

## **Purified Green Tea Extract – everybody will benefit from it !!**

As promised in the previous article this article will focus on the purified green extract capsules and their benefits. And when you read through the list of benefits, I can really say that EVERYBODY will benefit from them.

As mentioned in the previous article, green tea is a very rich source of anti-oxidants. EGCG, a very powerful anti-oxidant, comprises more than 50 % of the active substances.

In the purified green tea extract capsules, you will find a standardized quantity of anti-oxidants, while in ordinary tea this quantity differs considerably. Because it is a purified extract, you can be sure that each capsule contains a consistent, very high percentage of the active anti-oxidants.

It is interesting to note that 1 to 2 cups of green tea provides the same protection against free radicals than 400mg Vitamin C, 5 portions of fruit or 12 portions of vegetables! But some people are sensitive to caffeine (that is present in ordinary green tea) or just do not like the taste of green tea. **The good news is that 1 capsule provides the same anti-oxidant value as 3 cups of green tea but with 150 times less caffeine and it also does not contain any preservatives.**

Now what are the health benefits that I have mentioned before:

- **It promotes weight loss.** WOW!!!  
That sounds almost too good to be true, but it is. It is achieved through a number of metabolic processes in the body: it stimulates heat production and fat breakdown; it increases a person's resting energy expenditure, i.e. his basal metabolic rate; it promotes a reduction in food intake; it decreases the formation of new blood vessels for fatty tissue to be formed and it interferes with the intestinal absorption of fats.
- **It reduces the risk of cancer formation :**  
Studies have shown that EGCG inhibits the formation of cancer cells and promotes their death. It also decreases the formation of new blood vessels that are required for tumors to form. In general they destroy the free radicals that can promote cancer formation.
- **It lowers cholesterol levels :**  
This is achieved by inhibiting cholesterol absorption in the intestines, but also by lowering the formation of cholesterol in the body.
- **It helps to fight inflammation :**  
This is of special importance in persons suffering from long term inflammatory diseases such as arthritis.

- **It helps to fight Alzheimer's disease :**  
ECGC is a powerful anti-oxidant that can destroy the free radicals that are involved in the development and progression of Alzheimer's disease.
- **It helps to maintain healthy cartilage :**  
With osteoarthritis, the most common form of arthritis, the cartilage protecting the ends of the bones degenerates, causing pain when a person walks or participates in other activities. It has been found that ECGC inhibits the action of the enzyme that breaks down the major component of cartilage. ECGC can also play a role in pain relief for the sufferers of this condition.
- **It promotes longevity :**  
Various studies suggest that the daily consumption of green tea can postpone the onset of chronic inflammatory and lifestyle related diseases. Since ECGC is such a strong anti-oxidant it protects the body against free radicals found in pollution.
- **It assists the liver to get rid of toxic substances :**  
One of the main functions of the liver is to detoxify toxins e.g. pollutants and environmental chemicals that enter the body. The anti-oxidants in green tea strengthen the enzymes in the liver in fulfilling this function. A clean liver means better metabolic function and WEIGHT LOSS!
- Your vitamin B15 does the same job! (It even protects the liver against alcohol abuse and suppresses the urge to drink.)

Now that you have read about the advantages of purified green tea extract, it makes sense that everybody will benefit from it. Yet, it is important to take it at the correct time:

- Do not drink it with your omega 3, 6 and 9 supplements because it will reduce their absorption.
- Preferably take it when you consume saturated fats, like those found in meat from beef, mutton, pork, chicken and full cream milk. (more about saturated fat in future articles)

These capsules (a product from VidaQura) can be obtained or ordered from Healthy Ways.

Reference:

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