

**Title:**

The Wonder Of Chinese Green Tea In Today's Society

**Word Count:**

592

**Summary:**

Have you tasted Chinese green tea? As you all know, green tea is the most popular types of Chinese tea. Many people, not only Chinese, consider it as the best drink for sultry summers. The main reason for this claim is the fact that green tea is cool and fights off inflammation. Many have even claimed that it relieves fever.

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**Keywords:****Article Body:**

Have you tasted Chinese green tea? As you all know, green tea is the most popular types of Chinese tea. Many people, not only Chinese, consider it as the best drink for sultry summers. The main reason for this claim is the fact that green tea is cool and fights off inflammation. Many have even claimed that it relieves fever.

Actually, the health benefits of Chinese green tea have been known throughout the world. The Chinese have known about these medicinal benefits since ancient times, as they have been using green tea to treat everything from headaches to depression. A writer named Nadine Taylor in her book *Green Tea: The Natural Secret for a Healthier Life* mentioned that green tea has been used as a medicine in China for at least 4,000 years.

These days, numerous scientific researches conducted both in Asia and the West is providing hard evidences for the health benefits long associated with drinking green tea. To mention, the Journal of the National Cancer Institute published the results of an epidemiological study in 1994, indicating that drinking Chinese green tea lowers the risk of esophageal cancer in Chinese men and women by nearly 60 percent. Also, it was reported by the researches of the University of Purdue just recently that a compound in green tea inhibits the growth of cancer cells.

There are other medical conditions to which drinking green tea is reputed to be beneficial. To sum up, these conditions include cancer, cardiovascular disease, infection, rheumatoid arthritis, impaired immune function, and even high cholesterol levels.

### What Makes Green Tea Special?

The top secret of Chinese green tea lies in the fact that it is rich in catechin polyphenols, particularly the said epigallocatechin gallate (EGCG). EGCG is basically an anti-oxidant that has the power to fight and kill cancer cells without harming healthy tissue in the body. Studies also revealed that this anti-oxidant has been effective in lowering LDL cholesterol levels, and hampering the abnormal formation of blood clots. The latter benefit takes on added importance for the fact that the formation of abnormal blood clots, medically known as thrombosis, is the main factor that causes stroke and heart attacks.

Furthermore, the effects of Chinese green tea and the "French Paradox" were highly associated. Researches were in the first place puzzled by the fact that despite consuming a diet rich in fat, the French have a less incidence of heart disease than Americans. The primary answer was found to lie in red wine, which contains resveratrol. Resveratrol is as polyphenol that restricts the negative effects of smoking as well as a fatty diet. However, in 1997, a certain study reported that EGCG is twice as powerful as resveratrol. And, this somehow explains the lower rate of heart disease among Chinese men even though approximately 70 percent are smokers.

### Other Benefits

New evidences that reveal the other benefits of Chinese green tea are now emerging. One of those is the claim that Chinese green tea can help dieters. Researches found that men who were given a combination of caffeine and green tea extract burned more fats than those given only a placebo and caffeine.

Chinese green tea is also said to prevent tooth decay. Just as its bacteria-destroying abilities can help prevent food poisoning, it can also fight the bacteria that cause dental plaque.

Today, several skin preparations containing green tea, from deodorants to creams, are also starting to appear on the market. This is for the reason that Chinese green tea is found out to be powerful in fighting bacteria that cause skin imperfections.

