Benefits of Green Tea "MATCHA"

Green tea (Camellia sinensis) has been an integral part of life in China and Japan for centuries. These countries have always claimed that green tea has great health benefits. Only recently has traditional medical science investigated these claims. Over the past several years hundreds of articles have been published in prestigious scientific journals. These studies come from all over the world confirming these claims.

EGCg, or epigallocatechin gallate, is one of the antioxidant compounds--known as catechins--in green tea. Researchers at the University of Kansas estimate the antioxidant power of EGCg to be about 100 times greater than that of vitamin C and 20 times greater than that of vitamin E in protecting the body's cells from free radical damage. Scientists consider EGCg to be one of the most promising anticancer compounds ever discovered.

Antimicrobial Properties of Green Tea Cited:

In an article "Herbs in Combating Antimicrobial Resistance" published in the April 2004 issue of Natural Pharmacy, authors Kathy Abascal and Eric Yarnell cite tea's antimicrobial properties.

The authors point to controlled studies in humans showing that tea extracts have preventive or therapeutic effects in dental caries, gastrointestinal (GI) dysbiosis, and chronic gastritis. In animal studies, tea extracts cured guinea pigs infected with shigellosis within three days, while control animals died within 24 hours.

Green tea constituents have shown in laboratory studies to have significant bactericidal action against Escherichia coli 057:H7, the organism responsible for fatal outbreaks of gastroenteritis and hemolytic-uremic syndrome following consumption of contaminated meat.

Tea extracts also show bactericidal action against Staphylococcus and Yersinia, and to inhibit methicillin-resistant S. aureus (MRSA) in vitro.

The authors state: "Along similar lines, extracts of green tea have been found reverse resistance in MRSA, as well as penicillin resistance in beta-lactamase-producing S. aureus." They point out that EGCG, one of the powerful antioxidant catechins in green tea, "markedly reduced the minimum inhibitory concentration (MIC) of oxacillin and other beta-lactam antibiotics for MRSA."

The authors conclude their review of the antimicrobial properties of tea by stating: "These data strongly suggest a potential utility for tea in managing a variety of infectious conditions, particularly of the skin and GI tract, and particularly in instances in which beta-lactam antibiotics are prescribed. Of further benefit is that tea has a high safety profile."

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