MERCOLA
Take Control of Your Health

Guillermou

Research in people with a range of heart disease risk factors has shown that consuming green tea extract for four weeks can lower blood sugar levels and improve gut health by decreasing inflammation and reducing "gut permeable". "There is a lot of evidence that greater consumption of green tea is associated with good levels of cholesterol, glucose and triglycerides, but no study has linked its benefits in the intestine with these health factors," says Richard Bruno, lead author of the study and professor of human nutrition at Ohio State University (United States). "This absorption of products derived from the intestine is believed to be a factor initiating obesity and insulin resistance, which are fundamental for all cardiometabolic disorders.

If we can improve the integrity of the intestine and reduce intestinal leaks, the idea is that we will be able to not only alleviate the low-grade inflammation that initiates cardiometabolic disorders, but potentially reverse them. www.sciencedaily.com/.../220726132640.htm (2022).--- academic.oup.com/.../6606956 (2022).---- apcz.umk.pl/.../45192 (2023) www.taylorfrancis.com/chapters/edit/10.1201/9781003369813-4/flavonoids.. (2024)

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Guillermou

The selected studies rightly claim that EGCG is a valuable agent in cancer chemoprevention. There is increasing evidence showing that many flavonoid-rich fruits, teas or herbs contain molecules that express anti-cancer properties by regulating cell fate through autophagy and apoptosis. Among them, epigallocatechin gallate (EGCG), from green tea extract, has been in the spotlight for years, and its potential as an antioxidant, anti-inflammatory and anticancer agent has been widely described. In preclinical studies involving different tumor cell lines, a wide range of molecular mechanisms have been attributed to EGCG, affecting cell proliferation, apoptosis, and autophagy pathways.

The polyphenol fraction can represent up to 40% of the dry mass of fresh leaves. Together with methylxanthines, L-theanine, tannins, gallic acid and vitamins, phenolic compounds constitute a set of bioactive molecules with a potential impact on humans. Among these bioactive compounds, flavonoids represent the most frequent component, mainly due to the content of catechins. Epigallocatechin gallic acid ester is definitely the main component of green tea catechins. In fact, it represents between 50% and 80% of total catechins.

These compounds are considered responsible for several health-promoting properties of green tea. These health effects range from antioxidant/prooxidant, antineurodegenerative, antimicrobial, and antidiabetic activity to anticancer activity. Additionally, synergistic anticancer effects should be considered when green tea catechins are combined with other natural compounds rich in antioxidants. www.mdpi.com/.../6075 (2022).---- www.mdpi.com/.../2151 (2023).--------- www.sciencedirect.com/.../S1756464623005777 (2024)

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versatile

What happens when a case of diabetes is cured? Is this possible? There are lots of claims of cures for diabetes cures, lots of claims of diabetes cured. There is no doubt, for example, that diabetes is a progressive disease, which begins as various insulin or insulin processing issues. At what point do these problems become "incurable"? Can we, with advancing research, move this point and gain more ability to cure different aspects of diabetes? What happens when a case of pre-diabetes is cured? Nothing. Cured is not medically defined for any pre-diabetic condition. Cured is not medically defined for diabetes. All claims of cures are simply ignored ignored as "anecdotal" - every cure is a single case, an anecdote.

What about partial cures? Is it possible to partially cure diabetes? Partially cured is not defined for any disease. Diabetes is a curable disease. How curable? We have no idea. Can some cases be cured? We have no idea? Can all cases be cured? There is no disease where "all cases: can be cured. Modern medicine does not understand cure - and is simply not interested in cures. Instead it "treats" signs and symptoms of diseases like diabetes, with no intention to cure. However, curable, is a forbidden word in modern medicine. So no cures can be found.

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IR_Watts

As others have noted, I ,too, have read that tea contains fluoride, not because it's grown in contaminated soil but because the plant has an affinity for absorbing fluoride. Hence, a reference to men who drink more than 10 cups of green tea per day being less likely to develop disorders of the liver is seemingly rather careless.

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Guillermou

The bad thing is the fluoride in water and toothpaste, but the fluoride in food is necessary. Most raw fruits have fluoride: apples, bananas, peaches, watermelons and avocados - they are indeed fruits, and many others offer a tasty way to help your teeth. Like crab and some other varieties of seafood, shrimp are an excellent source of fluoride. Considering how many ways shrimp are served, this opens up a world of possibilities for strengthening your teeth. Crab, a favorite seafood choice of many, has a notable level of fluoride. Crab legs are a great option and blue crab specifically contains a beneficial amount of the mineral.

Roasted potatoes, especially russet potatoes, have a significant amount of fluoride. Any type of potato prepared in any way will have some fluoride, and French fries are on the lower end of the scale. However, if you're trying to justify eating fries with your burger, there you go. In all forms, grapes contain fluoride. If you were looking for a reason to have another glass of wine, here it is; just be sure to brush your teeth later because of the acidity and potential for staining. Raisins have the most concentrated fluoride and the most sugar, so it's a give and take situation.

In general, grapes are great for your health. Fluoride in foods is beneficial for teeth because it reduces cavities in adults and children. It is absorbed into the tooth enamel. The mineral then goes to work replenishing your teeth's supply of phosphorus and calcium. This is important because phosphorus and calcium work together to keep teeth strong. The technical name for this process is "remineralization." Fluoride also helps stop cavities, thereby reducing the risk of developing cavities.

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pjucla

Fantastic message on tea Dr . Mercola and the involvement with biochemical processes !

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LSquare

A lot of us need some dairy in our (black) tea to convert it from barely-palatable to very delicious. Over the years, I've read varying reports that adding dairy to tea negates some of its positive benefits. Is that still a valid concern, or are a few drops of cream inconsequential? If a problem, I'll just need to drink iced tea instead of hot.

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Hollie123

I, too, have wondered about the impact of dairy and non-dairy additives on the positive benefits of tea. Also, I've limitted my tea consumption to approximately one cup per day because I've been concerned about the correlation between tea and bone density. It seems that all the studies involve an intake of multiple cups per day. So, I can't help but wonder whether my one cup per day does any good at all.

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LSquare

Daily living shouldn't be be so difficult, Hollie123, that's for sure. It seems like what should be very simple or basic choices become existential crises. And, tea is one of the most complicated things in the world, seriously: You have certain and specific temperatures and brew times for each tea type. Then, you're supposed to turn your smooth tea into an astringent mess by adding lemon (organic, of course) to magnify tea's EGCG's effects, and if you're drinking green tea, which is already grassy and acidic, it transforms into something even healthier, but nearly-undrinkable for some.

But, then you have to be concerned about the fluoride which is probably in every tea to varying degrees, and possibly toxic and heavy metal poisoning, especially if coming from China and India. Plus, the possible bone-weakening that you'd mentioned above. In summary, drink your milked-up cup or two of tea a day, because you're going to need the caffeine and L-theanine when you have to make your next critical, paralyzing decision, such as "What's for dinner tonight?"

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