Green tea has the potential to aid in the prevention as well as treatment of bone diseases, such as osteoporosis.

(Newswire.net -- October 17, 2017) Orlando, FL -- The bones are important for human function and survival. This is why many health experts strongly suggest that consumers should do what’s needed to protect their bones. There are many ways to do it and one is to take advantage of the healing gifts offered by Mother Nature.

Green tea may potentially be one of the useful bone health allies. This therapeutic beverage has been consumed since time immemorial, especially in places like China. There are many health benefits linked with the use of this beverage, and one is favorable to bone health.

According to the new research from Hong Kong, green tea has the potential to aid in the prevention as well as treatment of bone diseases, such as osteoporosis. A bone disease called osteoporosis develops when there is a reduction in the density and quality of the bone, which increases the risk of fracture.

The International Osteoporosis Foundation reveals that there were estimated cases of 9 million new osteoporotic fractures around the globe for the year 2000.

Millions of people from around the world actually suffer from bone diseases. When bone health is threatened and is not properly addressed, it could lead to the development of medical problems.

The bones are necessary for function and survival. Without the bones, humans won’t be able to move and live. When bone health encounters a problem, it causes pain and other debilitating symptoms.

There are actually pharmaceutical drugs available that could help individuals with bone health problems. There are even surgical procedures highly recommended for sufferers of bone diseases.

However, it is a lot better not to let these diseases develop in the first place. This could be done through providing the body with the nutrients it needs to keep the bones strong and healthy.

The study was performed by Dr Ping Chung Leung and colleagues from the Institute of Chinese Medicine at the Chinese University of Hong Kong. It can be found at the Journal of Agricultural and Food Chemistry.

There have also been other studies that reveal green tea’s therapeutic chemicals could help prevent heart disease and cancer. These chemicals have further been found to enhance bone health. This is done by stimulating bone formation and slowing down its breakdown.

According to some experts, the bone is a living dynamic metabolic system, which relies on a maintained balance between bone resorption and bone formation. The cells known as osteoblasts form the bone while osteoclasts are the cells that resorb it.

In a study, the researchers had a group of cultured rat osteoblast-like cells, which were exposed to three catechin chemicals for days. These chemicals are components of green tea namely, the epigallocatechin (EGC), gallocatechin (GC), and gallocatechin gallate (GCG).

It was found that the catechin called EGC has stimulated the action of a major enzyme, which promotes 79 percent of bone growth. When EGC is boosted, it also increases the bone mineralization level in the cells and this strengthens the bones.

The researchers also revealed that EGC reduced the activity of osteoclasts, which helped tip away the delicate balance
of bone metabolism from resorption to formation. It is further important to note that catechins did not produce toxic effects in the cells of the bones.

The catechins, particularly the EGC, could produce some positive effects on the metabolism of the bone. This is done through a double process that involves the promotion of osteoblastic activity and inhibition of osteoclast differentiations.

(http://amazon.com/Resveratrol-Supplement-Strength-Extract-capsules/dp/B019C0UU5S/)

About Divine Bounty

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