

## SCIENTIFIC AND CLINICAL STUDIES

### Green Tea and Cancer

Green tea helps reduce the risk of cancer. The antioxidant in green tea is 100 times more effective than vitamin C and 25 times better than vitamin E. This helps your body at protecting cells from damage believed to be linked to cancer. *BBC NEWS Tuesday, 5 August, 2003.*

### Green Tea and Heart Disease

Green tea helps prevent heart disease and stroke by lowering the level of cholesterol. Even after the heart attack, it prevents cell deaths and speeds up the recovery of heart cells. *BBC News Monday, 28 February, 2005*

### Green Tea and Anti-Aging

Green tea contains antioxidant known as polyphenols which fight against free radicals. What this means it helps you fight against aging and promotes longevity. *Life Extension Magazine June 1999*

### Green tea helps to shed extra pounds.

A study published by the American Journal of Clinical Nutrition in November, 1999, is encouraging. It shows that green tea may enable people to burn more calories.

### Green Tea and Skin

Antioxidant in green tea protects the skin from the harmful effects of free radicals, which cause wrinkling and skin aging. Green tea also helps fight against skin cancer. *Journal of Nutritional Biochemistry 11 May 2007*

### Green Tea and Arthritis

2005 issue of the *Proceedings of the National Academy of sciences* Antioxidants in green tea may prevent and reduce the severity of rheumatoid arthritis. It protects the cartilage by blocking the enzyme that destroys cartilage.

### Green Tea and Bones

The very key to this is high fluoride content found in green tea. It helps keep your bones strong. If you drink green tea every day, this will help you preserve your bone density. *BBC news Monday, 13 May, 2002*

### Green Tea and Cholesterol

Green tea can help lower cholesterol level. It also improves the ratio of good cholesterol to bad cholesterol, by reducing bad cholesterol level. *Archives of Internal Medicine June 24, 2003.*

## Green Tea and Obesity

Green tea prevents obesity by stopping the movement of glucose in fat cells. Ingestion of catechins might be useful in the prevention and improvement of lifestyle-related diseases, mainly obesity." *January, 2005 edition of the American Journal of Clinical Nutrition*

## Green Tea and Diabetes

Green tea improves lipid and glucose metabolisms, prevents sharp increases in blood sugar level, and balances your metabolism rate. *Journal of Agricultural and Food Chemistry, May 4 2005.*

## Green Tea and Alzheimer's

Green tea helps slow the process of reduced acetylcholine in the brain, which leads to Alzheimer's. *Journal of Neuroscience.*

## Green Tea and Parkinson's

Antioxidants in green tea helps prevent against cell damage in the brain, which could cause Parkinson's. People drinking green tea also are less likely to progress with Parkinson's. *BBC news Wednesday, 17 April, 2002.*

## Green Tea and Liver Disease

Green tea helps prevent transplant failure in people with liver failure. Researches showed that green tea destroys harmful free radicals in fatty livers. *WebMD Medical News April 23, 2002.*

## Green Tea and High Blood Pressure

Green tea helps prevent high blood pressure. Drinking green tea helps keep your blood pressure down by repressing angiotensin, which leads to high blood pressure. *Archives of Internal Medicine, July 26, 2004.*

## Green Tea and Food Poisoning

Catechin found in green tea can kill bacteria which cause food poisoning and kills the toxins produced by those bacteria. *Article Hub August 10, 2005*

## Green Tea and Blood Sugar

Blood sugar tends to increase with age, but polyphenols and polysaccharides in green tea help lower your blood sugar level. *Am MD Direct Diabetes care 02/13/2007*

## Green Tea and Immunity

*The New York Times* reported in *April of 2003* that the immune system's ability to fight disease may be strengthened by drinking green tea. Polyphenols and flavonoids found in green tea help boost your immune system, making your health stronger in fighting against infections.

## **Green Tea and Cold and Flu**

Green tea prevents you from getting a cold or flu. Vitamin C in green tea helps you treat the flu and the common cold. *Science Daily News 19/04/07.*

## **Green Tea and Asthma**

Green tea contains theophylline (a muscle relaxant), it can help the muscles surrounding bronchial tubes to relax. This helps asthma sufferers to breathe with less restriction. *Clinical & Experimental Allergy 33 (9), 1252–1255*

## **Green Tea and Ear Infection**

Green tea helps with ear infection problem. For natural ear cleaning, soak a cotton ball in green tea and clean the infected ear. *JAMA 2006; 296:1235-1241.*

## **Green Tea and Tooth Decay**

Green tea destroys bacteria and viruses that cause many dental diseases. It also slows the growth of bacteria which leads to bad breath. *BBC News Tuesday, 20 May, 2003.*

## **Green Tea and Stress**

L-theanine, which is a kind of amino acids in green tea, can help relieve stress and anxiety. *August 22, 2006 edition of Biological Psychology*

## **Green Tea and Allergies**

EGCG found in green tea relieves allergies. So, if you have allergies, you should really consider drinking green tea. *Science Daily (Sep. 19, 2002)*

## **Green Tea and HIV**

Scientists in Japan have found that EGCG (Epigallocatechin Gallate) in green tea can stop HIV from binding to healthy immune cells. What this means is that green tea can help stop the HIV virus from spreading. *BBC news Thursday, 29 March 2007.*

## **Green tea may help your body fight infections**

The *New York Times* reported in April of 2003 that the immune system's ability to fight disease may be strengthened by drinking green tea.

## **Green tea and acne:**

Green tea is a very effective herbal treatment for those suffering from acne. *American Academy of Dermatology; 2003.*

## **Green tea revs up your metabolism**

A study reported on in the *American Journal of Clinical Nutrition*, found that green tea extract resulted in a significant increase in energy expenditure (a metabolism 'boost').

The researchers also concluded that that over a 24-hour period, green tea extract increases the metabolic rate by 4%. These effects are probably due to the high concentrations of

catechin polyphenols found in green tea. These work to help intensify levels of fat oxidation and thermo genesis (the rate at which your body burns calories).

### **Green Tea Prevents Mental Decline:**

Green tea, particularly EGCG, appears to slow brain aging and cognitive deterioration, and may also help revive lost brain cell functioning. (Sources: Kuriyama, S. Am J Clin Nutr 2006; 83: 355-61; Reznichenko L. J Neurochem 2005; 93:1157-67)

### **Chlorophyll, nature's most health-promoting nutrient.**

#### **Here are a few of the things it does best:**

1. Promotes strong immune response.
2. Strengthens cells.
3. Can prevent Liver Cancer.
4. Used in Cancer Therapy.
5. Good for Anemia.
6. Eliminates Mold from Body.
7. Detoxifies Liver: A powerful detoxifying agent for the liver.
8. Removes carbon dioxide and carbon monoxide.
9. Cleans Digestive Tract: Acts as a strong internal deodorizer for the entire digestive tract.
10. Has an anti-inflammatory property.
11. Cuts excess cholesterol, triglycerides and other blood lipids (fats).
12. Has antioxidant properties.
13. Supports the production of hemoglobin: Chlorophyll has nearly identical chemical structure to hemoglobin, the body's critical oxygen and iron-carrying blood protein; stimulates hemoglobin production, which oxygenates and energizes the entire body.
14. Have wound-healing properties.
15. Chlorophyll has been studied for its potential in stimulating tissue growth, in stimulating red blood cells in connection with oxygen supply.
16. Scientific research has shown that Wheatgrass has antibiotic properties. It has been proven that chlorophyll will arrest growth and development of unfriendly bacteria.
17. Chlorophyll (wheatgrass) aids in the rebuilding the blood stream.
18. Eliminates Body Odor: it reduces or eliminates offensive body and breath odors.

19. The bland soothing effects of chlorophyll (wheatgrass) ointments are very beneficial to the treatment of various skin diseases.

20. Chlorophyll can also reduce or eliminate foul odor associated with burns.

21. The ability of chlorophyll to combine with oxygen and its cleansing ability contributes much to the removal of foreign matter from the walls of the blood vessels thus bringing the desired relief.

## **THE ANTIOXIDANT MIRACLE- GT PLUS CHLOROPHYLL.**

BBC News, "It is believed that EGCG is responsible for green tea's health benefits and strong anti-oxidant properties. Previous studies have suggested it can protect against a range of diseases, including cancer and heart disease."

The benefits of green tea extract are greatest if you take green tea supplements rather than drink green tea. A study in the December 2004 edition of the *American Journal of Clinical Nutrition* confirmed that green supplements get more antioxidants into your bloodstream than drinking green tea. Two capsules of green tea extract a day can provide all the benefits of 20 cups of green tea-all you need to support even difficult health conditions.