

Title:

Did You Know Green Tea Protects Against Cancer?

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Summary:

Green tea offers catechins which have been identified today as the key element in fighting off toxins that would contribute towards leading to cancer. Some people have considered it as something that would simply be relying on fiction or here say but the truth is that herbal medicine will always have their adverse effects and green tea happens to possess them today.

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Article Body:

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Green Tea Extracts known as Catechins

Green Tea extracts trace their origins in China where most herbal and unorthodox means of medicinal attributes can be found. As it stands today, green tea has taken over a clear lead in trying to develop new means of being able to fight of known diseases such as cancer. Cancer feeds on toxins taken in by the human body and it is thus the duty of catechins to fight of and cleanse the body of such food intake.

Leading Manufacturers and Origins

China leads the race for the development of green tea, mainly because the herbal extracts are immediately available in this part of the world. Japan also has its share of green tea extracts today, making both countries a good source for

educating and finding more about this medicinal herb that aims to provide the necessary assistance in the field of cancer and other related diseases harmful to the human anatomy.

### The Spread of Health Awareness

The obvious awareness of people all over the world today is that of emphasizing on the value of health. Such has been the aim of green tea or *Camellia Sinensis* as it is more commonly known. Supplements, health cleansers and other proper health maintenance practices have been at the forefront of such calls for new ways and innovations to attend to health issues today.

### A Business Opportunity in Retail

Green tea has also become a business aspect in the area of new product development in the sense that people would manufacture the said green tea drink into bottled beverages and make them immediately available to the consumers aching to know where they could get sensible and quality made drinks. Hence, the green tea fever has been widespread all over the world, doing its part in adhering towards the world's call for alternative medicinal means to fight of dreaded diseases that inject harmful toxins from different food intake and exposure today.

### Eliminating the Body Toxins

Toxin release is something that green tea is known to do. But a word of caution. It is easy to lay claim that green tea is available and can be manufactured by anyone. This is why it would be best to be alert through reading studies and research as done by medical professionals all over the world. The presence of green tea ingredients in the usual pet bottles to which most have been identified today would entail studying the nutritional facts found in them. The ingredients and composition of the said brew will be a good way to determine the actual contents of the green tea variant as offered in the market today.

### A Different Type of Taste

Another aspect for consideration is that green tea may not necessarily be ideal for the taste buds of a person. Similar to the unwanted medicine taste that most people would need to consume to get the proper medical attention for known illnesses, green tea holds the same. To some people, the taste may not be immediately accepted but as other products, it grows in people especially if the mental aspect of its benefits would be taken into account.

The taste of green tea is really something that would inform people of its

presence in them. Possessing the necessary oxidant agents to cleanse the body of the toxins, the catechins buckle down to work once green tea finds its way into the digestive system of the body. Internal cleansing of the toxins is the immediate recourse and this is where green tea consumption does its work.

The whole belief in the benefits and magic that green tea provides is similar to believing in the good that herbal medicine has provided in the world today. People will have their reservations from such advancements but with medical breakthroughs and research to back up the claims, all that green tea needs is to find ways to make them available to the consumers who require them. The obvious awareness created by health all over the world is a key instigator in allowing people to be more conscious in keeping their bodies clear of unwanted toxins that are covered by each green tea extract found in most green tea drinks available today.