

Theo yêu cầu của khách hàng, trong một năm qua, chúng tôi đã dịch qua 16 môn học, 34 cuốn sách, 43 bài báo, 5 sổ tay (chưa tính các tài liệu từ năm 2010 trở về trước) [Xem ở đây](#)

**DỊCH VỤ
DỊCH
TIẾNG
ANH
CHUYÊN
NGÀNH
NHANH
NHẤT VÀ
CHÍNH
XÁC
NHẤT**

Chỉ sau một lần liên lạc, việc dịch được tiến hành

Giá cả: có thể giảm đến 10 nghìn/1 trang

Chất lượng: Tao dựng niềm tin cho khách hàng bằng công nghệ 1. Bạn thấy được toàn bộ bản dịch; 2. Bạn đánh giá chất lượng. 3. Bạn quyết định thanh toán.

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Liên hệ để mua:

thanhlam1910_2006@yahoo.com hoặc frbwrthes@gmail.com hoặc số 0168 8557 403 (gặp Lâm)

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TEA checked 15/1/10 h 16'

I. What is tea?

Tea is the second-most consumed drink in the world, surpassed only by water. An often-surprising fact to tea novices is that all teas (white, green, oolong, black and pu'erh) come from the same plant. The botanical name of this versatile plant is *Camellia sinensis*. *Camellia sinensis* is a sub-tropical evergreen plant native to Asia but now grown around the world. The tea plant grows best in loose, deep soil, at high altitudes, and in sub-tropical climates. So, in short, "tea" is anything derived from the *Camellia sinensis* plant. Anything else, while sometimes called "tea", is more accurately referred to as an herbal tea or tisane. Tisanes include chamomile, Rooibos and fruit teas.



II. What is in tea?

The three primary components of brewed tea (also called the "liquor") are:

1. Essential Oils - these provide tea's delicious aromas and flavors.
2. Polyphenols - these provide the "briskness" or astringency in the mouth and are the components that also carry most of the health benefits of tea.

TRÀ

I. Trà là gì?

Trà là thức uống được tiêu thụ mạnh thứ hai trên thế giới, chỉ đứng sau nước. Một điều thường gây ngạc nhiên cho những người không sành trà là tất cả các loại trà (trắng, xanh, oolong, đen và pu'erh) bắt nguồn từ cùng một loài thực vật. Tên khoa học của loại thực vật này là *Camellia sinensis*. *Camellia sinensis* là một loài cây xanh cận nhiệt đới có nguồn gốc từ châu Á nhưng hiện nay đã được trồng ở khắp nơi trên thế giới. Cây trà thường tăng trưởng tốt nhất trong những vùng đất xốp, sâu, ở vùng cao, và ở vùng khí hậu cận nhiệt đới. Vì vậy, nói một cách ngắn gọn, "trà" là bất cứ sản phẩm nào có nguồn gốc từ cây *Camellia sinensis*. Trong khi đó những sản phẩm khác, đôi khi thường được gọi là "trà", lại chính là trà thảo mộc hoặc tisane (nước sắc). Tisanes bao gồm hoa cúc, và các loại trà Rooibos và trà trái cây.

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3. Caffeine - found naturally in coffee, chocolate, tea and Yerba Mate, caffeine provides tea's natural energy boost.



How the leaves are processed will determine their final classification as white, green, oolong, etc. Although tea is one of the most enjoyed beverages worldwide, its culture can be very "local." For example, most tea drinkers in Darjeeling, India have never had (or even heard of!) a Taiwanese Pouchong. In China, most people do not drink black tea. The centuries-old Japanese tea ceremony uses powdered, rare Matcha tea, which most folks in black tea-loving Sri Lanka have never tasted. Tea is a truly special, uniting thing when you think of how so many tea-drinking cultures developed all on their own. America's own newly found tea culture is unique because we actually enjoy all types of tea. No one else has that distinction.

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III. Tea is good for you

1. Aging

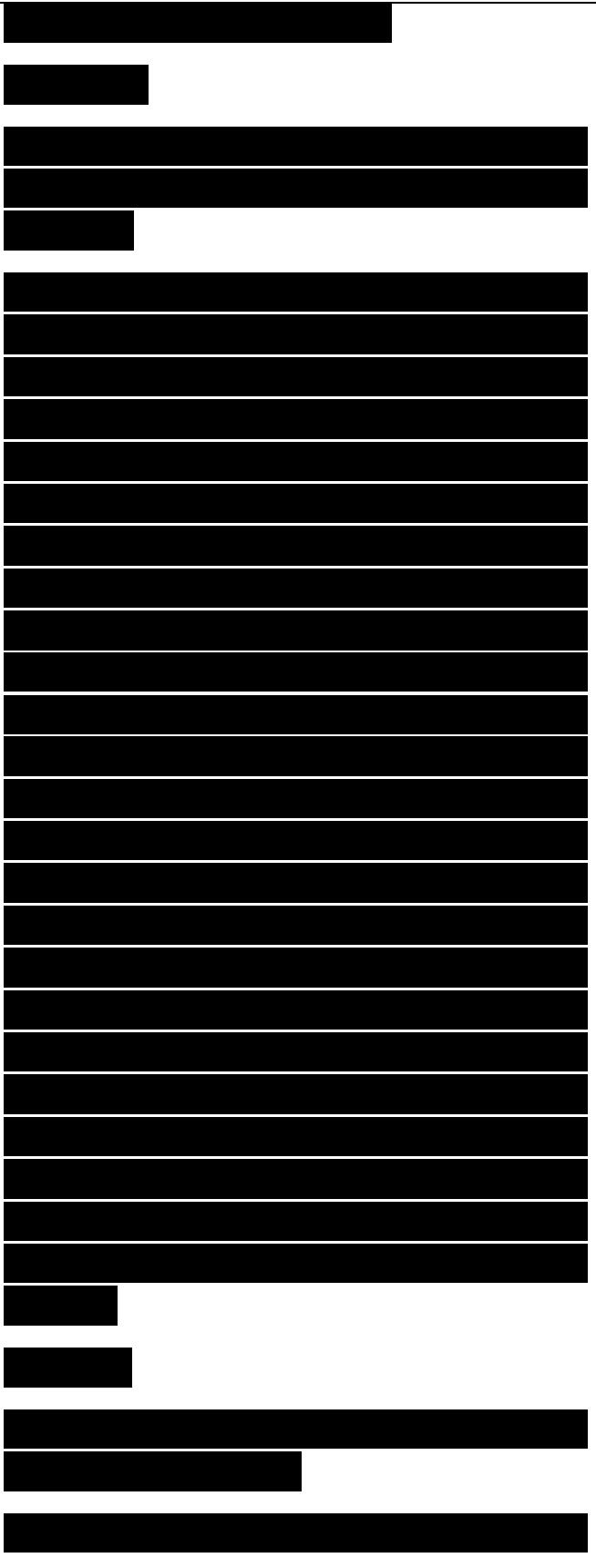
- Major study links green tea with less disability among elderly

A major Japanese study has found that senior citizens who regularly consume green tea are more agile and active than non-tea drinkers. Almost 14,000 individuals aged 65 and over took part in the three-year experiment. Scientists focused on whether green tea drinkers have a lower risk of frailty and disability as they grow older. They found that those who consume at least five cups of green tea per day were one-third less likely to develop 'functional disability', or problems with daily activities, such as dressing or bathing. Even after adjusting for confounding factors such as diet and lifestyle habits, the link was deemed significant. Although reasons behind the findings remain unclear, researchers point to a study that suggests that green tea extracts seem to boost leg muscle strength in older women.

2. Allergies

- green tea shows promise as an allergy fighter

"The wonder cup just got even more wonderful. Green tea, rich in antioxidant treasures that protect against heart disease and

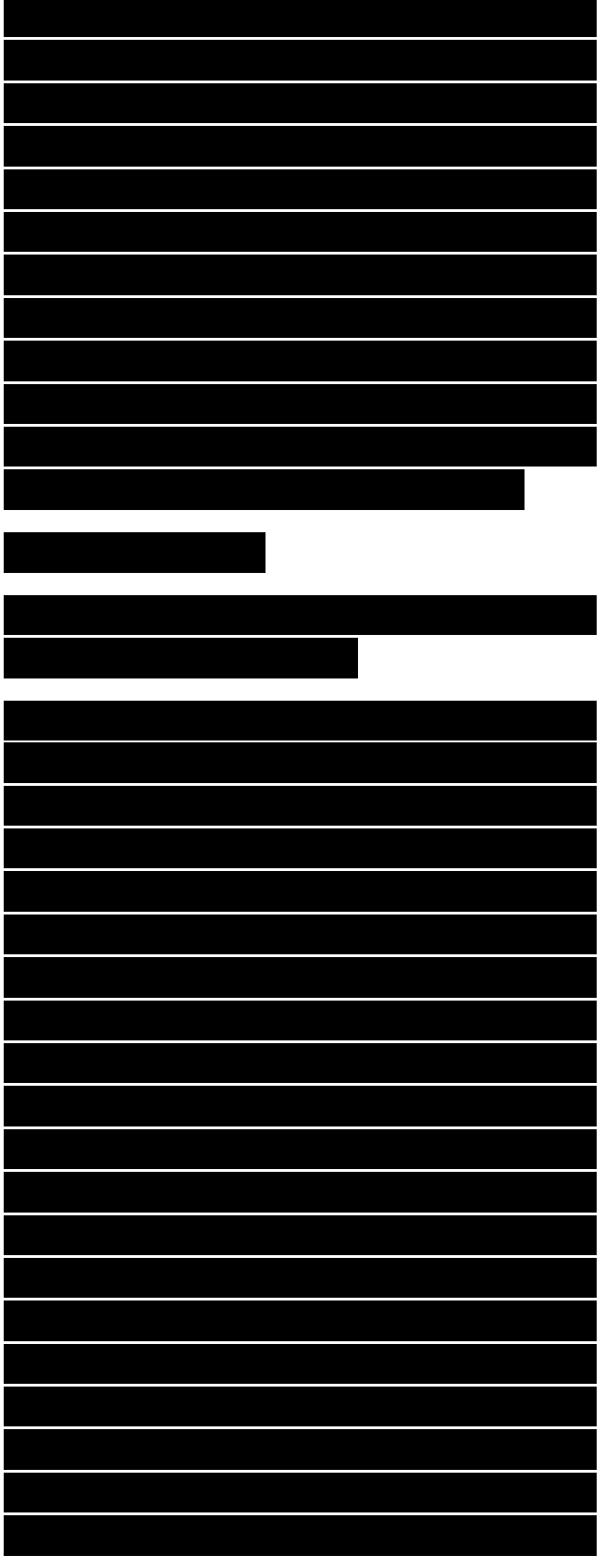


cancer, now shows promise as an allergy fighter. In laboratory tests, Japanese researchers have found that the antioxidants in green tea, block the biochemical process involved in producing an allergic response. Green tea may be useful against a wide range of sneeze-starting allergens, including pollen, pet dander, and dust."

3. Alzheimer's disease

- Green tea compound may stop spread of alzheimer's

Breakthrough research suggests that green tea may be able to prevent the spread of Alzheimer's disease in the brain. A new study from the UK found that a compound abundant in green tea called epigallocatechin galate, or EGCG, is able to disrupt a key step of Alzheimer's disease pathway, preventing it from progressing. EGCG was shown to neutralize the effects of a specific type of protein that latches on to nerve cells in the brain and ultimately causes those cells to die. The antioxidant altered the shape of the protein compounds, preventing them to attach to the nerve cells. Scientists claim this is an important new lead in the search for new and effective treatments for this yet incurable disease.



- Drinking green tea protects the brain

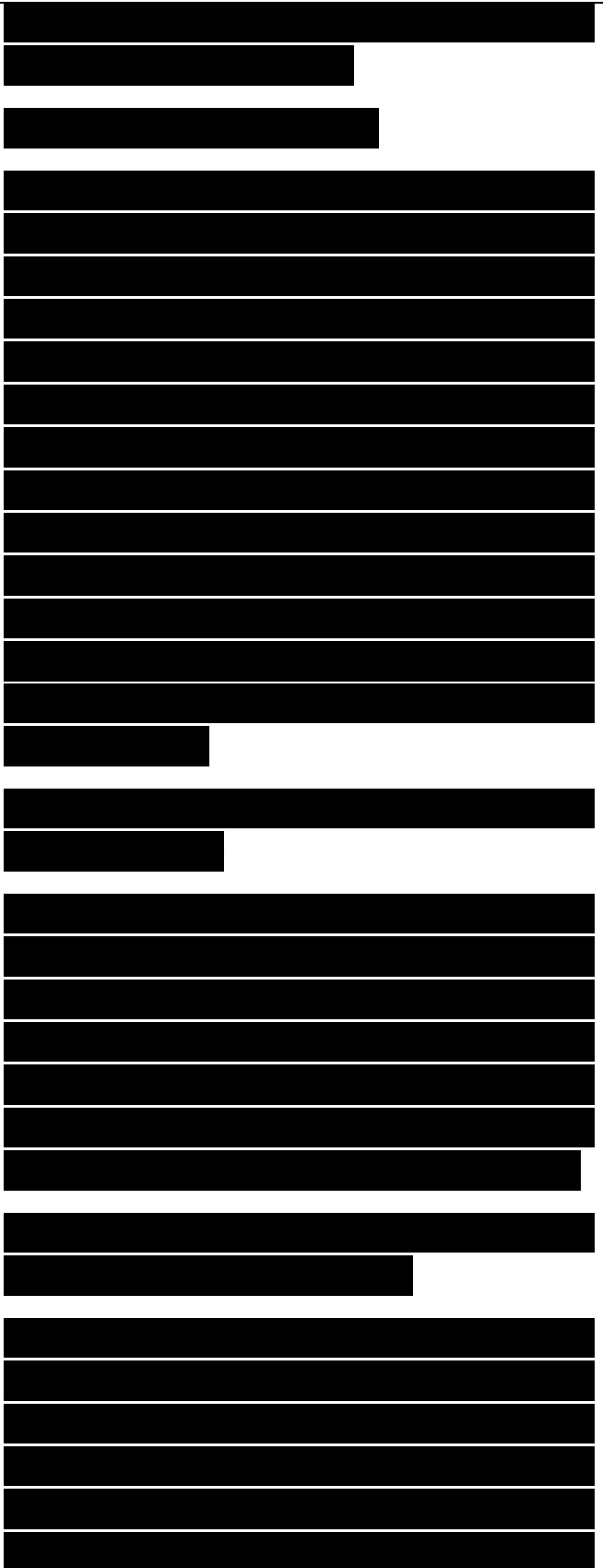
Regularly drinking green tea could protect the brain against developing Alzheimer's and other forms of dementia, according to latest research by scientists at Newcastle University. Two compounds are known to play a significant role in the development of Alzheimer's disease -- hydrogen peroxide and a protein known as beta-amyloid. Previous studies have shown that compounds known as polyphenols, present in black and green tea, possess neuroprotective properties, binding with the toxic compounds and protecting the brain cells.

- Chemical in green tea may fight alzheimer's

Research shows green tea has many health benefits, especially as an antioxidant. Ingredients in green tea helps prevent the formation of B-amyloid, a protein whose accumulation is recognized as causing Alzheimer's. Drinking green tea can help with relaxation and concentration.

- Green tea and laser show promise in fight against alzheimer's

Scientists have discovered a novel way to fight Alzheimer's disease using a mix of green tea and red light. The laser light pushes water out of the cells and when the laser is switched off, the cells absorb water and any other molecules,



including drugs, from their surroundings. The combination of green tea and red laser light was found to destroy Alzheimer's plaques that crowd the brains of people with the disease. Researchers from Germany bathed brain cells with EGCG, an extract found in green tea, while stimulating the cells with red light. This method reduced the amount of plaques that cause loss of memory and other symptoms by 60 percent.

4. Arthritis

- Green tea may be useful in controlling inflammation from injury or diseases such as arthritis.

Tea contains compounds that may help reduce inflammation and help arthritis. Scientists at Case Western University in Cleveland took two groups of mice and gave them injections of a substance that causes immune reactions similar to those due to rheumatoid arthritis. One group had regular water to drink and the other got water laced with polyphenols, chemicals found in green tea and, to a lesser extent in black tea. Nearly all the mice that drank regular water got arthritis-like symptoms, compared to less than half of the treated mice.

- Green tea reduces inflammation in

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arthritis patients.

Green tea catechins are chondroprotective and that consumption of green tea may be prophylactic for arthritis and may benefit the arthritis patient by reducing inflammation and slowing cartilage breakdown.

- Arthritis reduced by green tea

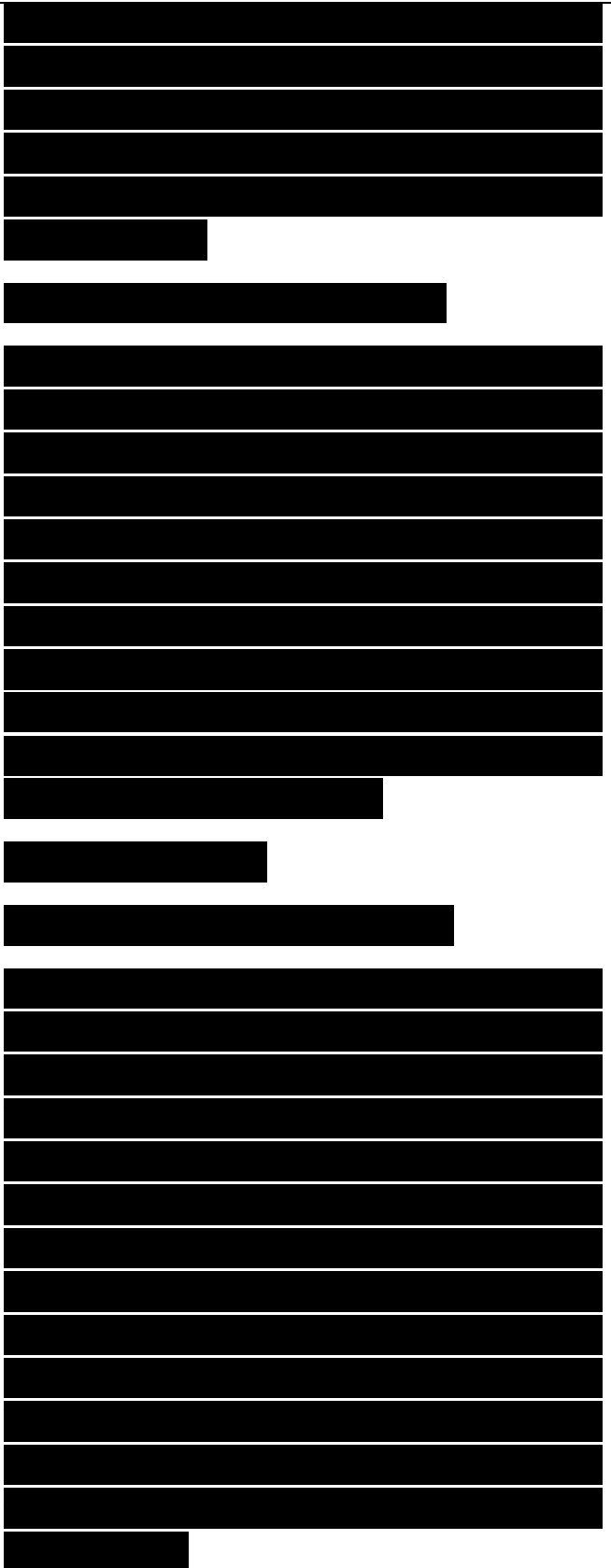
Researchers found that green tea significantly reduced the severity of arthritis. The researchers suggest that green tea affects arthritis by causing changes in various arthritis-related immune responses... Therefore, they recommend that green tea be further explored as a dietary therapy for use together with conventional treatment for managing Rheumatoid Arthritis.

5. Bone health

- Tea suitable for bone health

Resarchers state that three fundamental chemicals found in green tea- EGC, GC, and GCG have a great impact on osteoblasts, or bone cells when exposed to these particular chemicals. The bone cells treated with these particular chemicals helped stimulate growth in comparison to other components. In addition to promoting growth of cells, there was significant increased in the amount of mineralization found in the osteoblasts. Natural food sources, such as tea help offer an economical solution to the management of osteoporosis.

- Tea enhances markers of bone health



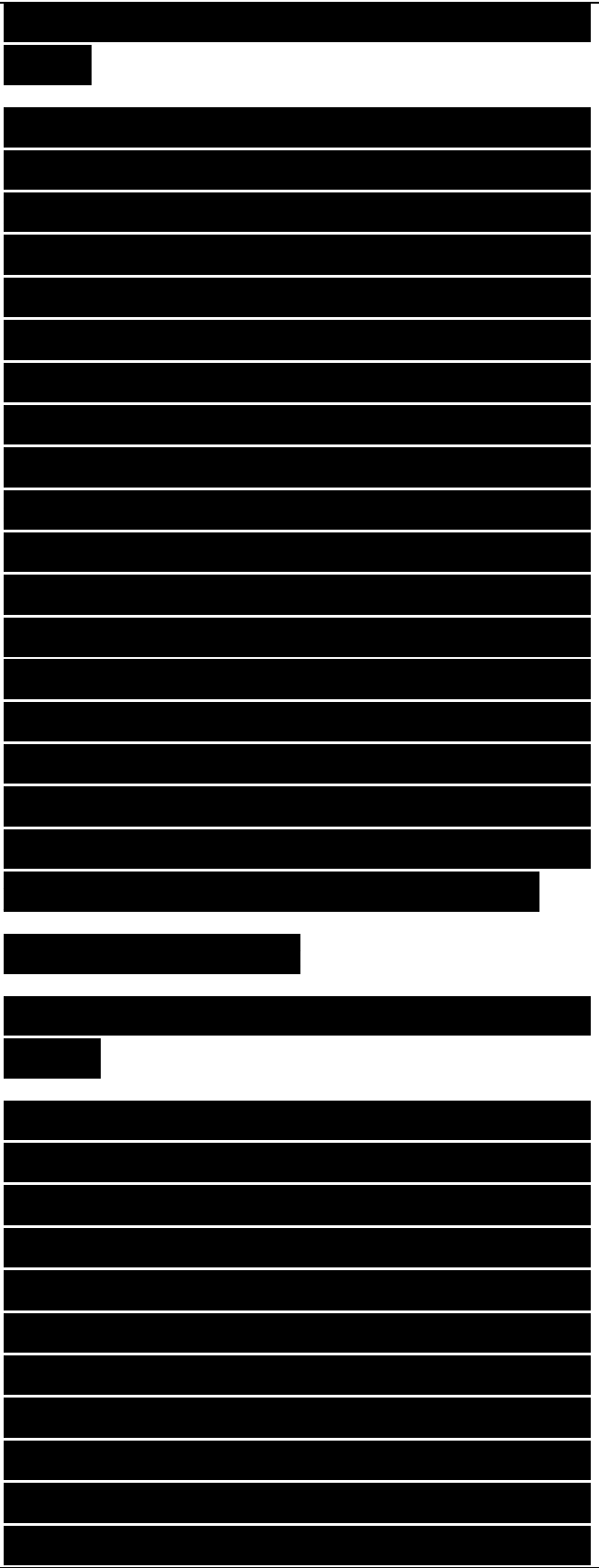
Results show that consumption of GTP (at a level equivalent to about 4-6 cups of steeped green tea daily) and participation in tai chi independently enhanced markers of bone health by 3 and 6 months, respectively. Because oxidative stress is a main precursor to inflammation, this finding suggests that green tea and tai chi may help reduce the underlying etiology of not only osteoporosis, but other inflammatory diseases as well. Dr. Shen and colleagues concluded that there is a 'favorable effect of modest green tea consumption on bone remodeling in this pre-osteoporotic population' and hope to soon complete a more long-term study utilizing more technically savvy measures of bone density.

6. Bone strength

7.

- Tea flavonoids may be bone builders.

Tea flavonoids may be bone builders. A report in this week's Archives of Internal Medicine looked at about 500 Chinese men and women who regularly drank black, green, or oolong tea for more than 10 years. Compared with nonhabitual tea drinkers, tea regulars had higher bone mineral densities, even after exercise and calcium-- which strengthen bones--were taken into account.



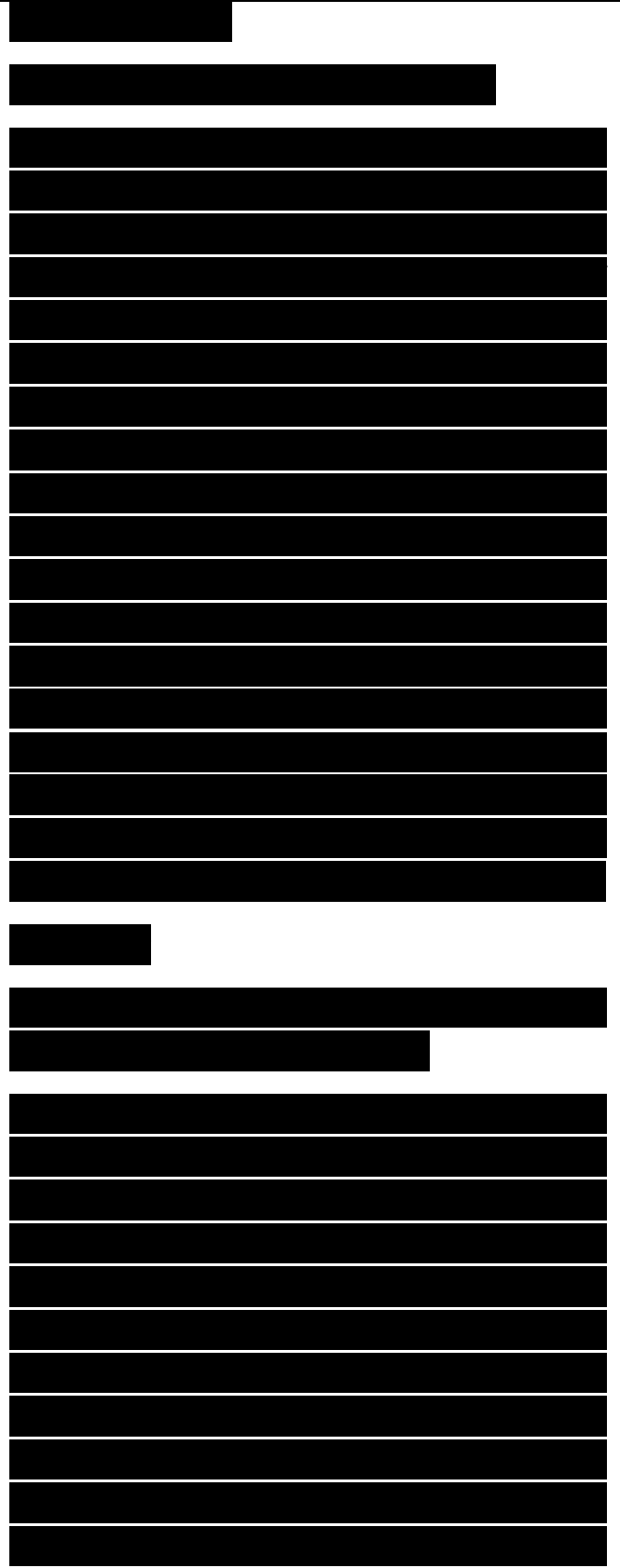
- Green tea improves bone strength

Researchers in Hong Kong are reporting new evidence that green tea may help improve bone health. [In a study reported in the in Journal of Agricultural and Food Chemistry,]they found that the tea contains a group of chemicals that can stimulate bone formation and help slow its breakdown... [O]ne component of green tea in particular, EGC, boosted the activity of a key enzyme that promotes bone growth by up to 79 percent. EGC also significantly boosted levels of bone mineralization in the cells, which strengthens bones. The scientists also showed that high concentrations of EGC blocked the activity of a type of cell (osteoclast) that breaks down or weakens bones.

8. Breath

- Green tea prevents bad breath and other buccodental diseases

Latest findings suggest that green tea kills bad breath thanks to its antioxidant content. Israeli scientists found that polyphenols, a type of antioxidant found in green tea, destroy compounds in the mouth that are responsible for bad breath, tooth decay and mouth cancer. Polyphenols called epigallocatechin 3 gallate (EGCG) possess properties that can abolish bad breath by modifying sulphur components responsible for halitosis. They can also fight harmful effects of smoking by reducing oral cavities, oxidative stress and inflammation caused by cigarettes. There is an increasing



interest among the scientific community in green tea as a proponent of oral health.

- Drinking tea may ward off tooth decay.

A study suggests chemicals in tea can destroy bacteria and viruses that cause throat infections, dental caries and other dental conditions. It raises the prospect of adding tea extracts to toothpaste and mouthwash to protect the teeth. It found that caffeinated green tea was the best at fighting viruses, followed by caffeinated black tea. Decaffeinated blends were less effective as anti-viral agents.

- Tea may freshen your breath.

A University of Illinois study looked at chemicals in tea known as polyphenols. Experiments in the laboratory showed they slowed the growth of bacteria associated with bad breath. "Besides inhibiting the growth of pathogens in the mouth, black tea and its polyphenols may benefit human oral health by suppressing the bad-smelling compounds that these pathogens produce," according to Christine Wu in Chicago.

- Compounds found in tea can stop the growth of bacteria that cause bad breath
- "Compounds found in tea can stop the

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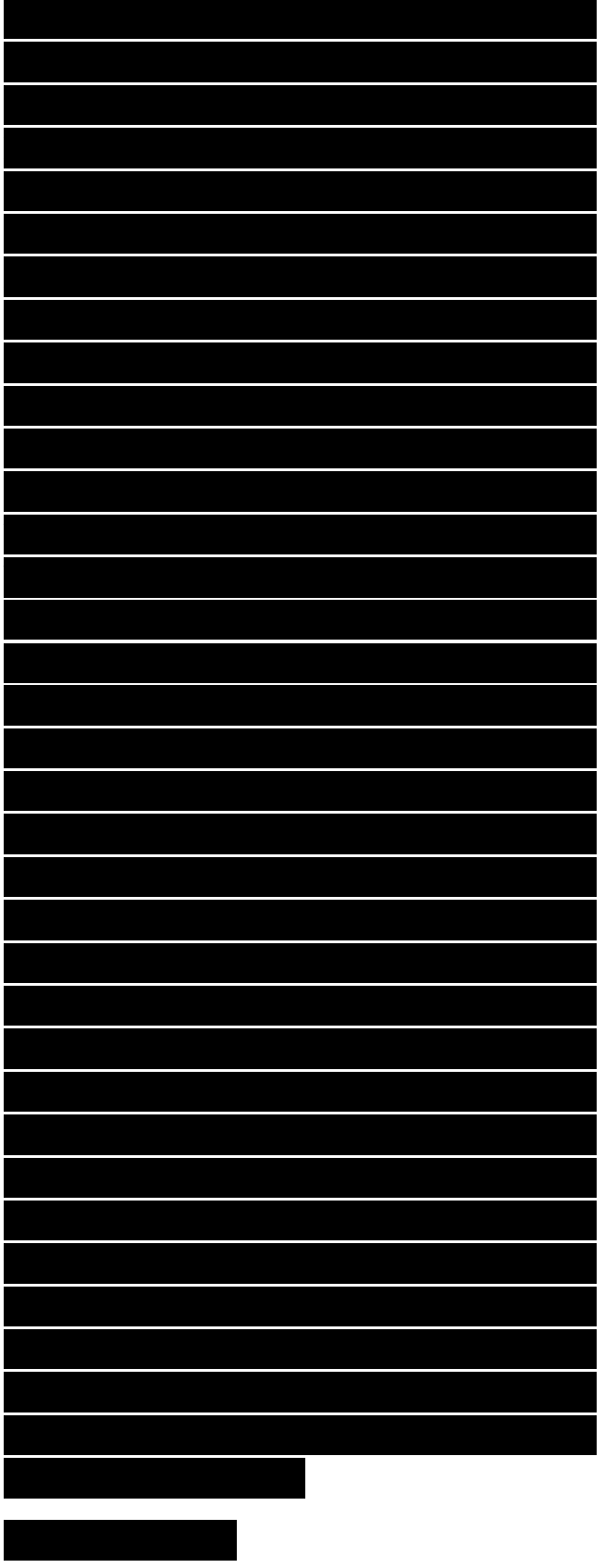
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growth of bacteria that cause bad breath, according to researchers at the University of Illinois at Chicago. Polyphenols, which are chemical components of tea, prevent both the growth of bacteria responsible for bad breath and the bacteria's production of malodorous compounds, indicate Christine Wu, professor of periodontics and associate dean for research at the UIC College of Dentistry, and associate MinZhu. Bad breath-or halitosis-afflicts a large portion of the population. It is caused by foul-smelling volatile sulfur compounds, like hydrogen sulfide, produced by anaerobic bacteria that thrive in environments lacking oxygen, such as the back of the tongue and deep gum pockets. In the laboratory study, Wu and Zhu incubated tea polyphenols with three species of bacteria associated with bad breath for 48 hours. At concentrations ranging from 16 to 250 micrograms per milliliter, the polyphenols inhibited growth of the oral bacteria. Wu points out that the study complements earlier research in her laboratory showing that black tea suppresses the growth of bacteria in dental plaque and that rinsing with black tea reduces plaque formation and the production of acids that cause tooth decay. "Besides inhibiting the growth of pathogens in the mouth, black tea and its polyphenols may benefit human oral health by suppressing the [poor-smelling] compounds that these pathogens produce."

9. Eye health



- Green tea can help senior's eye health

Researchers in Hong Kong have discovered that seniors who consume green tea refreshment may also enjoy better eye health. Results of the research state that green tea consumption could benefit the eye against oxidative stress, due to the catechins, an antioxidant, found in green tea. This antioxidant can be absorbed by the lens, retina, and eye tissue.

- Green tea can aid in the prevention of glaucoma

Researchers have found that the catechins in green tea are one of the many antioxidants that have been found to protect the eye from certain diseases, including glaucoma. This antioxidants is absorbed into the tissue of the eye after passing through the gastrointestinal tract and the retina is shown to absorb the highest amount of catechins.

Các nhà nghiên cứu phát hiện ra rằng catechin trong trà xanh là một trong nhiều chất chống oxy hóa đã được chứng minh là có thể bảo vệ mắt khỏi một số căn bệnh nhất định, trong đó có bệnh tăng nhãn áp. Chất chống oxy hóa này được hấp thụ vào các mô của mắt sau khi đi qua đường tiêu hóa và võng mạc, những nơi được chứng minh có khả năng hấp thụ catechin cao.