

THE DRAGON LADY'S SECRET MANUAL

*A BEGINNER'S GUIDE
TO GREEN TEA*

March 2008 Edition

BY JULIAN TAI

Amazing-Green-Tea.com

Sussex, United Kingdom



Steal This eBook!

Well, okay, not quite. But actually, you now own, absolutely free, resale, reprint and redistribution rights to this ebook!

This is a \$29.95 value!

What does that really mean? It means that you can sell this ebook for any price you'd like and you keep 100% of the profits...or you can use it as a free bonus and give it away on your site... or you can print out as many copies as you want... or you can send it as a file to your friends and family who might be interested in reading it. It's your choice.

Ebook Distribution

The only restriction is that you cannot modify the ebook or its contents in any way. The entire ebook must be distributed in full, or...

Article Distribution

If there is any article in the ebook you like, you are welcome to post it on your site. The only restriction is that you must post the entire article and must provide a link back to Amazing Green Tea at <http://www.amazing-green-tea.com>.

That's it. Are you ready to go?

If you enjoy reading this ebook, please consider sharing it with others, so that they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Contents

SECTION 1

Chapter 1: What The Dragon Lady Told Me...	4
Chapter 2: Introducing the BIG THREE!	5
Chapter 3: Secrets Unlocked	8

SECTION 2

Chapter 4: Hear What Scientists Say!	11
Chapter 5: What Makes Miracles Possible	15
Chapter 6: Staying Lean Made Easy	20

SECTION 3

Chapter 7: Health Warnings!	24
Chapter 8: Seven Golden Tips	29
Chapter 9: How Much To Drink?	32
Chapter 10: Make Caffeine Your Friend!	33

SECTION 4

Chapter 11: Which Is The Healthiest Type of Tea?	35
Chapter 12: What Make Legendary Tea?	37
About the Author	40
References	41

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 1:

What The Dragon Lady Told Me...

An inspiration

Time vanished. I didn't know where I was. I found myself walking into an ancient tea room. There she was, the Dragon Lady, most certainly a disguised Chan master, seated in the lotus meditation posture, serving tea.

I could not take my eyes off her. There was a timeless quality about her. The wrinkles on her face told me she was 85 years old or more.

I sat there, intent, waiting for her to reveal the hidden message. Silence.

She set everything in front of her, her mind totally absorbed. The thick copper pot had a dragon engraved on one side. There was also a bamboo brush and a ceramic bowl, both of enormous simplicity.

The fire simmered. We sat there quietly for 10 minutes. I was getting restless. Her eyelids were half closed.

When the water boiled, she single-mindedly poured the water over the tea. First one cup. Then another. She handed the cup to me as if she was handing me an ancient sutra. Quietly we sipped.

Then she gathered the things up and left, as mysteriously as she had appeared. Not a word was spoken! I woke up in the dream - mesmerised and astonished.

The smell and taste of the tea continued to linger in my palate - until today. Whenever I brew up a glass of green tea, I wonder about the Dragon Lady's hidden message...

For the next few months, I was so inspired by the dream that I embarked on a project to help more people learn about gourmet tea. The result is Amazing-Green-Tea.com, and a distillation of its best articles: The Dragon Lady Secret Manual.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 2:

Introducing the BIG THREE!

***Before you start, take a deep breath and think for a moment:
What does green tea contain
that makes it such a fascinating beverage?***

Green tea compounds are extremely complex. They are more than 200 bioactive compounds.

The exact tea chemical composition depends on many factors, such as plant varieties, location and growing conditions.

It also varies (significantly!) with the season and processing.

But as far as we mere mortals are concerned, it really boils down to the Big Three, which you will learn about as you read the rest of this article.

Catechins

The single largest group of chemicals in green tea are called polyphenols.

Polyphenols are something that we all love and, without knowing it, hate. They contain flavonoids, which are powerful antioxidants, but taste bitter and astringent (a drying feeling in your mouth).

A lot of polyphenols are actually catechins. Also known as flavan-3-ols, catechins are a simple form of flavonoid.

According to scientist Graham Harold, dried tea extract can contain 30% to 40% catechins.

The main catechins found in green tea are:

- Epicatechin
- Epicatechin-3-gallate
- Epigallocatechin

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

- Epigallocatechin-3-gallate (also known as EGCG)

EGCG, found in the highest concentration in green tea and white tea, is the most active and best researched of the catechins.

It has been found to be over 100 times more effective in neutralizing free radicals than vitamin C, and 25 times more powerful than vitamin E.

It also tops other antioxidants such as butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT) and resveratrol.

Theanine

Dried tea extract contains 4% to 6% theanine.

It is what gives tea the characteristic flavour. Catechins and caffeine taste bitter and astringent, but theanine tastes sweet and fresh.

The benefits of catechins have been touted in recent years. But it is theanine that tea lovers have yearned for centuries.

Feel caffeinated out? Lacking some sleep? Feeling stress? Theanine stimulates alpha brain waves, calms the body, and promotes relaxed awareness.

It is the interplay between catechins, theanine and caffeine that makes green tea such a fascinating beverage.

Green tea contains more theanine than black tea, which is the reason why although green tea may contain as much caffeine as black tea, it often feels more soothing.

High quality green tea inevitably contains high levels of theanine. It is the single most important quality marker of all green tea ingredients.

Caffeine

Caffeine is a plant alkaloid found in coffee, tea and cocoa. It acts as natural pesticide, protecting plants against certain insects feeding on them.

Green tea contains alkaloids known as methylxanthines such as caffeine, theobromine and theophylline.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

As natural stimulants, they increase our capacity to think and exercise more effectively. Moderate consumption of caffeine has been found to be beneficial.

Graham found that fresh leaves contain, on average, 3% to 4% caffeine and very small amounts of the other methylxanthines.

Finally...

Besides the Big Three, green tea also contains a host of other vitamins and minerals.

It contains several B vitamins and vitamin C. Being less processed than black tea, these vitamins are left in higher quantities in green tea.

Other ingredients include 6% to 8% of minerals such as aluminum, fluoride and manganese.

It also contains organic acids such as gallic and quinic acids, and 10% to 15% of carbohydrate and small amount of volatiles.

Learn the 7 reasons why green tea antioxidants are so powerful at <http://www.amazing-green-tea.com/green-tea-antioxidants.html>

Understand why drinking tea makes you feel good by visiting the Theanine Guide at <http://www.amazing-green-tea.com/theanine.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 3: Secrets Unlocked!

***Why are some green teas amazing and soothing,
while others are bland and coarse?***

***If a tea tastes better, does it mean it contains
more life-giving nutrients?***

A 2004 UK study addresses these important questions.

Traditionally, tea-makers relies on professional tasters to determine the quality of tea. Higher quality tea generally sells at a higher price.

Increasingly, scientists are turning to chemical analysis to identify quality markers.

Scientists from the UK Institute of Food Research used a method called high resolution NMR spectroscopy to understand what separates the best green tea from the rest.

Sweet Taste

According to author Dr. Gwenaelle Le Gall, green tea can be harvested in spring, summer and autumn. The first flush in April or May yields the best green tea.

The quality of the tea is assessed through its appearance, flavor and aroma. To quote Dr. Gall:

In general, high quality green tea is described as "delicate" or "sweet".

The chemical constituents depend on different tea types.

The highest quality tea from Japan called Gyokuro is grown under shade and is reported to contain high amino acids but low catechin content.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Sweetness is attributed to amino acids, especially theanine, which has the taste described as "unami" or "brothy", while the catechins and caffeine contribute to the astringency.

Last but not least, the aroma is also involved in the quality assessment of green tea.

Hence the single most important marker of tea quality is theanine, which gives the best green tea its characteristic sweetness.

Young Tea Shoots

Dr. Le Gall went on to explain why the age of tea leaves is important:

Some factors that are not environmental or process related affect the chemical composition of green tea.

The size (age) of the leaves is actually the main criterion for grading green tea, and unlike black tea, green tea quality is directly related to the grading.

Teas made of the youngest leaves and the bud are the most expensive.

Got that? Tea buds, not leaves, yield the best green tea!

NMR Spectroscopy

The study examined 191 green teas, of which 168 were from China, 7 from Japan, 6 from Indonesia, 5 from India, 3 from Vietnam and 2 from Bangladesh.

The Chinese Dragon Well teas were the most expensive, along with the Japanese Gyokuro tea.

The scientists found that teas from different countries have different chemical patterns.

But with only a small number of non-Chinese teas, the scientists are not able to draw definitive conclusions from the results.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

However, they were able to observe a clear difference between the Dragon Well teas and the less expensive teas.

Dragon Well Tea

Previous studies have found that important quality markers are theanine, catechins, caffeine, and gallic acid.

The scientists found that Dragon Well tea contains high levels of these compounds.

There are 4 types of catechins: EGCG (epigallocatechin gallate), ECG (epicatechin gallate), EGC (epigallocatechin) and EC (epicatechin).

Among them, the most potent are EGCG and ECG. A previous study has found that as tea shoots get older, the levels of EGCG and ECG reduce, while the levels of EGC and EC increase.

And that's what the scientists found: Dragon Well tea contains high levels of EGCG and ECG (the most potent compounds), and lower levels of EGC.

Conclusion

When buying green tea, go for the early spring crops. Young tea shoots taste better and contain more theanine and EGCG – the two most potent compounds in green tea.

Read the full article about this breakthrough scientific study at <http://www.amazing-green-tea.com/best-green-tea.html>

If you enjoy reading this ebook, please consider sharing it with others, so that they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 4: Hear What Scientists Say!

Why scientists and doctors are getting excited about this humble eternal elixir...

Scientist Hasan Mukhtar in the July issue of the journal Life Sciences:

"Scientific investigations of tea compounds began less than 30 years ago, and most have been conducted in just the past 5 years."

"The most fascinating thing is, to my knowledge, there is no other natural product known that has such diversified effects."

"Drinking tea can't hurt, and, most likely, it can help."

He points to tea's 5,000-year track record of safety.

"Tea polyphenols, as compounds with antioxidant activity, may protect against heart disease and a variety of cancers."

"Green tea seems to have more health cachet than black tea, perhaps because it has been the focus of more research. Although not as well-studied as green tea, black tea probably is at least as beneficial."

Hasan Mukhtar drinks 2 cups of black tea and 2 of green a day.

Dr. Carrie Ruxton Public health nutritionist:

"Drinking tea is actually better for you than drinking water. Water is essentially replacing fluid. Tea replaces fluids and contains antioxidants so it's got two things going for it."

Claire Williamson British Nutrition Foundation:

"Studies in the laboratory have shown potential health benefits."

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

"The evidence in humans is not as strong and more studies need to be done. But there are definite potential health benefits from the polyphenols in terms of reducing the risk of diseases such as heart disease and cancers."

"In terms of fluid intake, we recommend 1.5-2 litres per day and that can include tea. Tea is not dehydrating. It is a healthy drink."

Iman Hakim

Professor at the Arizona Cancer Center at the University of Arizona:

"Green tea compounds positively affect genes involved in cancer susceptibility and DNA repair, although not everyone will respond equally well."

"An ongoing clinical trial of former and current smokers with chronic obstructive pulmonary disease has found a significant improvement in levels of HDL, or good, cholesterol in volunteers given tea as opposed to a placebo drink."

"If tea proves to be good, it might be good to switch the kids to tea."

Dr. John Foxe

Professor of neuroscience, biology and psychology at City College of the City University of New York:

"Probably quite a lot of people have heard tea has cardiovascular effects. But that's not why people drink tea. They drink it because it makes them feel good."

"People who drank a solution containing about as much theanine as 10 cups of tea were able to focus better on tasks than those who drank a placebo solution."

"As little as 100 milligrams of theanine enabled people to focus better on complicated tasks, but only when consumed with 60 milligrams of caffeine — a combination found in roughly 4 cups of green tea."

"There was a profound synergistic effect. My take is, we're all self-medicating with this."

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Dr. Jeffrey Blumberg
Director of the Antioxidants Research Laboratory at Tufts University
in Boston, Mass:

"As a nutrition scientist, I consider tea as a healthy choice for three reasons: It meets hydration needs, it has no calories and it's really rich in phytonutrients (plant-based substances) that we know provide some human health benefits."

"Tea has more of the catechins (a group of phytochemicals that act as antioxidants) than any food I am aware of. It is far and away the biggest, richest best source of those phytonutrients, and it's a pleasant, aromatic and flavourful beverage."

"There are not very many studies on tea supplements, yet the few we have suggest they are mimicking some of the cardio and cancer benefits established in tea studies."

"You are going to get some of the same benefits from tea extracts, but they are not the same thing."

"I have a slight bias as a nutrition scientist. Mother Nature put a lot of different beneficial chemicals and compounds in tea so why not take advantage of all of them?"

"By definition, supplements are 80 to 90 per cent concentrated polyphenol extracts, primarily EGCG, a powerful antioxidant, but as far as I know, theanine amino acid is not in extracts, and theanine is what helps you to focus your attention on a task or relax."

Chung Yang
Biochemist at Rutgers University cancer researcher who co-wrote the
paper in the journal Chemical Research Toxicology:

"There are quite a few case reports on liver damage due to taking supplements that contain tea extracts."

"Liver function returned to normal when those affected stopped taking the supplements. In addition, studies in rodents and dogs suggest that high doses of tea catechins can damage the kidneys and intestine as well as the liver."

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Tea drinkers shouldn't worry, though, Yang emphasises: "It's very clear, there are no published reports concerning toxicity due to tea consumption."

If you enjoy reading this ebook, please consider sharing it with others, so that they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 5:

What Make Miracles Possible

***Imagine: a beverage that takes only 5 minutes to prepare,
but makes you feel good from head to toe.***

***It soothes and energises, fights free radicals and reverses aging. It
raises fitness levels and helps you shed pounds more easily.***

***Would you be surprised to learn that it is the second most consumed
beverage in the world, after water?***

At the end of 2006, the Pubmed database contained 2,500 green tea studies, with 350 published in 2006 alone.

More studies are still advancing, with more human trials needed to confirm their applications.

Listen to what they say about this amazing drink...

Act as antioxidants

Many experts believe antioxidants can slow down aging and prevent heart disease, strokes and cancers.

Green tea is an excellent source of antioxidants. It contains catechins, powerful antioxidants found in large quantities in green tea.

Fruits such as pomegranate may contain as many or more antioxidants than green tea.

But gram for gram and dollar for dollar, none of them packs as much punch as green tea.

Lead a long and healthy life

In one of the largest population studies ever conducted, 40,530 Japanese adults completed questionnaires over the course of 11 years.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Researchers found those who drank 5 or more cups of green tea a day are 16% less likely to die than those who drank less than one cup a day.

Heavy green tea drinkers are also 26% less likely to die from heart disease.

Prevent and treat cancers

Green tea anti-cancer prowess extends beyond its antioxidant activities.

It staves off cancer cells by restricting blood vessel growth.

It wreaks havoc in abnormal cells, causing them to self-destruct.

It blocks over-production of harmful enzymes that act as catalysts to cancer growth.

From brain tumors to leukemia, from lung cancer, stomach cancer, colon cancer, oesophageal cancer to bladder cancer, not to mention breast cancer, ovarian cancer and prostate cancer, green tea cancer studies are showing positive results.

Rejuvenate body from heart attacks and strokes

Drinking green tea helps patients recover from heart attacks and strokes.

Preliminary study suggests active green tea compound EGCG (epigallocatechin gallate) speeds up the recovery process.

As many as 5 different population studies suggest that tea drinking reduces heart disease risk, although scientists still do not understand the mechanisms responsible for these observations.

Keep arteries clear

As we grow older, our arteries naturally harden.

Fats, cholesterol and blood platelets accumulate in the artery wall. When they thicken and clog up the entire artery, a heart attack or stroke occurs.

A hamster study suggests green tea inhibits atherosclerosis, the hardening and thickening of arteries.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

A human equivalent dose of 3 to 4 cups a day is associated with 26% to 46% lower risk.

Green tea also helps to keep the artery passageways clear by reducing cholesterol, triglycerides and blood clots.

Reduce high blood pressure

I found 3 studies that show green tea reduces high blood pressure.

A 2004 study found that regular tea drinkers are 65% less likely to develop high blood pressure if they drink more than two half cups a day.

Prevent and treat diabetes

Tea compounds EGCG and theaflavins have been found to increase insulin activities and reduce blood sugar.

A study found that brewed tea, when added to the fat cells of laboratory rats, increases insulin activities by more than 15 times.

But adding milk decreased insulin activities by 90%.

A study discovered that drinking 6 cups of tea per day for 8 weeks reduces blood sugar levels by 15% to 20%.

Furthermore, drinking green tea with a Japanese diet is highly effective in preventing diabetes.

Protect lungs from smoking

Irritated by second hand smoke? Why should we be forced to breathe in carcinogens just because other people are smoking?

Green tea protects you from lung cancer by reducing cellular damage caused by cigarette smoke.

A study conducted by University of Arizona found that it reduces cellular damage by 25%.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Protect liver from alcohol

I feel sorry writing this, but in a laboratory study, rats were intoxicated with alcohol for 4 weeks. It was found that green tea prevented damage to their livers.

If that wasn't nasty enough, in another laboratory study, mice were exposed to carbon tetrachloride, a toxic chemical solvent.

Green tea so greatly reduced their liver injuries that researchers suggested it should be used to treat liver disease.

Boost immunity. Fight off flu and cold

Tea contains antigens, which are found also in some bacteria. It builds up immune defence and prepares us for bacterial invasion.

A study on black tea drinkers found that 5 small cups a day boost immunity levels.

Soothe stress. Boost brain power

Tea contains a special compound called theanine, which has been known to stimulate alpha brain waves, calming the body and promoting relaxed awareness.

A recent 2007 study found that drinking 4 cups of tea enhances the brain's ability to concentrate at the tasks at hand.

Another 2007 breakthrough study found that green tea regenerates damaged brain cells.

Prevent tooth decay. Cure bad breath

Have a sweet tooth and need to ward off tooth decay?

Tea can help. Unlike soft drinks, tea is nonerosive. It also fights mouth viruses and reduces bad breath.

Build bone

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Studies found that drinking at least 2 cups of green tea a day helps preserve bone density and reduce osteoporosis risk. The longer you drink, the greater the benefits.

Rehydrate

UK Scientists found that tea is healthier than pure water.

They dispelled the common belief that tea dehydrates.

Tea not only rehydrates as well as water does, it also has many other health benefits.

This article is a high-level summary of important findings. For further information, please visit Green Tea Health Benefits at <http://www.amazing-green-tea.com/benefits-of-drinking-green-tea.html>

If you enjoy reading this ebook, please consider sharing it with others, so that they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 6: Staying Lean Made Easy

***Here is the million dollar question:
Can green tea help lose weight?***

***"Drinking tea for a long time makes one thin,"
says ancient Chinese medicinal classic Bencao Shiyi.***

Fast forward 1,300 years, and that is exactly what scientists have found today.

Researcher Swen Wolfram listed 74 studies in his excellent review paper *Anti-obesity effects of green tea*.

He concluded that green tea weight loss has been demonstrated in laboratory studies involving cell culture and animals.

He reviewed 9 human studies, with "most of these studies reporting decreased body weight and fat mass".

There is still a need for well-designed human studies to better understand the underlying mechanisms, but there is no question that it works.

Even manufacturers are getting excited. Green tea is now a regular ingredient in reputable fat burner supplements.

How Does It Work?

Green tea is so multi-talented. It fights obesity in an impressive number of ways.

The two key components are caffeine and EGCG (epigallocatechin gallate). Together, they promote weight loss by:

- Increasing Metabolism
- Burning fat
- Preventing fat storage
- Blocking dietary fat absorption
- Regulating glucose usage

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

In particular, green tea is a powerful fat burner. One study has suggested that it is more powerful than oolong tea and black tea in burning fat.

Unlike other herbal teas, green tea does not curb the appetite or cause toilet runs.

Why Caffeine?

Caffeine is good for weight loss. It increases metabolism and burns fat.

But consuming too much caffeine is harmful. It can cause insomnia, anxiety, upset stomach and frequent urination for some people.

With green tea, you get the best of both worlds.

It contains half or less than half the amount of caffeine found in coffee. When you drink green tea, you are much less likely to suffer from caffeine side effects.

Why?

Because green tea contains catechins that bind to caffeine in hot water, and reduce its unpleasant side effects.

Green tea also contains theanine, which calms the mind and promotes a relaxed awareness.

How Much?

Researchers Dulloo and Rumpler used a state-of-the-art metabolic chamber to measure the energy expenditure of their study subjects over 24 hours.

They found that green tea increases metabolism by 2.9% and 4% and fat oxidation by 12% and 35% respectively.

Here is the reality check: drinking green tea won't help you lose weight overnight.

However, although 2.9% and 4% may not sound a lot, it adds up over time.

Speeding up metabolism is not the only way tea helps lose weight. It also reduces fat absorption and storage.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Furthermore, it is on top of all the other things that you do such as dieting and exercise.

Scientists also found that it is not just about how much you drink, but how long you drink.

The longer you drink green tea, the more fat it burns.

A Taiwanese population study found that green tea drinkers of more than 10 years have 20% less body fat compared to non-tea drinkers.

What Else?

The beauty of green tea is that while reducing weight, it also cuts the risk of obesity-related diseases:

- It reduces the blood level cholesterols and triglycerides, the chemical form in which most fat exists in our body.
- It reduces the LDL (the bad cholesterol) but leaves the HDL (the good cholesterol) alone.
- It protects the cholesterols from damage by free radicals, thereby reducing the heart disease risk.

It doesn't stop here. Green tea burns fat.

It is very effective in burning a particular harmful type of fat called visceral fat, which is linked to type 2 diabetes.

How To Use It?

Drinking green tea by itself will help you stay in shape more easily, but don't expect the pounds to drop off like magic.

To make it work, you have to invest the extra energy green tea gives you. Put in place a diet and exercise program.

Studies have found that combining green tea with exercise is the most effective way to lose weight.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Drinking green tea increases endurance levels.

Combining green tea with an exercise program increases weight. The combination is more than the sum of its parts.

Two studies conducted by Kao Corporation found that drinking green tea improves endurance performance by up to 24%.

Combining green tea and exercise reduces weight gain by 90%!

Which Tea?

The best green tea for losing weight is a high grade that contains lots of EGCG and caffeine.

These are harvested early in the season and contains lots of young buds.

They are not like any branded supermarket tea. You don't have to add any lemon or sugar. They taste exquisitely sweet with a long-lasting, pleasant aftertaste.

As a bonus, they contain the highest level of theanine, which has been shown to reduce anxiety in young women and increase concentration.

This article is a high-level summary of important findings. For further information, please visit Green Tea Weight Loss at <http://www.amazing-green-tea.com/green-tea-weight-loss.html>

If you enjoy reading this ebook, please consider sharing it with others, so that they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 7: Health Warnings!

Advice to first time drinkers: Why you need to be aware of green tea side effects.

Green tea is safe. The United States FDA categorizes tea as "Generally Recognized as Safe".

Green tea is also powerful. The Chinese have been drinking green tea for more than 2,000 years.

However, until A.D. 600, it was used mainly as a medicinal tonic, not an everyday beverage.

Like any other herbal medicine, green tea's healing power has to be carefully harnessed. There are times when we should avoid drinking green tea.

Caffeine Symptoms

Tea contains about half the amount of caffeine found in coffee, so moderate consumption of green tea is unlikely to cause problems for the majority of people.

For those who are sensitive to caffeine, here are the symptoms to watch out for:

- restlessness
- irritability
- sleeping problems
- tremor
- heart palpitations
- loss of appetite
- upset stomach
- nausea
- frequent urination
- skin rash

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Sensitive Stomach

Stomach upset is the second most common complaint after caffeine.

A 1984 study concluded that "tea is a potent stimulant of gastric acid, and this can be reduced by adding milk and sugar."

Pregnancy Or Breastfeeding

Green tea contains caffeine, catechins and tannic acids. All three substances have been linked to pregnancy risks.

In addition, drinking large amounts may cause neural tube birth defect in babies.

Moderate consumption should be okay. But one should consider avoiding it altogether during early pregnancy.

Iron Deficiency Anemia

Drinking tea can block absorption of certain nutrients.

A 2001 study reports that green tea extract reduces the absorption of non-heme iron by 25%.

Amazingly, another 2005 study found that long-term drinkers develop protective mechanism by having heavier parotid glands. The protein rich saliva neutralises the harmful effect of tea tannin.

Post-Menopausal Symptoms

There is mixed evidence.

A 2005 study found that green tea reduces the level of estrogens in the body.

It is not clear if this aggravates hot flashes. Please exercise caution if this is of concern to you.

However, a 2003 study suggests that green tea, when taken with other herbs, may alleviate post-menopausal symptoms.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Young Children

If you have young kids, it is advisable for them not to drink tea.

This is because tea contains caffeine that may over-stimulate them. It also contains tannins that block nutrient absorption.

Thiamine Deficiency

Okay, I am stretching it a bit here ...

Tea reduces the absorption of thiamine (Vitamin B).

Thiamine deficiency leads to a condition known as beriberi. Once common to sailors beriberi is now relatively rare in the Western world except for in alcoholics.

Supplement Overdose

This is a real risk.

Some people prefer consuming green tea tablets to brewing hot tea. That is fine. But it is dangerous to overdose on them.

How many tablets can you safely consume? There is no clear answer, but some guidelines do exist.

Drinking Too Much

Drinking too much tea can be dangerous. Especially if the tea is of low quality.

A 2005 study raised concerns about instant iced tea.

A middle-aged woman was diagnosed with skeletal fluorosis from drinking up to 2 gallons of iced tea daily. Why? Because her green tea contained too much fluoride.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Kidney Stones

This is a hard one to call.

Kidney stones are mineral deposits made up of calcium, uric acid or the amino acid cysteine. At least 3/4 of kidney stones are composed of calcium combined with phosphate or oxalic acid. Green tea is a concern because it is rich in oxalic acid.

However, recent studies suggest that green tea inhibits urinary stone formation and prevent kidney stones...

Sensitivity To Tea

This is another contradictory one ...

Drinking green tea may prevent allergies. But it also contains caffeine and tannin that may cause allergies.

Teeth Staining

Drinking tea or coffee stains or discolors the dental plaque, but not the teeth themselves.

If plaque is not completely brushed and flossed away within 24 hours, it begins to harden and becomes what is commonly known as tartar. This tartar is porous and further absorbs stains from other food products.

When a dentist cleans your teeth, they remove the tartar and plaque. When the tartar and plaque go away, so do the teeth stains.

Best way to prevent teeth stains? Brush teeth daily and have regular dental check ups.

Eat Tea Leaves

The healthiest way to enjoy tea is to brew and drink the liquor.

Eating tea leaves is less healthy, as the leaves may contain harmful insoluble solids.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Taking Medication or Have A History.

This is perhaps the most important side effect to be aware of.

Green tea, like any other tea beverages, can interfere and interact with certain medications. It is wise to avoid drinking any tea beverages for 2 hours after taking medications.

Green tea contains caffeine. Caffeine can increase heart rate and blood pressure, although people who consume caffeine regularly don't seem to experience these effects in the long-term.

Caffeine can also increase blood sugar levels. Diabetes patients should drink it cautiously.

The same applies to those with psychological disorders, especially anxiety or panic disorders, and overactive thyroid or hyperthyroidism.

Take care if you have severe liver disease, as the level of caffeine in the blood may build up and last longer.

Finally, if you have any other health concerns, play it safe. Consult with your health adviser before drinking green tea.

This article is a high-level summary of important findings. For further information, visit Green Tea Side Effects at <http://www.amazing-green-tea.com/green-tea-side-effects.html>

If you enjoy reading this ebook, please consider sharing it with others, so that they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 8: Seven Golden Tips

Avoiding tea side effects is easy for most people...

Tip #1:

Don't drink tea when it is scalding hot or when it turns cold.

The ideal temperature is between 56 to 62 degrees Celsius.

According to Traditional Chinese Medicine, drinking scalding hot tea is harmful to the digestive system.

Cold tea is said to be "damp" and gathers phlegm.

Leave freshly brewed tea for a while and you will notice that its colour darkens and fragrance fades.

Like an apple that turns brown, tea compounds lose their potency through oxidation.

Nutrients such as catechins, theanine, vitamin C and B diminish over time. Tea contains amino acids. Leave it even longer and bacteria starts to breed.

The grandmother's tale is that one should never drink tea that has been left overnight. She is not that far from the truth.

Always try to drink your tea hot.

Tip #2:

Don't drink tea full-strength.

One cup of tea typically contains 2 to 3 grams of leaves. Some people can brew as much as 15 grams in an 8-ounce (or 225 millimeters) cup. If you have a weak stomach, that is not a good idea.

High strength tea contains concentrated caffeine and polyphenols. Caffeine can cause insomnia. Polyphenols can over-stimulate the production of gastric acids and cause stomach upset.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Tip #3:
Don't over-brew your tea.

In Asia, it is common practice drink loose tea, which can be infused 3 to 5 times.

The chemical composition changes with each infusion. Over-brewed tea not only tastes bitter, it is considered harmful.

Why? Because tea leaves may contain harmful solids which are less water-soluble. These solids are likely to sneak out in the later infusions.

Tip #4:
Don't drink tea on an empty stomach or with meals.

According to Traditional Chinese Medicine, drinking tea on empty stomach causes "coldness" to enter the lung and stomach system.

On the other hand, there are good "Western" reasons why one should avoid drinking tea with meals.

The alkaline nature of tea conflicts with the acids produced by the stomach.

Drinking tea around mealtimes can cause indigestion to those with sensitive stomachs.

Tea reduces the absorption of non-heme iron, causing problems to those prone to iron deficiency anemia.

It reduces absorption of thiamine (Vitamin B). Thiamine deficiency leads to a condition known as beriberi. Once common to sailors, beriberi is now relatively rare in the Western world except for in alcoholics.

The good thing about drinking tea with meals?

Tea blocks absorption of nutrients. Drinking tea with meals can help you lose weight, but only if your stomach is happy about it.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Tip #5:

Don't drink tea with medications or when suffering from fever.

Tea can interfere and interact with medications. As a safety precaution, avoid drinking tea for at least 2 hours after taking medications.

Drinking tea won't get rid of a high temperature.

As a mild stimulant, tea may further increase the body temperature. The body cools down by sweating - tea tannins actually inhibit this effect.

Tip #6:

Don't mix tea with alcohol.

According to Traditional Chinese Medicine, drinking tea and alcohol together is harmful to the kidney system, causing constipation and problems to sexual organs.

Tip #7:

Don't drink too much.

Many population studies documenting the health benefits of drinking green tea are based in Asia, where people typically drink 3 cups of green tea a day.

The United Kingdom Tea Council recommends drinking not more than 6 cups of tea a day. Why? Because drinking too much green tea can cause caffeine intolerance and mineral overdose.

Therefore, we think 3 to 6 cups is the optimum for most people.

For further information, visit Green Tea Side Effects at <http://www.amazing-green-tea.com/green-tea-side-effects.html>

If you enjoy reading this ebook, please consider sharing it with others, so they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 9: How Much To Drink?

***Take any healthy food excessively,
and it is likely to turn into a poison.***

Many population studies documenting green tea health benefits are based in Asia, where people typically drink 3 cups a day.

The United Kingdom Tea Council recommends drinking up to 6 cups a day.

What can go wrong with drinking too much green tea? Caffeine intolerance and overdosing.

Caffeine Intolerance

Caffeine intolerance is the most common complaint.

Green tea contains half the amount of caffeine found in coffee, so moderate consumption is unlikely to cause problems for the majority of people.

Experts recommend 300 milligrams of caffeine a day as being safe for most individuals. According to the United Kingdom Tea Council, this is equivalent to 6 cups a day.

Overdose Danger

Tea plants accumulate minerals such as aluminium, manganese and fluoride from soil and water. These minerals can be harmful when consumed in large amounts over many years.

A 2005 study conducted by Dr Michael Whyte from the Washington University in St. Louis raised concerns about the high fluoride content in instant iced tea.

In the study, a middle-aged woman was diagnosed with skeletal fluorosis. She drank 17 to 33 cups a day, double-strength, because of the hot weather. This is unusual, but highlight the dangers of drinking too much green tea.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 10:

Make Caffeine Your Friend!

6 tips on how to enjoy green tea without the caffeine...

Tip #1: Avoid green tea energy drinks.

They contain a lot of caffeine. Coca-Cola's Enviga, for example, contains 100 milligrams of caffeine per serving; that is as much as a cup of coffee!

Why can't they stop pretending it's a health drink?

Tip #2: Run away from the baggie...

Researchers Hicks et al found that brewing 3 cups of teabags gives you twice as much caffeine as loose tea.

Why? Because teabags contain tea dust – small tea particles that have been chopped into bits. The larger surface area causes caffeine to be extracted at a much faster rate.

When you drink loose tea, you infuse multiple times. Caffeine is very soluble. This means the later infusions contain less caffeine.

On the other hand, when you drink teabags, you tend to brew once and discard. This one infusion contains a lot of caffeine.

Tip #3: Drink tea hot.

Green tea contains catechins and theanine that reduce caffeine activity.

Brewing tea allows these molecules to combine with caffeine in hot water, rendering the caffeine less effective.

Always drink green tea hot. It has been found that green tea catechins start to break down after a couple of hours.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Tip #4: Leave out the first infusion.

Caffeine is quicker to dissolve than the other tea compounds. Throw away the first infusion after 5 minutes, as it soaks up 70% of the caffeine.

A high-grade green tea can be infused at least 3 times, so the second and third infusions would still taste good.

Tip #5: Beware of "naturally decaffeinated".

The decaffeination process destroys flavors and nutrients in green tea. Papers published by the USDA and UCLA shows that decaf contains less than a third of the catechins found in regular green tea.

The worst culprit is a "naturally decaffeinated" tea such as one processed using the ethyl acetate solvent. This is a green tea without caffeine – and nutrients.

Tip #6: What if all else fails?

Okay, let's say you go for a half-strength brew, drink fewer cups, skip the first infusion and even try out a few greens.

And it is still not working out. What to do?

Flower and herbal infusions are not *Camellia Sinensis* and do not contain caffeine.

Also check out Rooibos from South Africa.

Tea caffeine is an onion with many layers. You have to unpeel layer by layer to understand what's inside. If you would like to find out what are the 8 essential pointers of Green Tea Caffeine, visit <http://www.amazing-green-tea.com/green-tea-caffeine.html>

If you enjoy reading this ebook, please consider sharing it with others, so they too can start discovering their next great tea!

To tell a friend, click <http://www.amazing-green-tea.com/share-this-site.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 11:

Which Is The Healthiest Type Of Tea?

Not all teas are created equal.

Green tea has many health benefits. But not every one contains the same amount of nutrients.

Green tea contains nutrients such as catechins, theanine and caffeine. Ideally the healthiest green tea should contain a lot of catechins and theanine, and less caffeine.

Avoid Energy Drinks

Caffeine intolerance is the most common of tea side effects.

Experts recommend 300 milligrams of caffeine a day as being safe for most individuals. According to the United Kingdom Tea Council, this is equivalent to 6 cups of tea a day.

Energy drinks contain high concentrations of caffeine. Coca-Cola's Enviga, for example, contains 100 milligrams of caffeine per serving.

According Dr. Shen, Enviga also contains chemicals that are known to be allergenic and carcinogenic.

There is a big movement in Naturopathic Pediatrics to get this stuff out of cafeterias since it is bad for kids.

Avoid Instant Drinks

Instant or bottled green tea contains a small fraction of the catechins found in hot green tea. They also contain chemicals such as phosphoric acid and fluoride.

Much controversy surrounds fluoride. We get most of it from drinking water. Low levels of fluoride helps prevent dental cavities, but high levels of fluoride are harmful to the teeth and bones.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

A 2005 study conducted by Dr. Michael Whyte from the Washington University raised concerns about the high fluoride content in Lipton's instant iced tea.

Prefer A Regular

The 2007 report published by the US Department of Agriculture (USDA) compares nearly 400 foods for their flavonoid content.

It shows why regular green tea is the healthiest.

It seems that the longer green tea has been processed, the more nutrients it loses.

100 millimetres of regular brewed green tea contains 127 milligrams of catechins.

Decaffeinated green tea contains only 56 milligrams.

Flavored green tea has 43 milligrams.

Disappointingly, instant green tea has only 12 milligrams.

Healthiest type of green tea? Go regular.

Learn why loose green tea is higher quality and offers much better value for your money than teabags at <http://www.amazing-green-tea.com/loose-green-tea.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Chapter 12:

What Make Legendary Tea?

Why the Chinese green tea Crown Jewel could well rank as one of the seven wonders of the world.

Tea is not just a beverage.

To ancient scholars and meditators, it was a path to enlightenment and learning. To emperors and politicians, it was a symbol of power and the ultimate luxury.

As you read every word of this article, you will understand what makes this beverage so enchanting.

To understand tea, we have to start with the soil and water from which it was originally grown and made to perfection – China.

China is the third largest country in the world, with a land area slightly larger than the United States of America.

Unlike other tea-growing countries like India or Indonesia, Chinese tea is cultivated in most parts of the country, with about 20 out of the 30 Chinese provinces growing green tea.

There are thousands of different varieties of teas. The cream of the crop is what is known as *Mingyoucha* or Famous Superior Tea.

Famous Superior Tea

There are about 700 Famous Superior teas.

They are grown at high altitude in places of exceptional beauty such as Lion Peak Mountain (Xihu Longjing tea), Yellow Mountain (Maofeng tea) and Lushan (Misty Cloud tea).

They are naturally organic. The highest grade is picked in early spring when few pests exist.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Sadly enough, authentic Famous teas are seldom available in the West. Most tea shops sell imitators: tea that bears the same name but is grown elsewhere, far from the famous tea villages where the best conditions exist.

What makes them shine? Three reasons: early crop harvesting, sophisticated handcrafting and the tribute tea heritage.

Early Spring Buds

When buying green tea, it is important to know the harvesting dates.

Most tea vendors label premium green tea Ming Qian (Pre-Ming), which means picked before 5 April. Sadly, this no longer works for some teas.

A late Pre-Ming tea can taste bitter rather than delicately sweet. Global warming or not, the season has shifted forward.

Early spring crop yields tender tea shoots consisting of a terminal bud and the adjacent slightly unfurled two leaves.

These tea buds are small. One kilogram can have as many as 100,000 of them. It takes a good picker half a day to harvest them.

Sophisticated Handicraft

Legendary teas are still handpicked and handroasted the hard, traditional way.

Automation is cheaper and more efficient (they are the norm and are used by more mediocre factories producing teas), but they can't replace the skills of a "trained hand".

Imagine. A novice takes 3 years to master the 10 distinct hand movements of roasting the Dragon Well tea.

After that, they can fry only 1 kilogram of high-grade tea per day.

That is why authentic Famous Tea tastes so much better than imitators.

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Tribute Tea

The Chinese people not only invented green tea, they also invented oolong tea, red tea, yellow tea, white tea and black tea.

What is the driving force behind this ceaseless search for excellence and innovation?

Most Famous Superior Teas are former Gongcha or Tribute tea. They were made for the consumption of emperors.

There is nothing in the West that resembles the enormous power a Chinese emperor wielded. Perhaps a Russian Tsar came close, but even Peter The Great can seem frugal in comparison.

The tribute tea system made tea an opulent luxury for the aristocrats, but brought on misery for the peasants.

It was as tragic as it ultimately would be glorious. The cultural heritage makes Chinese green tea the finest in the world.

Do you know that now you can sample the ONLY modern tribute tea existing in China? For further information, visit the Tribute Dragon Well tea at <http://www.amazing-green-tea.com/dragonwell-tea.html>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

About The Author

Hey, my name is Julian Tai. I live in the village of Horsham in England. I set up the Amazing-green-tea site to help people like you to discover your next great tea.

My partner and good friend HQ's family own 3 tea gardens in China's Hangzhou. They grow the Tribute Dragon Well tea (quite possibly the best green tea in the world) for the Chinese White House Zhongnanhai.

(Yes, I am talking about Mr. Hu Jintao and gang, and even the British ex-prime minister Mrs. Margaret Thatcher travelled to Hangzhou from Beijing just to drink the Tribute Dragon Well tea.)

HQ's good friend Shen owns a massive tea estate in southern China's Anxi county, growing an organic certified Tiegunayin oolong tea. It is very fragrant - so be prepared, it may blow your hat off.

To be honest, my tea store is tiny. It is there mostly for fun and passion. The tea site is sustainable mainly by advertising revenue.

I love the tea gardens to pieces. They are my teachers and experts, so passionately proud of their cultural heritage.

They live and breathe the mountain air. Their eyes twinkle when I tell them how much you enjoy their teas.

You can read about their teas at <http://www.amazing-green-tea.com/chinese-tea-shop.html>

Did you benefit from reading this ebook?

PS: I *brewed up* this ebook over a period of two years (the first edition came out in March 2007). My sole objective is to give you enough information to help you hunt down your next great tea.

PSS: Any thoughts and feedback about this ebook? You can help improve it for future readers by visiting <http://www.amazing-green-tea.com/testimonials.html#INV>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

References:

Harold N, Graham PD (1992). Green tea composition, consumption and polyphenol chemistry. *Journal of preventive medicine and hygiene*. 1992 May;21(3):334-50.

Dulloo AG, Duret C, Rohrer D, Girardier L, Mensi N, Fathi M, Chantre P, Vandermander (1999). Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *The American journal of clinical nutrition*. 1999 Dec;70(6):1040-5.

M. Whyte, K. Essmyer, F. Gannon, W. Reinus (2005). Skeletal fluorosis and instant tea. *The American Journal of Medicine*, Volume 118, Issue 1, Pages 78-82.

US Department of Agriculture (2007). USDA Database for the Flavanoid Content of Selected Foods Release 2.1.
<http://www.nal.usda.gov/fnic/foodcomp/Data/Flav/Flav02-1.pdf>

The World Healthiest's Foods. Green Tea.
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=146#nutritionalprofile>

Imai K, Suga K, Nakachi K (1997). Cancer-preventive effects of drinking green tea among a Japanese population. *Prev Med* 1997;26:769-75.

Imai K, Nakachi K (1995). Cross sectional study of effects of drinking green tea on cardiovascular and liver diseases. *BMJ* 1995;310:693-6.

Chan JT, Koh SH (1996). Fluoride content in caffeinated, decaffeinated and herbal teas. *Caries research* 1996;30(1):88-92. Department of Basic Sciences, University of Texas Houston Health Science Center, USA.

Medline Plus: Green Tea (*Carmellia sinensis*).
http://www.nlm.nih.gov/medlineplus/print/druginfo/natural/patient-green_tea.html.

Henning SM, Fajardo-Lira C, Lee HW, Youssefian AA, Go VL, Heber D (2003). Catechin content of 18 teas and a green tea extract supplement. *Nutr Cancer*. 2003;45(2):226-35. UCLA Center for Human Nutrition, School of

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.

Medicine, Warren Hall 14-166, 900 Veteran Avenue, Los Angeles, CA 90095, USA. shenning@mednet.ucla.edu.

Chen Zhong Xian (1992). Zhongguo Chajing. Shanghai Wenhua Chubanshe.

Si Hai Gen (2000). ZhongGuo Mingcha Tupu: Luchapian. Shanghai Wenhua Chubanshe.

Chen Qikun (2005). Zhongguo Lucha. Guangdong Luyou Chupanshe.

Liu Xiang Lian (2006). Dangdai Chajing. Zhongguo Haiguan.

Gwénaëlle Le Gall, Ian J. Colquhoun, and Marianne Defernez (2004). Metabolite Profiling Using ¹H NMR Spectroscopy for Quality Assessment of Green Tea, *Camellia sinensis* (L.). *J. Agric. Food Chem.*, 52 (4), 692 -700, 2004.

US Department of Agriculture. USDA Database for the Flavanoid Content of Selected Foods Release 2.1.

<http://www.nal.usda.gov/fnic/foodcomp/Data/Flav/Flav02-1.pdf>

The World Healthiest's Foods. Green Tea. <http://www.whfoods.com>

Real Tea Directly from the Source
www.amazing-green-tea.com

Copyright © 2009 Amazing-Green-Tea.com by Julian Tai. All rights reserved.