

Drinking 'two mugs of tea a day can prevent heart attacks'

Drinking two mugs of tea a day can prevent heart attacks and may even boost brain power, a study has claimed.

A study by dietician Dr Carrie Ruxton has revealed that drinking three to four cups of tea a day - the equivalent of two mugs - significantly cuts heart attack risks, maintains hydration and improves alertness and mood.

Tea also appeared to have anti-cancer properties.

Flavonoids, compounds found in plants, are thought to be linked to a decreased risk of heart attack.

There is also evidence that

attack by up to 70 per cent.

It is the largest amount of any recent study that has investigated coronary heart disease (CHD) and tea.

A Finnish study found that men who drank more than two cups of tea a day had a 21 per cent reduced risk of stroke while French research found women who drank more than three cups a day had almost a 32 per cent lower risk of developing blocked arteries.

Her review of studies on the impact of caffeine on brain power found positive effects on mood,

animals and help kill off cancer cells grown in a test tube.

Further studies found that drinking at least two cups of tea a day reduces the risk of skin cancers.

She said more research was needed to explore tea's anti-cancer potential.

Dr Ruxton said: Tea may be a national favourite but if also has health benefits thanks to its high flavonoid content.

My research shows there is a growing amount of evidence which indicates tea can play a role in helping to combat cardiovascular problems such as heart disease and stroke.

Research shows you do not need to drink gallons of tea to get real improvements - just three or four cups of tea a day are enough.

She added: We are not sure of the exact mechanism, but it is thought that tea flavonoids could be involved in controlling inflammation, reducing thrombosis (excess blood clotting), promoting blood vessel function and helping to limit furring up of the arteries.

In addition, my study showed that tea may be a useful addition to an anti-cancer diet.

Previous clinical studies have found that natural plant antioxidants found in tea, called polyphenols, have beneficial effects on the body's biochemical processes.

Dr Ruxton's study concluded that adding milk does not change the effectiveness of the polyphenols.

Tea is the most consumed drink after water with 131,150 tons of tea consumed in the UK in 2006/07.

Nearly eight in ten adults drink an average of 2.3 mugs a day.

The Telegraph Group London 2008



Tea also appeared to have anti-cancer properties.

high intake of flavonoids could aid weight control or support brain function.

Dr Ruxton, a member of the Tea Advisory Panel, found that drinking at least three cups of tea a day can lower the risk of a heart

alertness and mental performance, and research suggests flavonoids may help promote blood flow around the brain.

Dr Ruxton said at least one study found tea could help stop cancer tumour growth in laboratory

Drinking from plastic bottles increases people's exposure to a gender-bending chemical, a new study suggests.

Scientists have demonstrated for the first time that polycarbonate containers release the chemical bisphenol A (BPA) into liquid stored in them.

BPA has been shown to interfere with reproductive development in animals and has been linked with cardiovascular disease and diabetes in humans.

New research by Harvard School of Public Health found that participants who drank for a week from polycarbonate bottles showed a two-thirds increase of BPA in their urine.

Experts warned that babies are at greater risk, because heating baby bottles increases the amount of BPA released, and the chemical is potentially more harmful to infants.

Study author Karin B. Michels, associate professor of epidemiology at HSPH and Harvard Medical School, said: We found that drinking cold liquids from polycarbonate bottles for just one week increased urinary BPA levels by more than two-thirds.

If you heat those bottles, as is the case with baby bottles, we would expect the levels to be considerably higher.

This would be of concern since infants may be particularly susceptible to BPA's endocrine-disrupting potential.

Altogether 77 students took part in the study after a seven-day washout phase in which they drank all cold beverages from stainless steel bottles in order to minimise BPA exposure.

They were then given two polycarbonate bottles and asked to drink all cold beverages from the bottles during the next week.

The results showed the volunteers' urinary BPA concentrations increased 69 per cent after drinking from the polycarbonate bottles.

Previous studies had found that BPA can be transferred from poly-



As well as plastic bottles, BPA is also found in dentistry composites and sealants and in the lining of aluminium food and beverage cans

Drinking from plastic bottles 'increases exposure to gender-bending chemical'

carbonate bottles into their contents but this study is the first to show a corresponding increase in urinary BPA concentrations in humans.

One of the study's strengths, said the research published in Environmental Health Perspectives, is that the students drank from the bottles in a normal way.

Additionally, the students did not wash their bottles in dishwashers or put hot liquids in them, as heating has already been shown to increase the leaching of BPA from polycarbonate.

Canada banned the use of BPA in polycarbonate baby bottles in 2008 and some manufacturers have voluntarily eliminated BPA from their products.

With increasing evidence of the potential harmful effects of BPA in humans, the study's authors believe further research is needed into BPA's impact on babies, and on reproductive disorders and breast cancer in adults.

Most adults carry BPA in their bodies, but expert opinion on the

risks is divided. The European Food Safety Authority believes that people naturally convert the chemical into less harmful substances into the body.

Harvard researcher Jenny Carville said: While previous studies have demonstrated that BPA is linked to adverse health effects, this study fills in a missing piece of the puzzle - whether or not polycarbonate plastic bottles are an important contributor to the amount of BPA in the body.

BPA is also found in dentistry composites and sealants and in the lining of aluminium food and beverage cans.

The Telegraph Group London 2009



ROLE PLAY
Just call it a casual workplace! Natalie Portman is dressed down - to stay in character - on the set of her new movie, Hesper, filming Wednesday in Van Nuys, Calif.



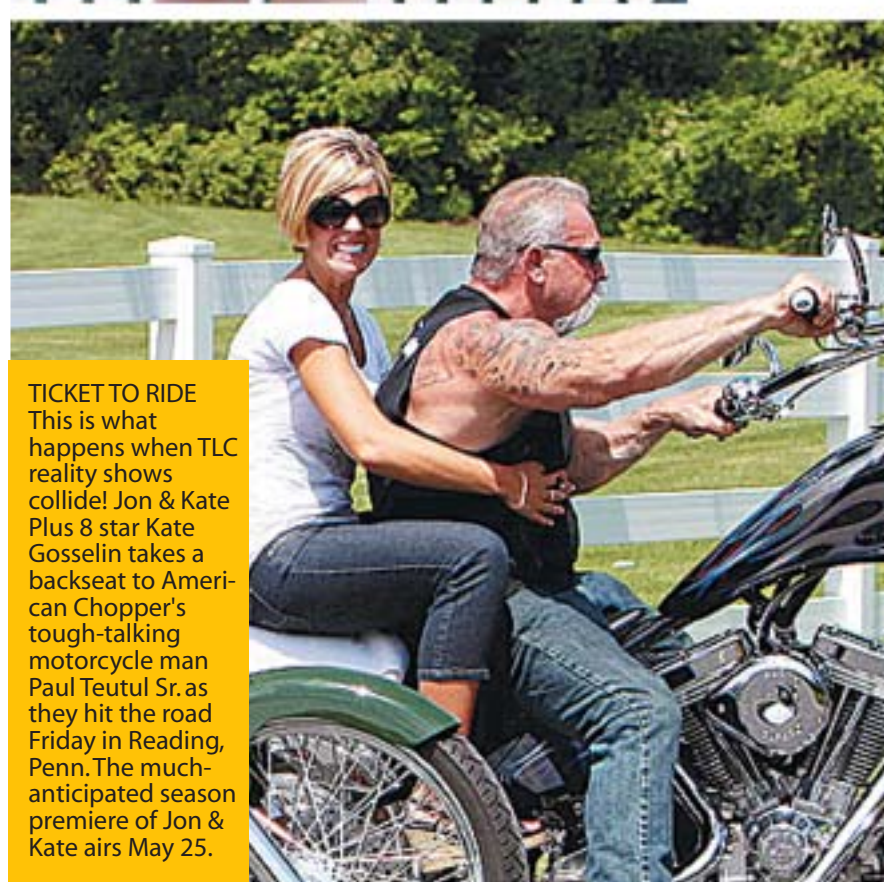
SHOP AROUND
After rocking out at a music festival recently, Audrina Patridge steps out for some shopping Thursday in Los Angeles. Among her reported stops: a visit to trendy store Maxfield and a Chanel boutique.



MODEL BEHAVIOR
Tyra Banks reveals a darker do - and her upcoming television plans - at the CW's upfront presentation Thursday at the WaMu Theatre at Madison Square Garden in New York. During the event, the America's Next Top Model host discussed the plan to use shorter models on the show.



RED SHOE DIARIES
Follow the leader! Drew Barrymore adds a pop of color to her casual ensemble with a pair of red sneakers during an afternoon walk with her pet pup in West Hollywood on Thursday.



TICKET TO RIDE
This is what happens when TLC reality shows collide! Jon & Kate Plus 8 star Kate Gosselin takes a backseat to American Chopper's tough-talking motorcycle man Paul Teutul Sr. as they hit the road Friday in Reading, Penn. The much-anticipated season premiere of Jon & Kate airs May 25.



MODEL CATWALK
Heidi Klum returns to the runway - and models her growing baby bump - while hosting the finale of her show Germany's Next Topmodel on Thursday in Cologne. The supermodel will be back on American television when Project Runway returns Aug. 20 on Lifetime.



WHAT A MATCH-UP!
Like father, like son! Donning matching button-down shirts and dark trousers, Tom Cruise and his son Connor, 14, take in the action courtside while attending game 2 of the Western Conference Finals at L.A.'s Staples Center, where the hometown Lakers were bested by the Denver Nuggets 106-103 on Thursday.