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## **Bladder Health**

Sipping on green tea could help keep your bladder healthy.

In studies done, scientists found a compound in green tea that inhibits the growth of bladder cancer.

This compound, a type of catechin, was injected directly into the cells, blocking their growth. Catechin is about 25% of the dry weight of a tea leaf.

Studies have shown many benefits from drinking green tea.

Until next time have a blessed, green week!

# **ALFIE**