



Tea in Health and Disease Prevention

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While there have been many claims of the benefits of teas through the years, and while there is nearly universal agreement that drinking tea can benefit health, there is still a concern over whether the lab-generated results are representative of real-life benefit, what the risk of toxicity might be, and what the effective-level thresholds are for various purposes. Clearly there are still questions about the efficacy and use of tea for health benefit.

This book presents a comprehensive look at the compounds in black, green, and white teas, their reported benefits (or toxicity risks) and also explores them on a health-condition specific level, providing researchers and academics with a single-volume resource to help in identifying potential treatment uses. No other book on the market considers all the varieties of teas in one volume, or takes the disease-focused approach that will assist in directing further research and studies.

* Interdisciplinary presentation of material assists in identifying potential cross-over benefits and similarities between tea sources and diseases

* Assists in identifying therapeutic benefits for new product development

*Includes coverage and comparison of the most important types of tea – green, black and white

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