



# Green Tea: Antioxidant Power to Fight Disease (Good Health Guide)

*Debasis Bagchi*

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## **Green Tea: Antioxidant Power to Fight Disease (Good Health Guide)** Debasis Bagchi

From the Japanese and Chinese belief that green tea promotes longevity and quality of life, research has shown that natural green tea compounds improve digestion, inhibit tooth decay, fight viruses, and help prevent cancer.

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