GAPPED TEXT: PRACTICE 18

It is good to habitually drink green tea every day as it has many health benefits. Since ancient times, the Chinese knowing about the benefits of green tea used it as a remedy for everything from headaches to depression. (1) _____.

Today, both Asian and western researchers are providing concrete evidence for the health benefits of drinking green tea. University of Purdue researchers concluded that a compound in green tea inhabits the growth of cancer cells. Other research indicates that drinking green tea not only lowers total cholesterol levels, but also improves the ratio of good cholesterol.

Green tea is rich in catechin polyphenols, particularly epigallocatechin gallate or EGCG, a powerful antioxidant. Besides blocking the growth of cancer cells, (2) _____. It has also been effective in bringing down bad cholesterol levels, and hindering the formation of abnormal blood clots or thrombosis. Both bad cholesterol and thrombosis are the leading causes of heart attacks and stroke.

Comparisons are being made between the effects of drinking green tea and the "French Paradox". Despite consuming a diet rich in fat, the French have a lower incidence of heart disease than Americans. For a long time, researchers were baffled by the fact. (3) _____. Red wine contains resveratrol, a polyphenol that limit the negative effects of smoking and a fatty diet. This could be the reason why the rate of heart disease among Japanese men quite low, even though approximately seventy-five percent are smokers.

Why don't other Chinese teas have similar medicinal properties? The leaves of green, oolong and black teas all come from the Camellia sinensis plant, but the way it is processed makes the difference. Green tea leaves are steamed while black and oolong tea leaves are made from fermented leaves. (4) _____. On the contrary, the fermenting process converts the EGCG into other compound that are not nearly as effective in inhibiting various diseases.

Students also show that green tea has many other health benefits. Green tea has been proven to help dieters. The results of a study at the University of Geneva in Switzerland revealed that men who were given a combination of caffeine and green tea extract burned more calories than those given only caffeine or a placebo. Green tea can even help prevent tooth decay by killing the bacteria that causes dental plaque. Meanwhile, skin preparations containing green tea – from deodorants to creams – are starting to appear on the market.

A. In fact, green tea has been used as a medicine in China for at least 4000 years.
B. EGCG kills cancer cells without harming tissue.
C. But EGCG make tissue weaken while killing cancer cells.
D. Steaming prevents the EGCG compound in the green tea leaves from being oxidized.
E. EGCG can lower the rate of the heart disease.
F. The secret lies in red wine.
G. Green tea contains tannins, which stimulate the stomach to secrete more acid.

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