



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

Add This Green  
Beverage To  
Your Daily  
Routine



## Amazing Green Tea Benefits

**“Green tea benefits range from reduced cardiovascular events and insulin resistance to immune modulation in autoimmunity.”**

Since green tea has been one of my daily beverages for years, I have a tendency to think of green tea as, well, "not very exciting." But actually, green tea, especially in higher amounts, is a rock star. As you look at benefits ranging from reduced cardiovascular events and insulin resistance to its role with immune modulation in autoimmunity, green tea has amazing benefits as an antioxidant and an anti-inflammatory agent.

Green tea comes from the dried leaves of *Camellia sinensis* and contains a high percentage of the compound epigallocatechin-3-gallate (EGCG). Green tea

polyphenols are classified as catechins. EGCG is the most powerful.

Just to give you an idea, as an antioxidant, some researchers estimate that green tea is about 25-100 times more potent than vitamins C and E. Green tea has been shown to exhibit neuroprotective action, probably due to its antioxidant properties. Another research group demonstrated that "green tea polyphenols can penetrate the blood-brain barrier and remain in the brain for more than 24 hours.

As green tea consumption increases, risk for cardio-

vascular impediments and stroke decreases. The intake of green tea has also been correlated with a reduction in the risk of insulin resistance. A recent meta-analysis also concluded that green tea has favorable effects to lower blood sugar and hemoglobin A1c. Additionally, it has been demonstrated that the intake of green tea extract can also enhance fat burning.

EGCG has a positive effect on your immune system too. Studies show that green tea, especially EGCG, can reduce factors that cause autoimmunity, inflammation, and tissue injury.

Dr. Saverio Bettuzzi from the University of Parma in Italy explained that compounds found in green tea may prevent the development of prostate cancer in men. Dr. Bettuzzi and his colleagues administered 200 milligrams of green tea catechins three times per day, the equivalent of 12-15 cups of green tea, to 32 men with high grade prostate intraepithelial neoplasia, while 30 men with the same condition received a placebo. Biopsies of the prostate were conducted at 6 and 12 months. Bettuzzi reported that, after a year, only 1 man among 32 in the catechins group developed prostate cancer, a rate of only 3 percent. In contrast, 9 out of 30 men treated with placebo developed prostate cancer, for the expected rate of 30 percent.

The amount of EGCG present in green tea varies with different brands, the region it is grown, amount of brewing time, age of the

leaves, etc. A cup of green tea may have as much as 20 mg of caffeine. A new product from Biotics Research "EGCG-200 mg" contains 400 mg of green tea extract supplying 200 mg of EGCG along with 10 mcg of SOD and Catalase, two very important antioxidant enzymes.

One of the unique qualities of EGCG-200 mg is the low levels of caffeine as well as the knowledge that the product will be free of adulterants and heavy metals. Just a cup of green tea may not be very exciting, but green tea as a mixture of natural plant based phytochemicals as a concentrated extract can enhance our ability to prevent disease and give our bodies what it needs to experience wellness.

Ask your Wellness clinician about the antioxidant, anti-inflammatory benefits of EGCG-200mg.