



The Green Tea Book: China's Fountain of Youth

By Lester A. Mitscher, Victoria Dolby

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Naturally occurring chemical compounds called polyphenols - found in abundance in green tea - have been found to be among the most effective of the antioxidants. And it is this important group of phytochemicals that has been identified as contributing to the prevention of cancer and heart disease, as well as having a wide variety of other healing abilities. Here, in *The Green Tea Book*, is a clear guide to understanding why green tea works, and how you can use it for both good health and great taste. The *Green Tea Book* begins by exploring the scientific research that supports this beverage's properties. It then focuses on green tea's long and rich history, from its centuries-old place of honor in Asian cultures to its growing use in the West. The book goes on to examine the individual benefits green tea offers - its use as an antioxidant in the prevention of cancer, heart disease, and stroke; its ability to promote longevity; its use as a digestive aid; its many benefits to women's health; and its role in fighting cavities and gingivitis. It even provides a practical section on choosing, brewing, and storing teas year-round.

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Editorial Review

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Known as China's Fountain of Youth, green tea has been recognized as a powerful healer in preventing cancer and slowing the aging process. Since its first recorded use 4,000 years ago, people have been drinking green tea for its health-preserving and revitalizing power. Lester Mitscher and Victoria Dolby explore the beverage's health claims in *The Green Tea Book*. Using scientific research, *The Green Tea Book* examines each benefit, from the prevention of cancer and heart disease to simulating mental clarity and reducing cholesterol levels. Polyphenols, naturally occurring compounds found in green tea, supplement the body's antioxidant levels and are the primary mechanism by which green tea prevents the formation of cancer. In addition to the health benefits, Mitscher and Dolby present the history of green tea as well as guidelines for choosing, brewing, and storage. *The Green Tea Book* is the complete guide to green tea and will help you understand why it works and how you can use it for both its health-promoting qualities and its great taste. --
Gretel Hakanson

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Mitscher and Dolby's main point is that scientific investigations, particularly during the past 10 to 15 years, support the healthful and medicinal value attributed to green tea. Studies specifically corroborating the book's arguments that green tea can help prevent certain types of cancer, heart disease, diabetes, and dental caries appear among the 17 pages of references, many of them to topflight scientific and medical journals. That green tea helps mitigate the unpleasant effects of radiation and chemotherapy in the treatment of cancer is another revelation. A general history of tea offers enlivening relief from the large amount of hard information, and tables clarify such things as the amounts of caffeine and theophylline in various drinks (note to the chronically anxious: 125 cups of tea at one sitting constitutes a fatal dosage). *William Beatty*

About the Author

Lester A. Mitscher, Ph.D., recognized for his research achievements by numerous institutions, serves as a consultant for the National Institutes of Health, among other organizations. Dr. Mitscher is a professor at the University of Kansas and the Victorian College of Pharmacy at Monash University outside Melbourne, Australia.

Victoria Dolby Toews, MPH, a veteran freelance researcher and writer, has written and coauthored many books on health and wellness. She lives in the Pacific Northwest.

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