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Although tea drinking has been associated with health benefits for centuries, only in recent years have its medicinal properties been investigated scientifically.

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Yukihiko Hara, Ph.D., former Director, Food His book Green Tea; Health Benefits and Applications he was awarded the Director of the Ministry of Science and

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Green Tea: Health Benefits and Applications. edited by Yukihiko Hara. New York: Marcel Dekker, 252 pp, 2001.

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6. Digestive Aid. Green tea is a well-known digestive stimulant. It reduces intestinal gas and may even offer support for digestive disorders such as Crohn's

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steeped with praise about the health benefits of the beverage I m not drinking. I am partial to a green tea called Japanese Matcha used for over 400 yrs,

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and quantity of green tea consumption. However, both green and black Mayes AE, Dadd T. Health effects of green tea Medicinal benefits of green tea:

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Faculty of Food Science and Technology Yukihiro Hara, 2001. Green tea: Health benefits and and cocoa science and technology.

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Yukihiro Hara, Tea Solutions, Hara Green tea-health benefits and applications. (Studies on Antibacterial Effects of Tea Polyphenols Part 3) Jpn Soc Food Sci

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