

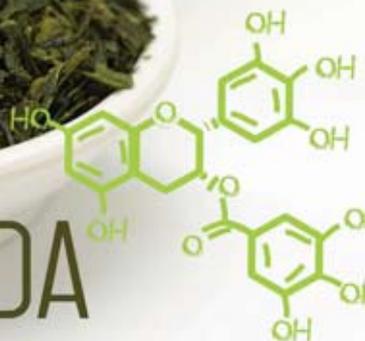
I WILL TEACH YOU HOW TO BE HEALTHY BY ~~DRINKING~~ **Using** JAPANESE GREEN TEA

SURPRISING FACTS
AND TIPS FOR HOW
YOU CAN TAKE BEST
ADVANTAGE OF THIS
AMAZING PLANT

EGCG



KEI NISHIDA



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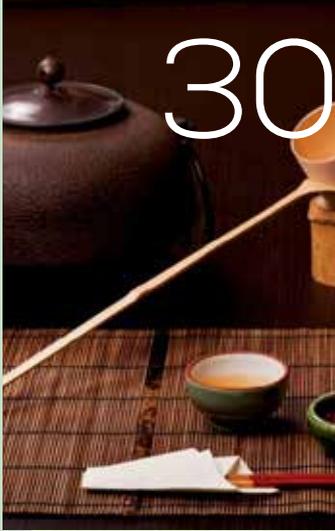


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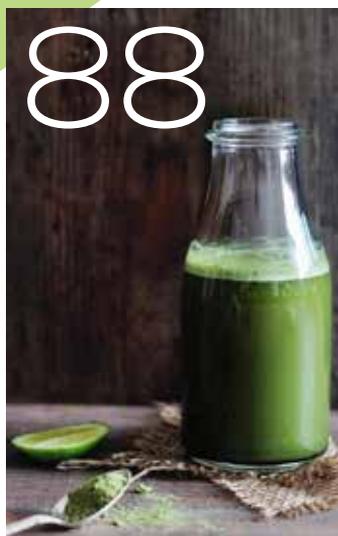
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To my loving father, Keitaro Nishida

Section 1





Chapter 1

Introduction

Aroma of Japanese green tea calms me down. I do believe it is more than the science reaction, the aroma reminds me of memory far from childhood which must help me calming down more. Green tea aroma must resonates with my childhood memory where green tea is commonly available in daily life where I grew up in Tokyo Japan.

My passion of Japanese Green Tea originates back in time when I was a junior high school student in Tokyo. We had

Japanese Green Tea dispenser at each level of the floor. The dispenser provides either hot or cold option for green tea, and school encouraged kids to drink green tea during class room. Tea was such an important bonds between friends and teacher all enjoyed during and in between classes.

I came to USA when I was 14 years old, I was government exchange student. Since then, I have been living in USA. By living in foreign place, I was more curious about Japanese culture and food. As I love green tea, I started to explore the world of green tea.

This book is all about green tea what I've learned about in fun modern perspective with real facts about Japanese green tea and especially focusing on health and how we can take best advantage for maximum health benefit.

I tried to include as much fun facts and zatsugaku (trivia) about Japanese Green Tea in this book that you don't find on the web so I Hope you enjoy the ride to the world of this magical plant of my love:

Japanese Green Tea!



Chapter 2

GREEN TEA

– SIMPLY EXPLAINED

Brief History of How Green Tea
Came from China to Japan in
12th century

The history of green tea in Japan originated in 805 when Buddhist monks Saicho and Kukai returned back to Japan from traveling in China with young tea trees. In the 12th century, tea seeds were again brought to Kyoto by the famous Zen priest Eisai. Eisai penned one of the oldest books on specialty tea in 1211, a two-volume book inspired by his last visit to China. He describes the positive

health effects tea can have on both the mind and body, focusing primarily on tea's medicinal qualities in improving brain function, vitalizing the heart, and eliminating indigestion. He also goes in depth describing the shapes of tea plants, the different tea flowers and leaves of each plant, and how to process the tea leaves for drinking. As an influential figure, Eisai helped introduce tea consumption into the warrior class during the Heian Period. As the warrior class gained political prominence, the custom of tea drinking became widespread around Japan. It even made its way to Edo, the former name of the city of Tokyo. Soon green tea became a staple beverage among the cultured people of Japan. Although it was primarily enjoyed by only privileged individuals, by the end of the 16th century, green tea increased in production, and was available to all people of Japan.

With the rise of the Ming Dynasty in the 14th century, Japan increased their cultural exchange with southern China. Among the merchandise being traded and passed overseas was the roasting and processing methods of green tea. Poetry, writing, paintings and calligraphy depicting tea emerged during this time, eventually leading to the art of the tea ceremony.



Picture of Kukai - Kukai brought back green tea from China in 805



Picture of Eisai - Eisai penned one of the oldest books on specialty tea in 1211



HOW IT EVOLVED to 350 billion Yen Business Now in JAPAN

Green tea has since evolved into a-billion-yen business over the past decade. Ayataka, a brand of Coca-Cola in Japan that produces bottled green tea, has grown into a 777-billion-yen industry.

Green tea is one of the most popular packaged beverages on the market in Japan, and many Japanese people now prefer their tea conveniently packaged in plastic bottles. Other companies are strong competitors to Coca-Cola's in Japan's tea growing nation. Japanese retailers generally only stock in-demand beverages, so the pressure to come up with new green tea products and adaptations is high. Ito En, another of Japan's traditional tea makers that produces bottled green tea in Japan, began adding in powdered tea to their green tea drinks to make them cloudier to seem more indicative of richer-tasting teas traditionally brewed in a teapot.



WHAT IS GREEN TEA

Green tea and black tea both originate from the same tea plant species, *Camellia sinensis*. What differentiates green tea from black tea is how the tea leaves are actually processed that gives them their unique taste and color.

When brewing teas, there are two principle varieties of *Camellia sinensis* tea plants. *Camellia sinensis*, a smaller-leafed tea plant native to China, is primarily used for green and white teas. *Camellia sinensis* evolved as a shrub, and typically grows in sunnier regions with drier and cooler climates. This type of plant has a high tolerance for low temperatures and thrives well in mountainous regions. To process the green tea, leaves are harvested from the tea plant and are heated through steaming or pan firing. To prevent oxidation, the leaves are dried to maintain their green color and lock in the fresh tea flavors. When green tea is brewed, the color is usually green, yellow, or very light brown in color. The flavors to the tea varies depending on whether the leaves are toasted through pan firing fired or steamed. Pan fired tea typically has a grass-like, vegetal flavor, while steamed leaves are more sweet and seaweed-like.



WHAT TYPE of Green Tea is AVAILABLE ?

There is a myriad of different green teas available, all originating from the same *Camellia sinensis* tea plant. What differentiates these various types of green tea is dependent on where the tea plants are grown, how they're cultivated, and the various climate conditions the plants endure.

Many green teas originate from China, notable types include: Gunpowder green tea and Dragonwell green tea both grown in the Zhejiang Province of China, Snowy Mountain Jian, a green tea grown in the Yunnan Province of China, and Xin Yang Mao Jian, a unique tea grown in the Henan Province.

Japan itself also has a great variety of their own green teas as well, such as Gyokuro, a green tea widely considered as one of the best of Japanese green tea, and Sencha green tea, known as the common "everyday" Japanese green tea. Gyokuro tea is a type of shaded green tea also from Japan, different from the standard sencha tea in that it is grown under the shade rather

than under the sun. Although Gyokuro is a type of sencha tea, it has a unique cultivation method, which originated in Japan. Before harvesting, Gyokuro tea leaves are kept out of the sun for at least two weeks, causing the alkaloid caffeine and amino acid theanine in the leaves to increase, resulting in a sweeter tea flavor. The most notable form of green tea from Japan is matcha green tea, which is made from powdered gyokuro. Matcha tea leaves are also grown in the shade, but unlike typical gyokuro leaves they are not just steamed, dried and rolled during the cultivation process. Matcha leaves go through a unique refining phase, where the leaves are cut, the stems and veins are removed, and just the meat of the leaves are left before they are dried out. The leaves are then called tencha, and ground into a powder known as matcha. Matcha green tea is widely known for being the tea used in traditional Japanese tea ceremonies.



Brief of How it is GOOD FOR HEALTH

In section 2, I will talk in depth about how green tea is good for health, but here is a brief of its health benefit from 10,000 foot point view.

Green tea is considered to be the healthiest beverage in the world. This beverage is loaded with antioxidants, such as polyphenols, L-theanine, catechins and EGCG as well as other powerful nutrients that can have incredibly positive effects on the body, such as lowering your risk of cancer. Drinking green tea can speed up your metabolism, leading to weight loss and an overall decrease in body fat. Green tea also contains caffeine, which acts as a stimulant to improve brain function.

Although all types of green tea have their benefits, try to drink higher quality brands of green tea. Some lower quality brands may contain excessive levels of fluoride, which can be dangerous when ingested in large quantities.





HOW IT IS USED Throughout THE WORLD

Over the centuries, green tea has spread all around the world, with different cultures incorporating it into their own unique recipes and preparations. In Taiwan, bubble green tea has hit a huge wave of popularity. This high calorie treat made with iced green tea is served with powdered milk sugar. Small balls of tapioca are added for an extra chewy texture. In Morocco, green tea leaves are served with mint and sugar in a beverage called Touareg tea. This green tea is served into a narrow tall glass, and served up to three times a day. Green tea has also gained widespread popularity in Europe in recent years due to its prominent health benefits.

ABOUT THE AUTHOR



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Author, Software Engineer

KEI NISHIDA is Former Hewlett Packard Software Engineer with passion to green tea and coffee, author of multiple books and blogs. His blog Japanese Green Tea and Health provides health related tips and research findings focusing on green tea and its health benefit in variety of ways.

Kei grew up in Japan and moved to USA at the age of 14, now living in Portland, Oregon. Kei takes advantage of being bilingual of Japanese and English for his research and writing. Information you find in his blogs are combination of both best contents and researches from Japan and all around the world.

Get Full Book at

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KEI NISHIDA –
BOOKS AND BLOGS

Green Tea and Health Blog:

<https://www.japanesegreenteain.com/health>

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