.) This is HUGE!

Furthermore, a Taiwanese study (2003) confirmed that subjects who had habitually consumed green tea for more than 10 years showed lower body fat composition and smaller waist circumference. (2) This is important as obesity is a big risk factor for the development of Type 2 Diabetes.



GREEN TEA & BLOOD SUGAR

Green Tea contains high amounts of polyphenols (antioxidants).

Polyphenols are known to have anti-oxidative properties which can help protect against inflammation and carcinogens.

It has been shown that these properties in tea can help to prevent Type 2 Diabetes (<http://www.diabetesaustralia.com.au/Understanding-Diabetes/What-is-Diabetes/Type-2-Diabetes/>), as well as some cancers.

Epigallocatechin gallate (<http://healthyeating.sfgate.com/egcg-green-tea-8453.html>) (EGCG), is the key polyphenol in green tea. It is known to be the main attributable factor of the beneficial health effects of green tea.

Through a complex biochemical reaction, EGCG in green tea **helps sensitise cells so they are better able to metabolise sugar**, which is beneficial for both Type 1 and 2 diabetics. (Ref 5 (<https://www.ncbi.nlm.nih.gov/pubmed/23803878>))

ADDITIONAL HEALTH BENEFITS OF GREEN TEA

Drinking green tea is also helpful to people with diabetes because polyphenols also support many of the body's vital systems.

"Polyphenols help reduce oxidative stress and cause vasodilation (widening of the arteries), which decreases blood pressure, prevents clotting, and reduces cholesterol," Dr. Steinbaum, (Heart Book, Every Woman's Guide To Heart-Healthy Living. (<http://Drinking tea for diabetes> is such a good idea because tea contains substances called polyphenols, antioxidants found in every plant. "Polyphenols help reduce oxidative stress and cause vasodilation (widening of the arteries), which decreases blood pressure, prevents clotting, and reduces cholesterol," Dr. Steinbaum says. All of these activities reduce the risk for heart disease, which is elevated in people with diabetes. Polyphenols in green tea can also help regulate glucose in the body, helping to prevent or control diabetes.))

Green tea consumption is associated with reduced mortality due to all causes and cardiovascular disease as well [3].

Randomised controlled trials have indicated that green tea is effective in decreasing blood pressure, low density lipoprotein cholesterol, oxidative stress, and a marker of chronic inflammation [4].



HOW MUCH SHOULD I DRINK PER DAY?

Studies have shown that the therapeutic dose of polyphenols is between 200 – 1000mg per day for a wide range of health benefits. So how many cups is this?

If you're drinking traditional green tea leaves, there can be a great deal of variation in the content of bioactive compounds including polyphenols, depending on how the tea leaves were processed prior to drying, the geographic location and growing conditions, the tea type (decaffeinated, instant, etc.), and preparation method (amount used, brew time, temperature).

Polyphenol values can vary from 5mg to 180mg per cup. This means you may need to drink 10 or more cups of traditional tea to get the best results...this is not always possible.

This is why, as nurses, we've created an instant green tea range that will give you all of the green tea health benefits in an accurate measure dose, without the guess work.



Introducing Green Tea in 3 Seconds (<https://greenteain3.com.au/tea-shop/>)!

Green Tea in 3 Seconds is a pure, organic green tea extract that comes in individual sachets, and each sachet contains 265mg of polyphenols (with precisely 106mg of EGCG).

You can simply pour a sachet straight into your water bottle, glass, or tea cup and it dissolves in just 3 seconds! The taste is very delicate and designed to add just a hint of flavour to your water as we know from experience, many people do not enjoy the strong green tea taste.

So, rather than drinking 10 + cups of brewed green tea, you can simply have 2-3 sachets of Green Tea in 3 Seconds per day to get the correct dose you need to receive all of the amazing health benefits!

Each sachet contains just 2 ingredients: 90% green tea + 10% fruit extract. (0g sugars, no sweeteners, no calories, 100% naturally good).



REPLACE YOUR SUGARY DRINKS TODAY!

If you simply replace juices and sugary drinks with Green Tea in 3 Seconds each day you'll not only be avoiding sugar, but boosting your antioxidants at the same time.

What's more, GTI3 is more readily absorbed by the body than traditionally brewed tea, so you're receiving a higher percentage of the benefits each time.



(<https://greenteain3.com.au/tea-shop/>)NOW IS YOUR TIME.

So, if you're trying to prevent the onset of Type 2 diabetes, or trying to manage your existing condition effectively, you would do well to include green tea in your daily strategy, not just for the benefits in controlling blood sugar, but for your overall health and wellbeing!

Now is the very best time to create new, healthy habits!

SPECIAL OFFER: use the code: PREVENTION
(<http://www.greenteain3.com.au/tea-shop/>) to receive free shipping on your order!



(<https://greenteain3.com.au/tea-shop/>)

CLICK HERE FOR NUTRITIONAL INFORMATION (<https://greenteain3.com.au/nutritional-information/>)

LEARN MORE ABOUT GREEN TEA IN 3 SECONDS (<https://greenteain3.com.au/the-best-green-tea/>)

LEARN MORE ABOUT GREEN TEA FOR WEIGHT LOSS (<https://greenteain3.com.au/the-best-green-tea-for-weight-loss/>)

I QUIT SUGAR BLOG: IS ALZHEIMER'S THE NEW DIABETES (<https://iquitsugar.com/is-alzheimers-the-new-diabetes-study-confirms-the-link-between-dementia-and-blood-sugar/>)



Vanessa Cardlake (left) and Jodie Fergusson-Batte.

"We're two nurses with a driving passion for preventative health. Our mission is to positively influence the general health and wellbeing of all Australians, at the same time as making a significant contribution to the prevention of diseases such as obesity, Type 2 diabetes, and cancer, by providing fast, convenient, health-boosting alternatives to sugary, flavoured drinks."

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(<https://greenteain3.com.au/wp-content/uploads/2014/02/Jodie-Drinking-GTI3-for-web.jpg>)

*Written by Jodie Fergusson-Batte
(Bachelor of Nursing, Green Tea in 3 Founder)*

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