Record Nr. UNINA9910785962503321 Tea in health and disease prevention [[electronic resource] /] / edited **Titolo** by Victor R. Preedy Pubbl/distr/stampa London, : Elsevier, 2013 **ISBN** 0-12-384938-1 Descrizione fisica 1 online resource (1612 p.) Altri autori (Persone) PreedyVictor R Disciplina 613.2 615.321 615/.321 Tea - Therapeutic use Soggetti Tea - Health aspects Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali 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. While there have been many claims of the benefits of teas through the Sommario/riassunto years, and while there is nearly universal agreement that drinking tea can benefit health, there is still a concern over whether the labgenerated 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)