

# GREEN TEA

An All-Natural Weight Loss Solution That Works



Discover Proven Secrets To Help You Lose Weight Naturally Without Any Side Effects!

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## CHAPTER 1 – INTRODUCTION

Dating back to more than 4,000 years, green tea has been long revered as a tasty drink that can not only help one lose weight, but also ward off diseases and improve one's well being.

Since its first recorded use during the time of Emperor Shen Nung, the link between green tea and good health has never been severed.

Today, the various health benefits of green tea are constantly being reported and many scientists are now focusing their attention on this simple, yet elegantly profound beverage.

Like all three of the major Asian teas in the market, green tea comes from the plant called *Carmellia sinensis*:



Much of the health benefits of green tea diets owe to the steaming method of making it.

As opposed to black and oolong tea, which undergoes full oxidization, green tea diet is only gently steamed, thus preserving the natural antioxidants in its original form.

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These antioxidants that are present in the green tea helps to fight away free radicals, which are the major contributing factors to aging and the degeneration of cells in our body.

Not only that, scientists also believe that these free radicals have a role to play in the cause of the various degenerative diseases such as arthritis, rheumatism, Alzheimer's disease, and even cancer.



According to tradition, green tea could cure anything from headaches, body aches, and pains to constipation and depression. Over the centuries, further more health claims are made on account of green tea.

Green tea is said to be able to help increase the blood flow throughout the body. Because green tea contains a little caffeine, ingesting this drink stimulates the heart and allows the blood to flow more freely through the blood vessels. For the same reason that Chinese diet green tea stimulates blood flow, it also stimulates mental clarity.

Not only that, green tea also helps to detoxify the body with the presence of polyphenols. Polyphenols is a natural-occurring antioxidant found in green tea, which is said to be able to combat harmful free radicals and help keep the body free from diseases.

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In this regard, green tea helps one maintain the overall well being of their bodies. Antioxidants are also present in green tea, which can boost immunity, preserve young-looking skin, and brighten the eyes.

On top of that, green tea also aids in digestion and banishes fatigue. It also said that green tea could help prolong one's lifespan.

For many years, men of science remained skeptical about the health claims made by green tea enthusiasts.

Their doubt was changed to a more positive reception when subsequent researchers proved the disease-preventing attributes of green tea and confirmed most of the health claims.