

[< back to articles](#)

Follow-up to “The poor man’s anti-cancer cocktail”

Kenneth Lent 2018

A big “thank you” to those who emailed our site with the various comments about “The poor man’s anti-cancer cocktail” uploaded last week. A few folks wanted to know if there were more benefits to green tea than had been mentioned in that article. The answer is “yes” but space herein does not allow for a lengthy explanation of green tea’s many benefits. The bottom line in layman’s terms is, – the stuff is cheap to buy, easy to ingest, easy to store, and has a lot of pluses. It’s worth remembering to add green tea to one’s diet. It’s not the only health supplement to be obtained or considered but it’s a good one, considering the cost and availability.

While were at it, here’s a bit more on the benefits of drinking green tea in addition to the references mentioned in “The poor man’s anti-cancer cocktail”:

“According to research, an antioxidant found in green tea is at least 100 times more effective than vitamin C and 25 times better than vitamin E at protecting cells and DNA from damage associated with cancer and heart disease. The antioxidant – called epigallocatechin gallate (EGCG) – carries twice the antioxidant punch of red wine’s resveratrol.” [Uncommon Cures For Everyday Ailments, Bottom Line Books, 2008, pg. 154]

In the same book we find that green tea also helps with:

Preventing and/or reducing the severity of arthritis (pg. 31)

Keeping under-arm body odor reduced by killing the bacteria that causes it (pg. 75) – dab it on

Providing a safe “pick-me-up” energizer but with less acid and caffeine than coffee (pg. 118)

And for those interested in a “mega powerful” green tea we have this:

“The types of green tea used in Japanese tea ceremonies provides 200 more epigallocatechin gallate (EGCG), a potent anti-cancer chemical, than the green tea that’s served in the US. Known as matcha, the Japanese tea is powdered before steeping.” [Treasury of Health Secrets, Boardroom Inc. 2009, pg.520]

Disclaimer: The above information does not claim to be a cure-all for any type of disease. Please consult your professional health care adviser for treatment of an illness. Thanks – KL