

Green Tea (*Camellia sinensis*)

Location: This herb can be found in Asia. It is also grown around the world in places like Burma, India, Japan, China, Pakistan, Turkey, Malawi, Georgia, Sri Lanka, Argentina and Africa.

Description: The leaf buds and young leaves are used medicinally as a tea.

Properties: According to the author of *Prescriptions for Herbal Healing*, “Green tea is both a stimulant and an antioxidant with a diversity of healing applications. The polyphenols in green tea are potent antioxidants. Researchers have found that one of the polyphenols, designated epigallocatechin gallate (EGCG), is over 200 times more powerful than the renowned antioxidant vitamin E in neutralizing free radicals.”

Uses: This herb can be used to increase energy, treat asthma, atherosclerosis, high cholesterol, breast cancer, endometriosis, fibrocystic breasts, ovarian cancer, cancer, liver cancer, cirrhosis of the liver, diabetes, colorectal cancer, food poisoning, eczema, ear infections, periodontal disease, herpes virus infection, wrinkles and influenza.

Doses: According to studies three cups a day is enough to help fight cancer. Some researchers believe that ten cups is necessary to fight such illnesses. This herb can also be made into a cream or compress for use.

Warnings: Do not take green tea if you are currently taking ginseng. Limit the amount of green tea you drink while pregnant or nursing. If you are taking blood thinners like warfarin do not drink green tea.