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The Weight Loss and Health Benefits of Green Tea by Elissa Joyce

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As the strains and stresses of a modern day lifestyle and fast food diets, start to take their toll, many people are going back to their roots, in an effort to find healthier substitutes to their fast, paced lifestyles. Moderate exercise and health supplements are encouraged by health care practitioners all over the world, and the increasing number of people that are opting for a more natural approach, gets bigger every day.

There are so many fad diets on the market, supplements that promise to make everything better, help with weight loss and anti-ageing, but most of them fade away, as people realize that they never actually worked in the first place. However, Green Tea, has been around for more than 4000 years, and those who drink the tea, or take it in a supplement, swear by its health benefits, and next to water, it is the most consumed beverage on the planet.

The natural ingredients found in the leaves of the Green Tea plant, have a huge amount of health benefits, and take into account that the leaves are not processed, with additives, makes this supplement, a very healthy choice. As soon as the leaves are picked they are left to dry naturally, immediately preserving the goodness and the nutrients within the plant, known as Camellia Sinesis. The leaves are then steamed, prevented any further processing, oxidation or conversion of the plants natural substances.

Green tea is well known for its anti-oxidant properties and it is widely believed that the tea helps to boost the bodyâ€™s metabolism, burn fat and increase the bodyâ€™s ability to assist with appetite control The anti-oxidant properties are also believed to boost immunity within the body and help fight the risk of infection.

Health conscious people use the tea in addition to a balanced and healthy diet, along with a moderate exercise routine, as they find the tea helps to give them more energy and stamina throughout the day. Although, there is no actual recommended intake for the tea, it has been indicated that around 2-3 cups a day, will make a difference in fighting infection and help to burn those extra calories throughout the day. Green tea for weight loss is perfect remedy to loose weight and gain a perfect body.

The benefits for ones skin, is commonly attributed to the free radical busting anti-oxidants that occur naturally in the leaves of the tea, and it has been said that the tea can assist in managing a problem skin, by being able to flush out toxins and keep problem skin areas free from congestion.

It has also been reported to have been a pioneer in the fight against cancer, as it is widely believed that the natural ingredients are able to effectively reduce the risks in preventing the growth of cancerous cells, as the natural occurring anti-oxidant ingredients are belied to be far more potent, than their artificially manufactured counterparts.

The tea does contain naturally occurring levels of caffeine, and it may be important to discuss the use of any natural supplement for health or medicinal purposes, with oneâ€™s health care provider, before incorporating it into their diet.

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More information about the marvelous weight loss and health a benefits of green tea can be found greenteaweightlossfacts.com

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