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Hsu publishes green tea book internationally

AUGUSTA, Ga. – As a youth, Dr. Stephen Hsu found only misery in green tea. For six and a half years, he spent up to 18 hours a day working in a remote farmland, harvesting tea leaves and growing other produce in a Chinese labor camp for children from the “capitalist class.”

Now, decades later, the world-renowned green tea researcher has published a book about the beverage's benefits on health and lifestyle.

The book, *Green Tea and Beyond*, written by Hsu, a Molecular and Cell Biologist in the Georgia Health Sciences (formerly the Medical College of Georgia) College of Dental Medicine, with Christine Hurley Deriso, Georgia Health Editorial Manager, was published by Nova Publishing and is available in the United States, Europe and Japan.

"In the labor camp, I never dreamed I'd spend my life researching and writing about benefits of the tea plant I was being forced to grow," said Hsu.

The book explains the health benefits of green tea based on his 10 years of research. Along with his findings of green tea's effects on cancer, skin disorders, obesity, autoimmune diseases and other conditions, the book discusses the origins of tea and how to easily incorporate it and other related products into the diet to prevent or lower the risks of many illnesses.

Hsu noted that countries that with a tradition of consuming high quantities of green tea, such as China and Japan, have lower rates of certain cancers, diabetes, obesity and cardiovascular disease than the United States. With the adoption of a Western lifestyle, this tradition weakens and these diseases became more prevalent, despite the modernization of health care, Hsu said. He hypothesized that the correlation is not one to be ignored.

"The more I learned, the more I found there was to learn," Hsu said. "This book is a way to share those research results with anyone who wants to improve their health and prevent illness without spending too much money or taking excessive medications." He believes there are natural ways to prevent, delay and lower the risks of many illnesses.

"While research is in its infancy as to how green tea impacts specific diseases, its general health benefits are indisputable," he said. For example, green tea contains a unique group of polyphenols, powerful antioxidants proven to help eliminate free radicals, which can cause genes to mutate.

The book is available at www.novapublishers.com/catalog/product_info.php?products_id=14467.

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