

AND NOW A WORD FROM THE DOCTOR...

Green Tea – Good for the Brain

By David Perlmutter, MD, FACN



It seems that hardly a day does by that we don't hear about some new health benefit associated with drinking green tea. Whether it's cancer prevention, boosting immunity, raising alertness, or even treating the common cold, it seems like there's no end to the virtues of this centuries old practice. Many of the benefits of green tea are thought to be associated with its high content of *flavonoids*, plant-derived antioxidants that may be responsible for the extensive scientific support relating green tea consumption to decreased risk for cancer as well as heart attacks.

One particular flavonoid found in green tea, EGCG, not only serves as a powerful antioxidant, but has also been shown to reduce the formation of amyloid plaque, a brain damaging protein associated with Alzheimer's disease. In research recently published in the *Journal of Neuroscience*, investigators found that brain cells from mice genetically altered to develop Alzheimer's disease produced 54% less amyloid plaque when treated with EGCG. The ability of EGCG to reduce this damaging protein, as well as the powerful antioxidant activity of this chemical found in green tea, led the researchers to speculate that green tea could be effective not only in treating the disease, but also in preventing it in the first place.

Green tea may contain as much as 450 mg of EGCG per cup. To replicate the EGCG consumption in this study, a person would need to drink about 4 cups a day. Fortunately, this healthful beverage is now available without caffeine!

A handwritten signature in blue ink that reads "David".