

HEALTH EFFECTS OF TEA AND ITS CATECHINS%0A

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Health Effects of Tea and Its Catechins - Home - Springer

During the course of the last two decades, the health effects of tea and its catechins have been documented in numerous scientific studies and the scientific basis of these effects has been elaborated. Professor Kuroda and Dr. Hara provide in this volume a translation of a Health Effects of Tea and Its Catechins - Yukiaki Kuroda ...

Dr. Ham has published numerous research papers on the health effects of green tea and its catechins. This book provides a comprehensive overview of the historical use of green tea in Japan and elsewhere, followed by a description of the many disease conditions against which these teas have preventive (protecrive) effects. Of particular interest to "senior citizens" is the chapter on the ability of tea components to ameliorate a wide range of age-related diseases including cancer.

Health Effects of Tea and Its Catechins - DeepDyve Health Effects of Tea and Its Catechins by Kuroda and Hara presents a comprehensive overview of the many diseases and conditions in which tea and tea polyphenols may have beneficial effects and includes information from a wide variety of studies, some of which have previously only been available in Japanese. The book begins with an interesting overview of the history of green tea use in Japan.

Health Effects of Tea and Its Catechins - PCVolean Health Effects of Tea and Its Catechins By Yukiaki Kuroda, Yukihiko Hara (auth.) 2004 | 118 Pages | ISBN: 1441934316 | PDF | 12 MB During the course of the last two decades, the health effects of tea and its catechins have been documented in numerous scientific studies and the

scientific basis of these effects.

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During the course of the last two decades, the health effects of tea and its catechins have been documented in numerous scientific studies and the scientific basis of these effects has been elaborated.

[Side Effects of Tea : Beware of these bad effects on your ...](#)

Medical/health studies and research are showing that there are some side effects of tea that have a bad effect on your health. These potential tea side effects can range from cancer (esophageal and prostate) to brittle bones.

[Health effects of tea - Wikipedia](#)

Health effects of tea. This article addresses effects only of tea made from the plant *Camellia sinensis*, including black tea, oolong tea, green tea, and white tea. It does not address effects of other plant infusions that might be called "tea", including what are sometimes called "herbal tea".

[10 Proven Benefits of Green Tea - Healthline](#)

This is a detailed article about green tea and its health benefits. Green tea is high in antioxidants that can improve the function of your body and brain. This is a detailed article about green

[Cardioprotective effects of tea and its catechins](#)

The health beneficial effects of tea are attributed to its polyphenolic catechins [1]. Tea is classified as non-fermented green tea, semi-fermented oolong tea and fully-fermented black tea. Catechins such as (-)-epigallocatechin-3-gallate (EGCG), (-)-epigallocatechin (EGC), (-)-epicatechin-3-gallate (ECG) and (-)-epicatechin (EC) are major polyphenols in fresh tea leaf. The tea catechins

[Types of Tea and Their Health Benefits - WebMD](#)

Health Benefits of Tea: Green, Black, and White Tea Tea is a name given to a lot of brews, but purists consider only green tea , black tea, white tea, oolong tea, and pu-erh tea the real thing.

[What Are the Side Effects of Drinking Tea? |](#)

[Livestrong.com](#)

When thinking about the side effects of tea, consider the drink's caffeine content. According to MedlinePlus, a cup of tea can often have between 14 and 60 milligrams of caffeine, which is less than the caffeine found in coffee.