

Clinical data reflects green tea supplements help people with depressed immune systems in as little as two weeks.

Teas contain antioxidants called polyphenols. Several types of polyphenols include thearubigins, theaflavins, catechins, flavonols, hydroxycinnamates, and gallic acid. High levels of the powerful antioxidants in green tea extract help protect the brain from damage done by free radicals. Free radicals act as an aggressive accelerator of the aging process to tissue and brain cells. The damage of free radicals threatens the overall health of the brain's learning and memory function as early as age 40. Free radicals cause damage to the tissue cells of all organs in the body, heart, lungs, stomach, and brain. Green tea protects the organs and guards against heart disease by lowering cholesterol. The *Journal of the American College of Surgeons* (May 2006) reported researchers at Yale University detailed the body of evidence linking green tea to better heart health and a lower risk of cancer.

Nutritional medicine practitioners suggest you give strong consideration to taking

two green tea extract supplements (at least 1,000 mg) on a daily basis. Cancer researchers have established that green tea can block the production of urokinase, which basically works as fuel for growing tumors. This natural miracle can slow aging of the skin and kills bacteria that cause bad breath, tooth decay, and gingivitis. The decaffeinated green tea extract used by the Pain & Stress Center was selected for its premium quality and gentle processing methods. This preserved the precious antioxidants known as polyphenols; water-soluble compounds that make up a subgroup of flavonoids.

A 2003 study in cancer research demonstrates a strong link between anti-cancer activities and their inhibition of critical pathways necessary for the development of many common malignancies. Polyphenols comprise approximately 30 percent of the green tea leaf; the primary polyphenol is the very potent and popular Epigallocatechin Gallate (EGCG.) One cup of green tea contains 150 milligrams of EGCG and a total of 275 mgs. of catechins. Recently many researchers have focused on the preventive effect on adult dis-

ease using green tea polyphenols and decaffeinated green tea polyphenols and purified compounds.

Well-controlled clinical trials have shown that green tea helps prevent cancer of the pancreas, colon, small intestine, stomach, breast, and lung. *No other supplement can make this claim.* Increasing evidence supports that green tea helps prevent skin cancer and studies support that it induces death in human prostate cancer cells. Not one but two miracles come from green tea. Theanine, the major amino acid found in green tea, has been found to have beneficial effects by raising the levels of serotonin and dopamine in specific areas of important brain regions, particularly the hypothalamus, hippocampus (the brain's memory center), and the striatum. You can use Theanine on a daily basis for stress, anxiety, or PMS. Studies reflect theanine increases alpha waves in the brain. When the brain waves are in the alpha state, it indicates a deep state of relaxation or meditation. Concentration enhances and the alpha waves cause muscle relaxation that decreases stress-tension and pain. Theanine is a major neurotransmitter in the brain and enhances

brain functions. The effects of theanine are felt the same day you take it. I have found theanine to be one of the best natural sources to reduce stress and anxiety. Make sure the green tea is Suntheanine. Suntheanine is the trade name for Taiyo International's patented pure form L-Theanine.

Americans should take a lesson from the Japanese. Sit back, relax, and drink a cup of green tea with two theanine. Theanine has the ability to increase GABA and other inhibitory neurotransmitters such as the feel good chemical, dopamine in the brain. Theanine gives you the control feeling you enjoy without the anxiety. For more in depth information, read my book, *Theanine, The Relaxation Amino Acid*.

Dr. Stephen Hsu, cell biologist and cancer researcher, has been very interested in the properties of green tea. He observed that populations that drink green tea regularly have much lower cancer rates than those who don't. His research helped determine that green tea polyphenols helped eliminate free radicals that damage DNA and lead to cancer. After extensive research, Dr. Hsu found green

tea induced p57, a protein that regulates cell growth and differentiates changes in the behavior of healthy cells as polyphenols target cancer cells for destruction. This change in behavior protects the healthy cells.

The *National Cancer Institute* awarded Dr. Hsu a grant for research comparing healthy cells to cancer cells after exposure to compounds in green tea called polyphenols. The *Cancer Institute* grant will help Dr. Hsu determine the exact cellular and genetic behavior involved in the p57 process. The grant funding helps establish researchers and further refine their understanding of how green tea polyphenols both protect healthy cells and declare war on cancer cells. In 1994, the *Journal of the National Cancer Institute* published an epidemiological study indicating drinking green tea reduced the risk of esophageal cancer in Chinese men and women by 60%. University of Purdue researchers concluded the compound in green tea inhibits the growth of cancer cells and also lowers cholesterol as well as improving the ratio of good HDL cholesterol to bad LDL cholesterol. Continued research demonstrated the fol-

lowing health conditions improve with the intake of green tea: cancer, rheumatoid arthritis, high cholesterol level, cardiovascular disease, infection, and impaired immune function. Another study at Vanderbilt University reported theaflavins-enriched green tea extract lowers cholesterol.

Studies done at several universities show catechins possess diverse pharmacological properties that include anti-carcinogenic, anti-arteriosclerotic, and antibacterial effects. Catechins reduce the evidence of cancer, reduce oxidation by active oxygen, and lower blood cholesterol. Catechins also inhibit the increase of blood pressure, and blood sugar. Catechins kill bacteria and viruses and fight carcinogenic bacteria. Catechins are very powerful disease fighters and potent antioxidants that have multiple beneficial effects.

The most important factor in cancer treatment and prevention are the polyphenols in green tea extract that have the highest amount of this important chemical.