

HEALTH EFFECTS OF TEA AND ITS CATECHINS



YUKIAKI KURODA
AND
YUKIHIKO HARA

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Health Effects of Tea and Its Catechins Yukiaki Kuroda, Yukihiro Hara, 2013-03-09 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 thorough and extensive book published earlier in Japanese which will be of considerable interest to scientists working in the field and to members of the general public interested in natural ways of maintaining health. Both authors are themselves eminent researchers with extensive experience. Dr Kuroda is best known for his publications employing tissue cultures. Dr Hara 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 protective 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, arteriosclerosis and various forms of senile dementias. For scientists and others interested in infectious diseases caused by bacteria and viruses a chapter dealing with the ability of tea components to inhibit these organisms will be of special interest.

Health Effects of Tea

and Its Catechins Yukiaki Kuroda, Yukihiro Hara, 2014-01-15 **Green Tea and Health** Nicolas Powell, 2015 Green tea is a popular healthful beverage in many parts of the world and its medical properties have been extensively explored. Green tea originated in China and the chemistry of green tea is renowned by its presence of polyphenolic compounds particularly catechins. This book reviews the antioxidant activities of green tea catechins, its consumption and the ways it prevents potential infections, the potential beneficial effects of green tea consumption on Diabetes mellitus and how it can be used to reduce severe brain damage as well as its use in treating obesity. Other chapters examine how catechins may assist in the suppression of heart transplant rejection, a discussion on EGCG as the most abundant catechin in green tea and its capability of inhibiting cell proliferation and inducing apoptosis in cancer cells, an evaluation and comparison of the phenolic composition and metal content of commercially available aromatized green tea infusions and an investigation of the chromatographic behavior of catechins.

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