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Protective Effects of Tea on Human Health

Narender K Jain, Mohammad Siddiqi, John Weisburger

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Protective Effects of Tea on Human Health Narender K Jain, Mohammad Siddiqi, John Weisburger Bringing together the latest research from leading experts, this book provides an indispensable reference on the health benefits of drinking tea. It examines the general health giving properties of tea before moving on to a detailed review of the evidence for the beneficial effects of tea on specific ailments including cancer, the common cold, renal disease, cardiovascular disease, antiviral influenza, arthritis, lung and pulmonary ailments, aging, oral health and dementia. The book concludes by challenging misconceptions of the effects of tea.

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