Monarch butterfly
Monarch larval stage
Monarch pupa
Commonly seen in Ohio
Foxglove
pills
Green Tea

A natural remedy
Camellia sinensis

- Asian white-flowered plant
- Green tea from the leaves
Camellia sinensis
Antioxidants

- Remove free radicals
- Free radicals make changes to your DNA
Human body

- Breaks down food for energy
- By-product = free radicals
Free Radicals

- Left unchecked
- Damage DNA
- Damages cell membranes
Catechin

- Chemical that is a phytochemical
- Powerful antioxidant
Antioxidants

- Vitamin C
- Vitamin A
- Vitamin E
Empirical Formula

- Has C, H, and O
- The subscripts for Vitamin C are...
Not just speculation

- 500 scientific studies
- Examined the specific ways this drink helps the body protect itself
Cancer Protection

- bladder
- breast
- colon
- esophagus
- pancreas
- rectum
- stomach
ECGC

- epigallocatechin-3-gallate (EGCG)

- 25-100 times more powerful than Vitamin C
Heart protection

- Lowers LDL
- LDL = bad cholesterol
- Lower levels of heart disease
Dental health

- Green tea contains fluoride
Weight Loss

- 2-3 cups per day
- Burn 80 extra Calories
Common Life Expectancies

- China – 79.87 years of life
- Japan – 79.1 years of life
- U.S. – 75.2 years of life
Drink to your good health
Enjoy your tea while

- Looking at the library books that I have displayed in our classroom
- Think about a remedy your family may use
- Choose a topic for your empirical formula research