



## A Cup of Tea for Positive Health and Oral Health

By Aswini Balappanavar

LAP Lambert Academic Publishing. Paperback. Condition: New. 64 pages. Dimensions: 8.7in. x 5.9in. x 0.1in. Tea has been used as a beverage in various parts of the world. Tea consumption has attained a worldwide liking and measure of social status in many parts. Nowadays, green tea is considered one of the most promising dietary agents for the prevention and treatment of many diseases. We have tried to discuss and summarize various studies and aspects of tea which may be helpful for many graduates and postgraduate as well as nutritionists who want to do work on this. Numerous studies have demonstrated that aqueous extract of tea contain catechins which possess antioxidant, antimutagenic, antidiabetic, anti-inflammatory, antibacterial and antiviral, and above all, cancer-preventive properties. An attempt was also made to establish a relation between tea and oral health. Tea has its effects on oral microorganisms, anticariogenic properties, oral cancer, precancerous lesions and conditions, and reduction of gingivitis as well as periodontitis. Hence tea has been rightly said as a functional food for health. When we sip the tea first thing in the morning, do we know how many benefits we are getting. This is to all who believe in prevention is better than cure...



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