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Stay healthy with green tea!

The evidence is clear: Sipping green tea can help you ward off heart disease and cancer, sharpen your brain—even flatten your tummy—and more! Brew a cup right now to . . .

1 Turn on cancer-fighting genes!

Polyphenols—the potent antioxidants found in green tea leaves—have the ability to turn on certain genes that stop the growth of cancer cells dead in their tracks, says Michael Wargovich, Ph.D., a researcher at the Medical University of South Carolina Hollings Cancer Center. No wonder population studies show that the people who drink the most green tea are more likely to overcome a diagnosis of bladder, breast or ovarian cancer than those who drink the least!

Fact!
Green tea triples the effectiveness of antibiotics and can even kill "superbugs" like MRSA, research shows.

2 Keep your heart pumping!

Folks who down five cups daily are 31% less likely to get heart disease and more than 42% less likely to suffer a stroke, two recent studies show. Credit goes to antioxidant compounds in green tea that protect your heart by relaxing blood vessels, which keeps blood pressure in check. They also help prevent the absorption of artery-clogging fats, reduce inflammation and lower the risk of developing dangerous clots.



3 Erase stress and boost focus!

Is stress or fatigue making it hard to focus and recall details? A cup of green tea is full of the amino acid L-theanine, which sharpens concentration and makes problem solving easier! "It's been found to stimulate the production of the alpha brain waves—the same state achieved by meditation—in which you become relaxed yet more mentally alert," explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*.

4 Effortlessly melt more belly fat!

This no-calorie drink doesn't just help fill you up—it helps your body burn fat, thanks to two metabolism-spiking compounds, epigallocatechin gallate (EGCG) and caffeine! In one study, volunteers given supplements containing the equivalent of four cups of green tea burned about 80 more calories per day than those popping placebos. Sound insignificant? Look at it this way: It's the equivalent of about 2,400 calories per month, enough to shed nearly eight pounds every year without altering your diet or activity level!



Studies show the antioxidants in green tea are as powerful as those in fruits and vegetables!

These teas are health-boosters, too!

- **Black tea protects your heart:** A UCLA study shows that three cups daily reduces your risk of stroke by 21%.
- **White wards off colon cancer:** Its polyphenols work just as well at preventing colon tumors as the prescription drug used to combat the disease—but without the negative side effects, Oregon State University researchers found.
- **Oolong lowers blood pressure:** Researchers report that one half-cup of oolong tea each day cuts your risk of high blood pressure by 46%; drinking two and a half cups slashes your risk by 65%!

—Gabrielle Lichterman