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| Descrizione fisica | 1 online resource (1612 p.) |
| Altri autori (Persone) | PreedyVictor R |
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| Soggetti | Tea - Therapeutic use Tea - Health aspects |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | pt. 1. Tea, tea drinking and varieties -- pt. 2. Miscellaneous teas and tea types : non-camellia sinensis -- section 3. Manufacturing and processing -- section 4. Compositional and nutritional aspects -- section 5. General protective aspects of tea-related compounds -- section 6. Focused areas, specific tea compounds and effects on tissue and organ systems -- section 7. Behavior and brain -- section 8. Adverse effects of tea and tea-related products -- section 9. Comparison of tea and coffee in health and disease. |
| Sommario/riassunto | 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) |