Tea & Recalcitrant atopic Dermatitis.

Atopic dermatitis (AD) is a chronic and a prevalent form of eczema characterized by itchy, red, inflamed, scaling, cracking, weeping, and crusting skin. Although atopic dermatitis commonly affects infants and young children, it can continue into adulthood or show up later in life for the first time. It is estimated that 10% of infants and young children develop symptoms of AD. Approximately 60% of these infants continue to have symptoms of AD into adulthood which means more than 15 million people in the United States have symptoms of AD.1

Although the specific cause of AD is not known, the disease seems to result from a combination of genetic (hereditary) and environmental factors. Research suggests that it is related to other disorders, such as hay fever and asthma which many people with AD develop. AD is not contagious, and stress can make it worse. Because the skin is dry and itchy, AD sufferers often scratch which can cause infection. Consequently, the skin of AD sufferers is susceptible to infection because the stratum corneum, a barrier that prevents skin from drying out and from the damage of irritants and infections, is damaged.1

Conventional treatment for AD varies depending on the patient’s age, symptoms, and general health. The main goals of treatment are to heal the skin and keep it healthy, prevent flare ups, and treat symptoms when they occur. Proper skin care and lifestyle changes are effective for some AD sufferers. Patients are advised to develop skin care routines (e.g. use a cream or ointment on the skin after bathing), identify factors that exacerbate AD, and avoid circumstances that trigger the skin’s immune system and the itch-scratch cycle.1

When itching and rash fail to be controlled, medication is added to the patient’s daily skin care routine. Medication is also required if infection is present. The most frequently used conventional medications are corticosteroid creams and ointments. Antibiotics for skin infection may be applied topically or taken orally, and antihistamines are commonly taken to reduce itching and allergy symptoms.
Other treatments include phototherapy (treatment with ultraviolet light), photochemotherapy (combination of ultraviolet light therapy and psoralen), and immunosuppressive drugs (e.g. cyclosporine). Severe cases of AD that fail to respond to common treatments are prescribed systemic corticosteroids (e.g. prednisone) in which the corticosteroids are given orally or injected into muscle.¹

The drawback to most of the conventional treatments for AD are the side effects. For example, the side effects of corticosteroids include skin damage, thinned or weakened bones, high blood pressure, cataracts, high blood sugar, and infections. Similarly, cyclosporine’s (immunosuppressive drug) side effects include high blood pressure, nausea, kidney problems, vomiting, headaches, tingling or numbness, and an increased risk of cancer and infections. Similarly, long-term treatment with ultraviolet light can cause premature skin aging and skin cancer.¹

Due to the side effects of the conventional AD medications, scientists are actively searching for alternative treatments. Uehara et al.² tested the effectiveness of oolong tea in 118 patients with recalcitrant AD. Patients were instructed to maintain their normal dermatological treatment programs, and they drank oolong tea daily after 3 regular meals. (Oolong tea is partially oxidized. Black tea is manufactured to ensure a high degree of enzymatically catalyzed aerobic oxidation of tea polyphenols (e.g. catechins). Green tea is not oxidized in order to preserve the leaf polyphenols.³)

### Catechin levels of Different Types of Tea

<table>
<thead>
<tr>
<th>Tea Type</th>
<th>Catechin Level</th>
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</thead>
<tbody>
<tr>
<td>Green Tea</td>
<td>30-42 wt%</td>
</tr>
<tr>
<td>Oolong Tea</td>
<td>08-20 wt%</td>
</tr>
<tr>
<td>Black Tea</td>
<td>03-10 wt%</td>
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</tbody>
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(*Catechins are measured as wt% of extract solids)

Initial benefits of oolong tea were first noticed after 1-2 weeks of treatment. Marked to moderate improvement was observed in 74 (63%) of the 118 patients after 1 month. After 6 months of treatment, a good response was still observed in 64 patients (54%). The authors attribute oolong tea’s beneficial effects in the recalcitrant AD cases to the antiallergic properties of the tea’s polyphenols.

**Sources:**


Sabinsa Corporation supplies two grades of green tea, one standardized for a minimum of 40% catechins and the other for a minimum of 75%. Green Tea CG (cosmetic grade) is also available. It is standardized for a minimum of 75% catechins. Please contact Sabinsa for information about our green tea products and the other products of our nutritional, cosmeceutical, and functional food lines.
Diets that succeed

The federal government conducted the first comprehensive scientific review of popular diets, and they concluded that high-carbohydrate diet regimens keep the pounds off for good.

According to the United States Department of Agriculture, a person can lose weight on any diet that limits food to about 1,500 calories per day. The catch is that they may not maintain the weight loss; it is short-term. Only a few diets, such as the diets suggested by the American Health Association and Weight Watchers, are successful diets. Their diet programs have the best scientific evidence to confirm their success rates and health claims. Both programs recommend the consumption of no more than 30% of calories as fat, limiting protein to 20% of the diet, and consuming plenty of fruits, vegetables, and complex carbohydrates to help satisfy hunger. Both diets provide adequate nutrition and showed the best improvements in the levels of cholesterol and blood fats as well as blood sugar.

Source:

Sabinsa Corporation offers a variety of Citrin® products that can be used as ingredients for functional foods (e.g. beverages, sports bars, etc.) or prepared into tablets or capsules. Citrin® may be used as a weight management supplement along with a healthy diet and exercise program.

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