

عنوان مقاله:

Comparison of the Effects of Green Tea and Melissa Officinalis on Weight and Blood Pressure in Welders: A Single-blind, Crossover Clinical Trial

محل انتشار:

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خلاصه مقاله:

Background: Considering the effectiveness of green tea and Melissa officinalis in reducing weight and blood pressure in past studies, this study aimed to compare the effects of green tea and Melissa officinalis on blood pressure and weight in welders. Methods: This is a single-blind crossover clinical trial. Twenty welders from a workshop entered the study. Green tea and Melissa officinalis infusions (4 g/d) were provided 2 times a day for 4 weeks in random order with a 3-week washout. Measurements were performed at the beginning and the end of each intervention. The environmental pollution of the workshop was measured by the professional health engineer at the beginning. Results: The diet and black tea intake were not different during the interventions ($P > 0.05$). Physical activity was not different throughout the study, although the intensity of physical activity was higher in the Melissa officinalis period (12.31 ± 12.89 versus 60.00 ± 33.95 min/ week; $P = 0.06$). Weight, body mass index and diastolic blood pressure decreased during the period of Melissa officinalis consumption and there was a slight increase during the green tea period ($P > 0.05$). Conclusions: It is likely that one month of consumption of Melissa officinalis is as effective as green tea in changing weight and blood pressure, and therefore they can be a good alternative to each other

کلمات کلیدی:

Blood pressure, Green tea, Melissa officinalis, Weight, Welder

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