

**25th International Conference on
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&
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Make tea as your new medicine to prevent the epidemic of lifestyle diseases

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Chronic diseases are a major burden, creating a global warning in today's world. Our aim was to study the role and effectiveness of tea (*Camellia sinensis*) in preventing the burden of chronic diseases, like diabetes, hypertension, thyroid, cancer, PCOS, osteoarthritis, etc. There are many studies and publications, supporting the statement that tea has a potential effect in reducing the burden of chronic diseases. Only confusion that is bothering the public all around the world, is actually regarding the exact amount of intake of tea and the variants of tea which should be taken on a daily basis to attain all the hidden healthy benefits of the second most commonly consumed drink in the world, which is tea. This presentation was taken up to reveal the clear picture of such queries. There was a positive correlation between the regular intake of minimum 4 cups of tea daily and reduction in the incidence of chronic diseases. Black tea, green tea, white tea, oolong tea are few of the variants of tea which has tremendous benefits in regulating the metabolism of our body, thus preventing the metabolic disease burden all around the world.

Biography

Vani Pulijala is the Founder of Astra Healthcare Private Limited. She has 15 years of experience in the healthcare industry. She has completed her MBBS from Kakatiya Medical College Warangal and her Post-graduation MD in Biochemistry from Gandhi Medical College, Hyderabad. She has completed Fellowship in Applied Nutrition and also a Certificate degree in Human Applied Nutrition from Cambridge, UK and is practicing as a Clinical Nutritionist. Her research interest studies is on the Indian spices on prevention and treatment of metabolic diseases, teach the rural India about the importance of perfect and balanced nutrition to prevent malnutrition in rural and tribal areas of India.

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