

GREEN TEA

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Miracle Cup: The Health Benefits of Green Tea

How do you fit a miracle in a cup?

For 4,000 years, the Chinese people have been using green tea as treatment for everything from headaches to depression.

Today, studies are conducted in Asia and the west in order to produce hard evidence of the health benefits of green tea. In the 1994 edition of the Journal of National Cancer Institute, the results of an epidemiological study stated that one of the health benefits of drinking green tea is that it can reduce the risk of esophageal cancer in Chinese men and women by up to 60%.

The rich presence of catechin polyphenols, particularly epigallocatechin gallate (EGCG) is the reason why green tea has so much health benefits. A powerful antioxidant, EGCG can not only inhibit the growth of cancer cells but can also destroy them without harming healthy cells.

The University of Purdue has also concluded a research on how a certain compound present in green tea can stop cancer cells from growing. Still another health benefit of green tea is its ability to lower down cholesterol levels and improve the ratio between good (HDL) cholesterol and bad (LDL) cholesterol.

The EGCG in green tea is a health benefit substance that can lower down LDL cholesterol levels and stop blood from forming abnormal clots (thrombosis), a leading cause of heart attacks and strokes.

Green tea has more health benefits compared to other Chinese teas like oolong and black tea, all of which come from the plant *Camellia sinensis*. What makes green tea different is the process by which it is made. Green tea owes much of its health benefits to how the *Camellia sinensis* leaves are steamed. The steam process keeps the EGCG health benefit of green tea from oxidizing. With oolong and black teas, however, the leaves are fermented instead of being steamed, thus causing the EGCG health benefit to transform into another less medicinally potent form.

Aside from medicinal value, green tea can also offer other health benefits, especially in the fitness field. Drinking green tea can cause a person to burn down more calories. A recent study on the health benefits of green tea shows that the drink can help dieters. According to the American Journal of Clinical Nutrition in 1999, men who take both caffeine and green tea burn down more calories than men who only take caffeine or a placebo.

Another health benefit of green tea is its bacteria-destroying properties. The health benefit of green tea in this area is that it can help prevent food poisoning and also prevent tooth decay. The substances found in green tea kill the bacteria causing food poisoning and those that cause dental plaque to form.

Well known for its countless medicinal and health benefits, green tea is nothing short of a miracle.

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Green Tea Extract and Weight Loss

Green tea has always been known to have several health benefits, but who knew that it could contribute to weight loss as well?

A recent study published in the American Journal of Clinical Nutrition show that green tea extract can increase metabolism and fat oxidation of the body. In theory, scientists believe that the weight loss benefits of green tea extracts are due to their caffeine content but the results of the study show otherwise as they discovered that green tea extracts have weight loss benefits beyond that of caffeine.

In their study, the researchers administered alone the same amount of caffeine as that in green tea extracts but found that it did not make any significant changes in the body's overall energy expenditure. This led them to conclude that green tea extracts have ingredients in them that actively interact with each other, promoting increased metabolism and fat oxidation that lead to weight loss.

Further findings indicated that a certain compound found in green tea extracts might be the ingredient that causes weight loss. These green tea extract compounds called Flavonoids may alter the way the body uses norepinephrine, a hormone that monitors how calories are burned. When flavonoids interact with other green tea extract ingredients, more calories are burned thus contributing to weight loss.

Another ingredient that actively contributes to the weight loss benefits of green tea extracts is the compound catechin polyphenols. These compounds also interact with other green tea extract ingredients in order to promote weight loss by fat burning and thermogenesis (a process of losing energy by daytime heat).

The great thing about the weight loss benefit of green tea extracts is that it does not have any adverse side-effects. Unlike other herbal products like ephedra and prescription drugs for obesity, green tea extract does not increase the speed of heart rates or raise blood pressure. In this regard, green tea extract is an effective and safer alternative to other weight loss products which may cause harm to the user.

The study conducted by the University of Geneva on the weight loss benefit of green tea extract implicated that green tea extract can also help thyroid patients. According to dietitian Lynn Moss, M.S., R.D., green tea extract is a healthier choice for people with thyroid who may be too sensitive to stimulants. Green tea extract can promote weight loss by increasing metabolism without over stimulating the adrenal glands.

A common beverage all throughout Asia, green tea has recently gained popularity in the West. Further researches were conducted to identify other health benefits of green tea extracts aside from weight loss. It was found that certain green tea extract compounds can significantly reduce the risk of heart disease, cancer, and even ulcers.

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Green Tea Weight Loss Patch

In the mood for a sticky diet?

The hysteria on low carb diet has brought the onset of several dieting products that are based on low carb approaches. One of the newest products to hit the dieting market are weight loss patches.

Inspired by the success of nicotine patches marketers struck on the idea that weight loss patches may work the same way. Weight loss patches are basically designed for people who forget to take their regular dosage of weight loss supplements or capsules. With weight loss patches, a person will no longer need to take pills as he will have a 24-hour supply of weight loss substance stuck to his skin.

Weight loss patches are commonly made from such ingredients as algae and seaweed which are known appetite-suppressants. Later studies on weight loss and diets led to the use of green tea as a weight loss patch.

Green Tea as Weight Loss Patches

As far back as the Ming dynasty and perhaps even earlier than that, green tea has been used as herbal remedy and overall health drink in China. In recent times, speculations on the use of green tea as a possible remedy for cancer have arisen due to the discovery that the polyphenol substance found in green tea can stop cancer cells from growing.

The polyphenols in green tea weight loss patches also have other uses. A study published in the American Journal of Clinical Nutrition shows that green tea polyphenols can speed up the metabolic rate of the body. With this recent discovery, several companies specializing in pharmaceutical products have started introducing green tea into the market as a supplement either in the form of diet pills or weight loss patches.

Green tea weight loss patches are a better alternative to other products since they have no adverse side-effects. Other substances that induce weight loss like ephedra may increase heart rates which could lead to cardiovascular complications.

Green tea weight loss patches are good for people with high LDL, the bad cholesterol found in the body. Because the antioxidants in green tea weight loss patches destroy LDL cholesterol while at the same time enhancing the good cholesterol levels in the body, a balance in the body is achieved which could only lead to overall good health and well-being.

Green tea weight loss patches works in two ways. First, they suppress appetite naturally and safely. A study at the University of Chicago showed that rats when injected with green tea can lose up to 21% of their bodyweight. This is due to the fact that a substance present in green tea acts as a natural appetite-suppressant that staves off hunger.

Green tea weight loss patches also increase metabolism. With their high epigallocatechin gallate (EGCG) content, green tea weight loss patches have a distinct advantage over stimulant diet drugs which can be harmful to individuals with hypertension and heart complications.

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Green Tea Weight Loss Pill

People have always been known to want to do and achieve things instantly. The same thing can be said in diets and weight loss. Impatience usually leads a dieter to resort to taking supplements or weight loss pills to try to get rid of those fats faster.

But recent controversies on the use of diet and weight loss pills have made several people hesitate at using them. Several weight loss pills are based on certain substances, like ephedra, that may be harmful for the body. This is why researchers are trying to come up with other potential resources to make weight loss pills that are safer to use.

A study conducted at the University of Geneva was recently published and it concerned itself with the weight loss benefits of green tea extract. It said that green tea has certain antioxidants in them like catechin polyphenols and flavonoids that help in increasing metabolic rates of the body. The publication of the study's results prompted several pharmaceutical companies to incorporate green tea extract into their weight loss pills.

Green Tea, the Plant

Green tea is the common name for the herb *Carmellia sinensis*. The green tea plant came from China originally where it was cultivated specifically for its various health and medicinal benefits. Today, green tea is known to possess certain substances that can cure several diseases such as cancer, arthritis, and even ulcers. Because of its thermogenic properties, pharmaceutical companies are also using extracts of the green tea plant as one of the main ingredients in weight loss pills.

Green Tea, the Weight Loss Pill

The theory of weight loss pills is based on the fact that losing weight is done in two ways: retard fat intake or expedite its burning. Weight loss pills are known to do both these things.

Ingredients in weight loss pills such as Hoodia Gordonii can suppress hunger and stop food cravings. Another important ingredient in weight loss pills is glucosamine which can delay the effect of insulin, thus directly transforming sugar into energy instead of fat. Other components of a typical weight loss pill include cocoa extract (a diuretic), citrus fiber, vanadium, and glucomannan, all of which have anti-hunger properties.

The addition of green tea extract into weight loss pills has become common practice among pharmaceutical companies. Like cocoa extract, green tea is also an effective natural diuretic. Green tea can help rid the body of extra water that contributes to bloat and puffiness of the body.

But aside from being a diuretic, green tea is also a major contributor to fat-burning. The catechin polyphenols found in green tea effectively increases the metabolic rates of the body and also reduce food intake. Green tea also contains the substance flavanoid that fight free radicals that might be harmful for the body.

Because of these properties, green tea therefore makes for an excellent and healthy component of weight loss pills.

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Green Tea: Weight Loss Supplement

A penny for your thoughts. A pill for your fats. Who here wouldn't love a pill to melt away their fats?

Although weight loss supplements are not likely to work miracles, dieticians and weight-loss experts alike agree that most weight loss supplements greatly helps the dieter in his continuing battle for curves and muscles. Of the three commonly used weight loss supplements in the market today, green tea extract seems the most promising. (The other two weight loss supplements are protein and ephedra.)

Green tea is the common name for *Camellia sinensis*, a plant cultivated by the Ancient Chinese as a remedy for headaches, indigestion, and depression. In recent studies, it was found that green tea can be a potential cure for cancer and several other major diseases as well.

However, the merits of green tea is not only restricted to medicine. It has been found that certain properties found in green tea makes it an excellent organic alternative to weight loss supplements.

The use of green tea extract in weight loss supplements was spurred by the recently concluded study by American and Swiss scientists at the University of Geneva. Published in the *American Journal of Clinical Nutrition*, their study showed that green tea has a lot of antioxidants that can cause an increase in energy expenditure of the body. This led them to surmise that green tea extract can become a potential weight loss supplement.

Green tea weight loss supplements contain both caffeine and the chemical epigallocatechin gallate (EGCG). When these two substances in green tea react to each other, metabolism rates increase along with the body's 24-hour energy expenditure. Green tea's EGCG also triggers the release of the hormone noradrenaline, an appetite-suppressant.

Green tea weight loss supplements can boost the body's metabolic rates, thereby increasing the rate by which fat and calories are burned. Green tea weight loss supplements can also stimulate the body into burning fats faster, leading to more fats being turned into energy. According to a recent study published in *Phytomedicine*, a journal on the health benefits of plants, people who take in green tea extract as weight loss supplement ideally lose about two-and-a-half pounds a month.

Green tea weight loss supplements come in standardized tablets or capsule forms. For best results, choose a green tea weight loss supplement that contains ninety milligrams of EGCG and fifty milligrams of caffeine. Green tea weight loss supplement is normally taken three times a day before meals. Even though green tea weight loss supplements have no adverse side-effects, it is still advisable to consult medical advice before taking them.

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The Weight Loss Benefit of Green Tea

For 4,000 years, Asians have regarded green tea as something more than just a beverage. Green tea was used as herbal medicine and treatment for everything from headaches to depressions and even to weight loss.

Researches have been conducted over the last few years to identify what compound present in green tea makes it a potent health drink. The scientists have found that green tea contains several antioxidants which are responsible for many of green tea's health benefits, including weight loss benefit.

A research study by American and Swiss scientists on the weight loss benefit of green tea was concluded and the results of which were published in the American Journal of Clinical Nutrition and Urology. During the course of their study, they have found that green tea contains certain compounds that contribute to its weight loss benefit.

Lead researcher, D. Abdul Dulloo said in a press release that there are only two ways to achieve weight loss – either reduce energy intake or increase energy expenditure. Green tea, it seems, has compounds that can increase the body's normal metabolism rate, thus giving it its weight loss benefit.

At the University of Geneva, where the study was conducted, Dr. Dulloo and his colleagues experimented on ten healthy young men. They theorized that the main contributor to green tea's weight loss benefit is its caffeine content. To test this hypothesis on green tea's weight loss benefit, they placed the study's participants on a typical "Western" diet which is about forty percent fat, thirteen percent protein, and forty-seven percent carbohydrates.

Thrice everyday, the researchers measured their subjects' energy expenditure (the measurement used in determining the number of calories burned in 24 hours) and monitored their respiration quotient to find out how well they utilized their carbohydrates, proteins, and fats.

When they interpreted the data they collected, they found out that the men receiving regular dosages of green tea extract showed a significant increase in their 24-hour energy expenditure and a reduction in their respiration quotient (which means that more fat is burned, thereby achieving maximum weight loss). On the other hand, those men who were only given caffeine or placebo with every meal showed only minimal increases in their metabolism rates.

The scientists construed that the substance catechin polyphenol present in green tea adds to its weight loss benefit. These substances in green tea may alter how the body uses the hormone norepinephrine which is responsible for increasing the metabolism rate, thus leading to weight loss.

In their conclusion, the scientists inferred that green tea owes its weight loss benefit to the presence of antioxidants and the substance catechin polyphenol. These substances help increase fat and calorie burning and optimize weight loss.

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Using Green Tea in Weight Loss Programs

There are countless health benefits associated with drinking green tea. For centuries, the Chinese people have been drinking and using green tea as cure for several ailments. Today, cancer prevention, weight loss, antioxidant applications, anti-inflammatory and anti-microbial properties are only a few of the proven benefits contained within a single cup of green tea or a capsule of green tea extract.

Green Tea: An Introduction

Green tea comes from the plant native to Asia called *Camellia sinensis*. This plant is rich in the green tea substance called epigallocatechin gallate or EGCG. Green tea's EGCG is the substance responsible for destroying free radicals in the body which are the number one causes of aging and diseases. The antioxidant EGCG in green tea also helps in lowering down cholesterol levels.

Green Tea for Weight Loss Programs

A university study conducted by American and Swiss scientists show that green tea can be used in weight loss programs. Using ten healthy young men as subjects for their weight loss program, the scientists compared the difference in energy expenditures of green tea and that of caffeine or standalone placebo. The results show that green tea boosts energy expenditure by a significant four percent increase. This led many people to believe that green tea can have a significant impact on increasing the efficacy of weight loss programs.

Green tea is a great alternative for people who are on weight loss programs because it can help them lead a healthier lifestyle. For instance, instead of drinking coffee and cream which are high in calories, green tea weight loss programs can not only save you from taking in too much calories but also let you take in several healthful substances like polyphenols and flavonoids. Green tea also contains a small amount of caffeine, a key substance used in most weight loss programs because of its appetite-suppressant properties.

Other studies show that green tea in weight loss programs can help reduce fat by inhibiting the effects of insulin. Insulin is responsible for converting glucose into energy for the body to be stored into fat. By delaying insulin, green tea weight loss programs enable sugar to be sent directly to the muscles for instant use, thus preventing fats from forming.

Green tea in weight loss programs can also promote thermogenesis, the process by which the body burns fat and releases calories. This process is brought on by the interaction of the caffeine content and catechin polyphenols present in green tea. This is why weight loss programs based on green tea is an effective way to stimulate metabolic rates.

No supplement or weight loss program is known to work miracles. However, studies do indicate that green tea have many benefits in store for those enrolled in weight loss programs.

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Chinese Green Tea for Weight Loss

For most people, the Chinese green tea is a stuff of legends. Chinese green tea has been known to be very beneficial to human health. For thousands of years, Chinese green tea has been talked about and written about because of its countless positive effects.

According to legend, the first person to ever taste Chinese green tea was the Emperor Shen Nung in 2737 B.C. It was said that while boiling some water for drinking, some leaves fell into his pot from a tree nearby. Chinese green tea leaves when boiled smelled and tasted so wonderful that Shen Nung even urged his people to drink it. The fame of the Chinese green tea did not stay at one place for long. It is believed that in A.D. 800, Chinese green tea was brought to Japan by monks who studied Buddhism in China.

What makes Chinese green tea different from all other teas?

Chinese green tea is produced from *Camellia sinensis*, the same plant where the oolong and black tea are derived. Yet, even though they all come from the same herb, the Chinese green tea truly stands out as an exceptional health drink. So what makes Chinese green tea different?

The difference lies in the method by which Chinese green tea is produced. Oolong and black tea leaves are traditionally oxidized and then dried while the Chinese green tea leaves are steamed and then dried. This method of producing Chinese green tea actually preserves most of the beneficial antioxidants present in it.

Chinese Green Tea for Health

While it is already common knowledge that Chinese green tea has several health benefits, modern scientists were able to provide several concrete proofs of the positive effects of Chinese green tea. Chinese green tea antioxidants are said to be the ones responsible for making the Chinese green tea very beneficial.

Recent findings show that the antioxidants in Chinese green tea can reduce cholesterol levels in a person; can improve how blood vessels function; and can reduce blood lipids. It was also discovered that Chinese green tea can have an anti-inflammatory effects and may provide protection against cardiovascular diseases.

Chinese Green Tea for Weight Loss

Significant findings were made that pointed to the benefits of Chinese green tea in weight loss. According to the researchers of the University of Geneva, Chinese green tea has thermogenic properties which aid much in weight loss. In their study, they investigated the weight loss benefits of Chinese green tea by observing the interaction between the caffeine in Chinese green tea and a compound called epigallocatechin gallate (EGCG). When these two substances in Chinese green tea react, thermogenesis of the body increases by four percent. The tendency of Chinese green tea to enhance metabolic rates has given people reason to believe that Chinese green tea has weight loss benefits as well.

Another study concerning the weight loss benefits of Chinese green tea was also conducted. The results of the research showed that Chinese green tea drinkers have a better propensity for weight loss. Drinking Chinese green tea allows the body to burn an additional 70 calories a day, a feat that weight loss enthusiasts would relish.

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Green Tea Diet

Obesity has become one of the major health issues in our society today. More than half of the American population is overweight or obese. As a result, diet and weight loss plans have become increasingly popular. But not all diet plans work. And not all of them are necessarily risk-free. A safer alternative for people wanting to lose weight are green tea diets.

About Green Tea

For thousands of years, green tea diet has been highly valued by the Chinese as an herbal and medicinal drink. It was believed that green tea diet was first discovered by the Chinese Emperor Shen Nung who was boiling water when the leaves of a nearby tree fell into his pot. The result was the first ever pot of green tea.

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, preserving the natural antioxidants in its original form.

The Health Benefits of Green Tea Diet

There are many health benefits associated with having a green tea diet. One of these green tea diet benefits is preventing cancer. Certain substances present in green tea diets are said to help in destroying cancer cells without harming any neighboring tissues. This substance in green tea diets is called epigallocatechin gallate or EGCG.

EGCG in green tea diets is also helpful in increasing the 24-hour energy expenditure of the body. A study on green tea diets conducted by American and Swiss scientists in the University of Geneva showed an additional increase of four percent in the body's natural energy expenditure. People who were on a green tea diet were more likely to use up more fats than those not on a green tea diet.

Also, green tea diets are said to greatly help in lowering down cholesterol levels in humans. The study on green tea diets was conducted in China using 240 people with high cholesterol levels as subjects. These people were placed on a green tea diet of one capsule (equivalent to seven cups of green tea) or were given one placebo every day. After twelve weeks, those who were on a green tea diet dropped sixteen percent in their cholesterol levels.

Green tea diets can also be a potential cure to obesity. The catechin polyphenols present in green tea diets can delay the reaction of gastric and pancreatic lipases in the body. These enzymes are responsible for converting calories in the body into fats. By delaying these enzymes, green tea diets can therefore stop fat from being stored and prevent obesity in people.

Green tea diets contain substantial amount of caffeine that make it a mild appetite-suppressant. However, caffeine content in green tea diets is not as high as those found in other caffeine-based beverages, like coffee. Caffeine may be harmful for the body since an excess of it can cause heart palpitations, hypertension, and insomnia. Because green tea diets contain only very low levels of caffeine, there is no danger of experiencing these side-effects.

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Green Tea Diet Patch

The idea of diet patches is based on the marketing success of nicotine patches. Easy to apply and with no harmful side-effects, green tea diet patches have quite become latest fad in nutritional supplements.

Green tea diet patches contain a high amount of green tea extract, a beverage made from the steaming the leaves of the plant called *Carmellia sinensis*. Green tea diet patches are said to have several health benefits. Recent studies on green tea diet patches revealed that aside from promoting weight loss, green tea diet patches can also be an effective cure for cancer and other diseases.

Clinical Studies on Green Tea Diet Patches

A study published in the American Journal of Clinical Nutrition revealed the weight loss benefits of green tea diet patches. Polyphenols are substances present in green tea diet patches that can augment metabolism. The study showed that green tea diet patches can actually increase the total energy expenditure of the body in twenty-four hours by four percent.

In addition to that, green tea diet patches seems to accelerate metabolic rates without increasing blood pressure or heart rate. Green tea diet patches promote the process of thermogenesis, a process by which the body releases heat by burning fats. This makes green tea diet patches excellent fat-burners without proving dangerous. Unlike other diet supplements, green tea diet patches do not cause heart palpitations, hypertension, or cardiovascular complications.

Green Tea Diet Patches vs. Green Tea Diet Pills

Green tea diet patches use transdermal method of delivery. This means that green tea diet patches allows the skin to directly absorb the beneficial substances, thereby, eliminating or diminishing several setbacks commonly experienced by pill users.

The transdermal property of green tea diet patches delivers consistent and even levels of substances over a period of several hours. Unlike pills which requires several applications in a day, green tea diet patches is only applied once in one day.

Ingredients of Green Tea Diet Patches

Aside from green tea extract, green tea diet patches also contain other helpful substances. *Fucus vesiculosus* in green tea diet patches has been used to aid in weight loss as early as the 17th Century. According to a recent research by Dr. Marvin Koplick of the U.S., the *Fucus* substance in green tea diet patches can help the body shed extra weight up to twenty pounds in two months. *Fucus vesiculosus* in green tea diet patches burns fat in the safest, most effective way possible since it exhibits no side-effects.

Other ingredients found in green tea diet patches are *Garcinia cambogia*, an exotic fruit grown

in South India. Garcinia cambogia in green tea diet patches has an active ingredient called hydroxycitric acid (HCA) which is an antioxidant much like Vitamin C.

Guarana in green tea diet patches act as a natural appetite-suppressant. Guarana in green tea diet patches stimulates metabolism while at the same time, suppresses your appetite for a balanced weight loss.

Green tea diet patches also contain Chromium picolinate. This compound in green tea diet patches is essential in maintaining insulin levels in the body. With Chromium picolinate in green tea diet patches, maximum energy production, fat burning, and lean muscle maintenance is ensured.

How to apply Green Tea Diet Patches

Green tea diet patches are applied to clean, dry skin. The recommended parts to apply green tea diet patches are the shoulders, thigh, back, and belly portions of the body. Although some green tea diet patches reputedly contain green tea worth 48 hours, most green tea diet patches have a 24-hour limit.

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Green Tea Diet Pills

People want to make themselves look nice. These days, television, magazines and newspapers are constantly feeding us with ideas on the perfect body. But truth be told, majority of us do not have the model figures to make it to the cut. It is not a shocker then when a multi-billion industry could spring from weight loss products like diet pills.

Too many diet pills and products are available in the market today that it is hard to determine which one really works. Several manufacturing companies specializing in diet pills and other weight loss products are quick to claim the effectiveness of their diet pills even without proper scientific backing. Some diet pills even contain substances that have harmful effects to the body.

Diet pill ingredients like ephedra have been known to cause complications from cardiovascular palpitations to hypertension and diarrhea. Several cases have been reported by the FDA of the harmful effects of diet pills and other weight loss products. But even then, people continue to buy and use diet pills.

Good Diet Pills

Though some diet pills contain harmful elements, not all diet pills are bad. Diet pills made from herbs can have several benefits aside from weight loss. Some of these herbal diet pills come from plants such as nettle, green tea, and dandelion.

Green tea is an herb popularly used in making diet pills. Green tea is derived from the plant *Carmellia sinensis*, the same plant made in concocting black and oolong tea. The process of making green tea makes it different from the other *Carmellia sinensis* teas. Because green tea is only mildly steamed and then dried, a majority of the beneficial antioxidants present in green tea remain intact.

Green tea has been known to have several health benefits. Certain substances in green tea can effectively stop cancer cells from going. Green tea's catechin polyphenols also acts as effective antioxidants that can kill harmful free radicals that cause aging. Green tea has also been known to boost the immune system.

At the University of Geneva, American and Swiss scientists were able to find that green tea has several weight loss benefits like increasing metabolism, thermogenesis, and suppressing fat intake. The results of their study became the basis for using green tea as a diet pill ingredient.

Diet Pills from Green Tea

Dieticians say that weight loss is achieved in two ways: reduce the intake of calories and increase energy expenditure. Green tea can perform both these functions quite well.

Green tea diet pills contain a small amount of caffeine in them. This makes green tea diet pills the perfect candidate for an appetite-suppressant. Aside from suppressing the appetite, green tea diet pills also have diuretic properties that help reduce excess water in the body. Extra water contributes to extra weight and by ridding the body of these, green tea diet pills contributes much to weight loss.

Green tea diet pills contain a high amount of antioxidants that helps burn fat faster. This claim of green tea diet pills is back by several scientific studies, including the one conducted in Geneva, Switzerland. Green tea diet pills can effectively increase metabolic rate and energy expenditure, helping the body purge out any excess calories.

The herb green tea is also compatible with other herb extracts. In fact, it is said that the weight loss benefits of green tea are enhanced when used in combination with other herbal remedies. This is what makes green tea an ideal component of diet pills.

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Mega-T Green Tea for Weight Loss

Looking to lose weight without resorting to drugs? Look no more! Mega-T Green Tea is the stuff to go for!

Just take one Mega-T Green Tea caplet twice a day in mid-mornings and mid-afternoons, swish it down with a full glass of water, and start shedding those extra twenty pounds in a flash!

You don't believe me? Try this!

Mega-T Green Tea contains a high amount of Green Tea extract that helps curb your appetite. Green tea contains substances that act as a natural appetite-suppressant. So with Mega-T Green Tea, you no longer have to worry about those afternoon hungry pangs. And with Mega-T Green Tea, getting up in the middle of the night to binge is a thing of the past! No binge, no bulge!

Mega-T Green Tea also contains chromium. Chromium in Mega-T Green Tea is highly valued because it helps reduce fats by increasing your metabolic rates. Therefore, fat-burning happens quickly when you use Mega-T Green Tea!

Another awesome ingredient of Mega-T Green Tea is the herb Garcinia Cambogia. This herb in Mega-T Green Tea helps you overcome food cravings. This way, you never need to fret about overeating because you can always trust Mega-T Green Tea to “tell” you when your stomach has had enough! This means you’re always assured to eat just right! And remember, lesser food intake means lesser fats stored!

Now, you might think that because you’re taking fewer calories when you take Mega-T Green Tea, you have lower energy levels. This means you won’t have any energy to do those weight loss exercises you have. You’re worried. You think you’ll gain pounds.

Well, think again! Mega-T Green Tea contains Guarana, a known energy-booster. Guarana in Mega-T Green Tea will provide you with the energy you need to perform your weight loss routines. So, goodbye to your worries! And ‘ta’ to your pounds!

But if Guarana in Mega-T Green Tea is just not enough, then here’s another thing to keep you going! Mega-T Green Tea contains Siberian Ginseng that can improve your stamina for hard work! And what is weight loss but a lot of hard work? Siberian Ginseng in Mega-T Green Tea will increase your stamina! More stamina means more work done. Boost up your energy and get that fab body you’ve always wanted with Mega-T Green Tea!

Now work causes your body to sweat! Hard work, however, causes your body to sweat... a lot! The more sweat you get, the more pounds you lose! What better way to do this than to use a diuretic? Mega-T Green Tea contains Baldderwack, Fo Ti, and Gotu Kola which all have diuretic properties. Diuretics in Mega-T Green Tea helps induce sweating, causing your body lose your excess water. Have you noticed how flabby you look and bloated you feel when you drink too much water? Well, Mega-T Green Tea will drip you down! No extra water, no extra pounds! And you’ll feel way better to boot!

Since the ancient times, green tea has been highly valued for its herbal benefits. Green tea has been known to boost the immune system and cure various ailments from cancer to headaches. The antioxidants in green tea are said to kill free radicals that are the number one cause of aging and diseases.

Mega-T Green Tea contains 300 mg green tea leaf extract. With Mega-T Green Tea, you do not only lose weight but you boost your health in the process. Mega-T Green Tea works best when used in combination of the Special Diet Plan enclosed in the box.

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Study on Green Tea and Weight Loss

For many years now, several benefits are attributed to drinking green tea. Today, researchers have come up with newer proofs to solidify the belief that green tea can be used as a treatment for obesity and for weight loss.

It is held that more than half of the American population have weight problems or are obese. Conditions like these are almost always linked to certain complications like heart disease, type 2 diabetes mellitus, sleep apnea, gall bladder disease, and hypertension. Weight loss can aid in assuaging the symptoms of some of these conditions.

Scientists have tirelessly investigated on the weight loss benefits of green tea. They have found that green tea can actually enhance the total amount of energy spent by the body. From their findings, they were able to deduce that green tea has great potential for a weight loss benefit.

Other researches were able to confirm the weight loss benefit of green tea. A recent study at the University of Geneva had the conclusion that, "Green tea has thermogenic properties and promotes fat oxidation beyond that explained by its caffeine content per se." Where before it was generally believed that the caffeine content in green tea is the reason for its weight loss benefit, this recent study deviated from that theory. Green tea has other substances in them that are helpful in weight loss.

The same team who conducted the study on green tea's caffeine content and weight loss banded together in Switzerland to perform another experiment. They were still able to come up with the same results – that green tea has several thermogenic attributes that make it perfect to use in any weight loss program.

Sample Studies: Green Tea and Weight Loss

Green tea reduces body fat accretion caused by high-fat diet in rats through beta-adrenoceptor activation of thermogenesis in brown adipose tissue. Conducted by chief scientist J.J. Choo of the Department of Food and Nutrition, Kunsan National University, this study aimed to find out if green tea can suppress body fat and to find out whether this suppression is connected with thermogenesis spurred by the body's beta-adrenoceptor being activated.

To investigate the weight loss benefit of green tea on rats, the scientists placed their subjects on a high-fat diet and provided them with green tea extract. It was discovered that even though the rats were on a high-fat diet, the green tea extract counterbalanced fat gain without affecting the amount of energy they took in. Green tea was said to have shown some weight loss benefits in the fact that it can prevent fat from being stored, can increase protein levels, and promote thermogenesis by triggering beta-adrenoceptor to action.

Recent findings of green tea extract AR25 (Exolise) and its activity for the treatment of obesity. This study is a collaborative work between Doctors P. Chantre and D. Lairon of the Laboratoires Arkopharma in Carros, France. Published in the 2002 issue of *Phytomedicine*, this study aimed to find out if green tea extract has weight loss benefits and can be a potential cure for obesity.

In their study, they used an 80% ethanolic concentrate in green tea extract with standardized 25% catechins. They tested the green tea extract and were able to find that it could directly inhibit gastric and pancreatic lipases. These enzymes are the primary cause of fat storage and by delaying their actions; green tea extract therefore exhibits a weight loss benefit that can help solve obesity problems. It was also discovered in this study that green tea can stimulate thermogenesis. Given to moderately obese patients, the green tea extract was said to have caused a decrease in weight by 4.6% and a reduction of waist circumference by 4.48% after only three months. The findings of the study clearly

implicate the weight loss benefits of green tea.

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Weight Loss in Green Tea

Over the past few years, green tea and its connection with weight loss has long been the center of various clinical studies. Positive effects of green tea on weight loss have been discovered in recent years.

Studies show that the relation between green tea and weight loss are substantially linked together through the plant's thermogenic properties. Thermogenesis is the process by which the body produces heat by speeding up metabolism, burning calories, and breaking down fat. Certain substances in green tea are believed to help in the body's thermogenesis, thus contributing to weight loss.

Weight Loss in Other Herbs

Other than green tea, there are other natural herbs that contribute to weight loss. Gugulipid for instance has been shown to augment the metabolic rate of the body and help with thermogenesis, thus leading to weight loss. Gugulipid has also been reported as a catalyst for lowering down cholesterol levels.

Another herb that aids in weight loss is Maitaki. Derived from a Japanese plant, Maitaki helps promote weight loss by targeting the liver, which is a major digestive part of the body.

Maximizing Weight Loss Benefits in Green Tea

A standardized weight loss herbal extract of pure green tea is needed in order to maximize the weight loss benefits of green tea. The market offers several green tea weight loss products that do not use standardized extract. These non-standardized green tea weight loss products are cheaper but do not contain enough active green tea substances to have any significant weight loss benefits.

Scientists and traditional herbalists believe that better weight loss results are achieved when green tea is used in conjunction with other weight loss herbs and with other nutrients. So before buying a green tea weight loss product, it is advisable that you choose a product that contains a rich blend of green tea herbs, minerals and nutrient that aid in weight loss.

Green tea when combined with ginger and olive leaf helps lower cholesterol and promotes weight loss. Green tea helps stop blood vessel constriction while CoQ 10 protects the heart and ensure blood pressure levels. By mixing green tea with CoQ 10, you will not only achieve maximum weight loss but you will also be able maintain the health of several body systems at one time.

The Ideal Green Tea Weight Loss Product

The first thing to make sure of when buying green tea products is to see if the manufacturer of the green tea extract follows strict GMP compliance, the manufacturing standard used throughout the

world. Having GMP approval in green tea products assures you that you are getting a product of the highest quality.

Under the Dietary Supplement Health and Education Act of 1994, herbal products such as green tea are considered dietary supplements. This means that the success or effectiveness of these products do not have any guarantees. Companies or manufacturers that claim 100% success in their green tea products are doing false advertising and should not be patronized.

For assurance that you're getting your money's worth when you buy a green tea product, find a product that is using standardized green tea extract. Look for strict GMP compliance and make sure that the manufacturer of the green tea product has all the proper credentials in product formulation.

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Green Tea Weight Loss Capsule

It should be noted though that there is no such thing as a miraculous weight loss capsule that can shed your fats in a snap. But herbs such as green tea in weight loss capsules have been known to promote weight loss in a variety of ways.

How Weight Loss Capsules Work

Some herbal weight loss capsules "trick" the brain into thinking that the stomach is full. This makes the weight loss capsule as an effective appetite suppressant and helps stave off hunger pangs.

Other herbs like green tea in weight loss capsules have thermogenic properties that help speed up the body's metabolic rate. Thermogenic herb weight loss capsules, e.g. green tea weight loss capsules, are considered as stimulants because of their caffeine content. Caffeine in these weight loss capsules is responsible for increasing the rate of all bodily functions like heart rate, digestion, and respiration.

Still, other herbal weight loss capsules are chiefly diuretic. This means that the person taking this kind of weight loss capsule loses water from his body. Diuretic weight loss capsules can quickly rid the body of excess water but once halted, weight can return just as quickly.

The Effects of Weight Loss Capsules

Even though some herbs like green tea in weight loss capsules can prove beneficial, others are toxic and cause dangerous side effects.

Some weight loss capsules made from thermogenic herbs have several harmful side effects. The stimulant ephedra, a common substance found in weight loss capsules have been known to cause cardiovascular ailments. A total of 800 cases reported by the FDA revealed that ephedra weight loss capsules were the cause of at least two deaths. Similarly, other herbs used for weight loss capsules such as herbal laxatives and herbal fen-phen, have been associated with irregularities of the heartbeat, heart attacks, cramping, diarrhea, and strokes.

A safer choice for people using weight loss capsules are those made from herbs like nettle, green tea, and dandelion among others which can stimulate metabolism without causing the heart to race.

Green Tea is safe as a weight loss capsule

Green tea has been used all throughout China since the ancient times. The steamed leaves of the *Carmellia sinensis* plant (the scientific name for green tea) were used as a local remedy. Ailments such as headaches, bad digestion, and depression were treated using green tea. Nowadays, scientists believe that green tea can potentially cure such major diseases as cancer.

Green tea contains antioxidants that twenty times more than that present in Vitamin E. Antioxidants in green tea act on free radicals that are the major causes of aging and diseases in the body. Green tea therefore not only keeps you young but also boosts your immune system to keep you from harm.

A recent study at the University of Geneva revealed that green tea can cause weight loss. The catechin polyphenols found in green tea are said to interact with the substance caffeine that increases thermogenesis. Metabolic rates in an individual have been known to increase by four percent when using green tea, either as a green tea extract or green tea weight loss capsule.

Green tea weight loss capsules have less caffeine compared to other weight loss capsules. This causes green tea weight loss capsules to act as a mild appetite-suppressant. One of the bad side effects of caffeine in weight loss capsules is that it can cause the heart rate to accelerate causing cardiovascular complications and in extreme cases, even death. With its low caffeine content, a green tea weight loss capsule therefore does its job without causing any undue harm.

Green tea weight loss capsules are also valued for their diuretic properties. Green tea can help rid the body of extra water thus reducing bloat and unsightly appearance.

In the scientific world, green tea has continued to create wonders. Many more studies are conducted to investigate other benefits of drinking green tea. It seems no other tea has quite as much health benefits as green tea.

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AriZona Diet Green Tea

Although widely known for its various health benefits, a lot of people still balk at the idea of adding green tea into their diets. Some reason that they enjoy their coffee with breakfast and are not willing to ditch the caffeine brew for the green stuff. Still others say that it's because green tea tastes so weird.

Well, if you're one of the latter people, then have we got the right product for you! AriZona Diet Green Tea offers you all the health benefits associated with green tea without the weird taste!

Taken from the leaves of the Camellia sinensis plant, AriZona Diet Green Tea is widely known for its health and weight loss benefits. AriZona Diet Green Tea contains polyphenols which are antioxidants responsible for protecting the body against harmful free radicals. The polyphenols in AriZona Diet Green Tea helps keep diseases away.

AriZona Diet Green Tea also contains the amino acid Theanine. This substance in AriZona Diet Green Tea increases the levels of neurotransmitter chemicals that helps enhance moods and reduces the effects of stress.

Aside, from that AriZona Diet Green Tea also has great weight loss benefits. A study conducted at the University of Geneva showed that the green tea used in AriZona Diet Green Tea can increase the body's total energy output by four percent. This means that AriZona Diet Green Tea can successfully increase your metabolism, thus causing more fat to burn and helping you reduce weight.

AriZona Diet Green Tea contains less caffeine than most caffeinated drink. Medical science has proven time and time again that caffeine, though a great appetite-suppressant can cause irregularities of the heartbeat and other cardiovascular complications. Because AriZona Diet Green Tea contains less caffeine, AriZona Diet Green Tea is therefore a safer product to use.

But why choose AriZona Diet Green Tea when you can always go ahead and pop a soda? Well, for one, with the amount of calories in a soda can, it's not likely you're going to lose any weight. In fact, you're more likely to gain weight and then some.

AriZona Diet Green Tea contains Splenda, a sweetener that has zero calories. With AriZona Diet Green Tea, you get to pamper your sweet tooth and lose extra pounds at the same time. The AriZona Diet Green Tea also contains honey powder and citric acid. These ingredients in AriZona Diet Green Tea add just the right hint of tartness to the sweet drink. AriZona Diet Green Tea contains all the natural flavors that you want, plus some ginseng extract for additional health benefits.

Now, if you're the type who likes his AriZona Diet Green Tea iced, then don't look too far. AriZona Diet Green Tea also has Iced Green Tea with Ginseng Extract among its line of products. In addition, AriZona Diet Green Tea may also contain Asian Plum, Honey, or Mandarin Orange. For a more sublime taste, AriZona Diet Green Tea comes in three fruity flavors – raspberry, blueberry, and cranberry apple.

Think about it. All these fruity health benefits in a can. AriZona Diet Green Tea is green tea minus the weird taste!

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AriZona Diet Green Tea with Ginseng Extract

Need an extra push to get your weight loss goals going? AriZona Diet Green Tea with Ginseng Extract is a unique blend of green tea and ginseng extract. From the name itself, you can immediately deduce that AriZona Diet Green Tea with Ginseng Extract is a drink that will give you countless health

and weight loss benefits.

AriZona Diet Green Tea with Ginseng Extract is derived from the gently steamed leaves of the *Camellia sinensis* plant. AriZona Diet Green Tea with Ginseng Extract has a huge following among a diverse group of weight loss enthusiasts to herbal drinkers.

AriZona Diet Green Tea with Ginseng Extract contains catechin polyphenols that help convert fats into heat energy in a process called thermogenesis. According to a study conducted by Swiss and American scientists, the green tea in AriZona Diet Green Tea with Ginseng Extract promotes an impressive four percent increase in the body's overall energy expenditure. This can be roughly translated into a weight loss benefit of up to 10 lbs. a month.

The small amount of caffeine found in AriZona Diet Green Tea with Ginseng Extract increases the body's metabolic rate. But because the caffeine content is not high enough to produce any harmful side-effects normally associated with caffeine-based products, AriZona Diet Green Tea with Ginseng Extract is therefore a safe product to use. Unlike ephedra, AriZona Diet Green Tea will not increase your heart rate or cause heart palpitations and other cardiovascular complications. If anything, AriZona Diet Green Tea with Ginseng Extract will even prevent that from happening.

Studies conducted on the benefits of polyphenols present in AriZona Diet Green Tea with Ginseng Extract show that they are the main catalyst in lowering down cholesterol levels in the body. AriZona Diet Green Tea with Ginseng Extract helps maintain the balance between the LDL cholesterol and HDL cholesterols. In addition to that, it has been noted that drinkers of AriZona Diet Green Tea with Ginseng Extract are less likely to develop a stroke compared with those who drink other beverages.

AriZona Diet Green Tea with Ginseng Extract is also good for maintaining the overall well-being of the body. The antioxidants found in AriZona Diet Green Tea with Ginseng Extract help prevent free radicals from harming the body by making it susceptible to diseases and aging. With its immune-boosting properties, AriZona Diet Green Tea with Ginseng Extract keeps you feeling young and healthy.

AriZona Diet Green Tea with Ginseng Extract also contains the amino acid Theanine. This substance in AriZona Diet Green Tea with Ginseng Extract functions as a mood-enhancer and stress-reliever, thereby adding to the role of AriZona Diet Green Tea with Ginseng Extract as a promoter of good health and well-being.

Aside from green tea, AriZona Diet Green Tea with Ginseng Extract also contains another ingredient that is equally potent in promoting health. Ginseng in AriZona Diet Green Tea with Ginseng Extract can enhance the immune system, lower down blood sugar levels, reduce the risk of certain cancers, and improve adrenal function, physical performance, and mental alertness. All these make ginseng the perfect companion for green tea in AriZona Diet Green Tea with Ginseng Extract.

Other ingredients in AriZona Diet Green Tea with Ginseng Extract are Chromium for fat and sugar metabolism, citric acid, and all-natural flavors.

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Dual Action Green Tea Diet

If you want to jump-start your fat-burning ability, then Dual Action Green Tea Diet is the product for you!

Dual Action Green Tea Diet is a natural blend of powerful nutrients that when used with a diet plan, has a significant dual effect on your weight loss program. Dual Action Green Tea Diet lets you work off your fats even when you're not at the gym!

Dual Action Green Tea Diet is a fast-acting dietary supplement, perfect when you're on-the-go and cannot find enough time to go to the gym. Dual Action Green Tea Diet contains a high amount of polyphenols that when active, causes thermogenesis to occur. Thermogenesis is the process where fats stored in the body are converted into heat energy for muscle use.

Dual Action Green Tea Diet is 100% pure green tea extract. Used throughout China over four thousand years ago, green tea in Dual Action Green Tea Diet has been known to possess great health and medicinal benefits. The green tea extract found in Dual Action Green Tea Diet has been used as herbal treatment for ailments like headaches and indigestions.

Dual Action Green Tea Diet provides you with a supercharge low-carb diet. Dual Action Green Tea Diet comes in a liquid gel form for easier absorption of nutrients. With Dual Action Green Tea Diet, you can absorb the beneficial nutrients up to 200% better than those found in dry tablets or capsules.

Dual Action Green Tea Diet helps you gain better control of your appetite. Because green tea in Dual Action Green Tea Diet contains antioxidants that act as natural appetite-suppressants, Dual Action Green Tea Diet provides you with the best way to overcome hunger pangs. Dual Action Green Tea Diet helps suppress your appetite, making you consume only the right amount of calories.

Aside from effectively suppressing your appetite, Dual Action Green Tea Diet helps increase your fat-burning ability. The high antioxidant content of Dual Action Green Tea Diet makes it an excellent thermogenic substance. Dual Action Green Tea Diet helps you reduce the presence of fats in your body by increasing your metabolism. Dual Action Green Tea Diet makes you burn fat the fastest and safest way possible!

Because Dual Action Green Tea Diet contains less caffeine compared to other diet drinks, there is less risk for you to experience bad side-effects such as heart palpitations, increased heart rates, and high blood pressure. With Dual Action Green Tea Diet, you get the best out of a healthy diet.

Dual Action Green Tea Diet contains Chromium Picolinate which is essential for converting sugar into energy. This action of Dual Action Green Tea Diet helps you create lean muscles in your abs, pecs, and biceps. The Chromium Picolinate present in Dual Action Green Tea Diet also helps you build mass into your muscles. Greater muscle mass as a result of Dual Action Green Tea Diet lets you burn fat even when you're sleeping.

Another powerful ingredient of Dual Action Green Tea Diet is Xenedrol which is actually a natural blend of nutrients. These nutrients found only in Dual Action Green Tea Diet were developed by doctors in order to help you lose fat while at the same time, curb your appetite.

Dual Action Green Tea Diet also includes the potent Advantra Z, a metabolizer. Unlike ephedra,

Advantra Z in Dual Action Green Tea Diet helps you metabolize fats quickly without causing any shakes or jitters.

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Green Tea Diet Plan

Eating and dieting these days do not usually involve your favorite beverages like green tea and coffee. But this is not always necessarily the case. With some bit of planning and a lot of discipline, your diet plan and weight regime can include your morning cups of coffee or green tea.

South Beach Diet Plan

An idea formulated by Dr. Agatston, the South Beach Diet plan is not low-carb, nor low-fat. According to its originator, the South Beach Diet plan “teaches you to rely on the right carbs and the right fats.”

This diet plan is comprised of three phases – Banishing your Cravings, Reintroducing Carbs, and A Diet for Life. Using artificial sweetener and low-fat milk in your coffee or green tea during all three phases is one way to go on losing weight without having to give up your brewed cup. Going decaf with your coffee might also be a good idea since the objective of this diet is maintaining even insulin levels. If you’re a green tea drinker, then there is less worries for you. Green tea contains only very few amounts of caffeine.

The Zone Diet Plan

The Zone Diet plan was developed by Barry Sears, a former biotechnology researcher at the Massachusetts Institute of Technology. This diet plan is based on the maintenance and consistency of insulin levels. Because this diet plan also concerns itself with insulin control, the issues that arise are handled similarly as that with the South Beach Diet plan. Taking decaffeinated coffee and green tea is all right as long as these beverages don’t spike up your insulin. The eating program of the Zone Diet plan requires you to use artificial sweetener and low-fat milk in your coffee or green tea.

Atkins Diet Plan

Another low-carb diet plan variety, the Atkins Diet plan works best with caffeine-free coffee and green tea. For best results, artificial sweeteners in your green tea and coffee are advised to keep your carbs down.

Blood Type Diet Plan

The Blood Type Diet plan is a weight loss regimen where the foods you eat are based on your blood type. The eating program of the Blood Type Diet plan is more restricted compared to the South Beach Diet plan, the Zone Diet plan, and the Atkins Diet plan. For instance, for people with blood types A and AB, coffee is highly advised. But for those with blood types O, adding coffee to the Blood Type Diet plan should be avoided. Green teas on the other hand are acceptable for any blood types.

However, adding natural sweeteners like sugar, honey, stevia, or maple syrup in green tea should be avoided in this diet plan.

Sugar Busters Diet Plan

The name of the diet plan says it all. Subscribers to this diet plan are highly cautioned against sugars. Coffee and green teas are perfectly fine but only use artificial sweeteners.

Paleolithic Diet Plan

Also called the Stone Age Diet plan, this diet plan is based on the consumption of simple, unprocessed foods that our Neanderthal ancestors would have eaten. This diet plan is perfect for green tea drinkers. Green tea is simple and 100% natural steamed dried leaves from the Camellia sinensis plant. If you're a coffee drinker, you might be in for a tougher choice since you might have to give up coffee all together with this diet plan. Sugars in green teas are still a big no-no, especially the refined kind.

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Green Tea Diet Review

Due to the popularity of recent findings, green tea has almost become synonymous with weight loss and diet. The addition of green tea diet into diet pills and weight loss supplements is perhaps spurred by reports of harmful side-effects of other drugs like ephedra.

Why choose green tea diet?

For four thousand years, green tea diet has been used all throughout Asia as a beneficial health and medicinal drink. Green tea diet is different from all other tea diets because its liquid is extracted by steaming the leaves of the Camellia sinensis plant as opposed to full oxidation. In this way, green tea diet manages to preserve a lot more antioxidants and keep them intact for the body to use.

Green tea diet is an excellent source of polycatechin polyphenols, a group of antioxidants that act on free radicals. These free radicals have harmful effects on the body since they are the major causes of diseases and aging. With green tea diet's polycatechin polyphenols, a person has a better chance of avoiding ailments and keeping himself healthy for a much longer period of time.

Another antioxidant in green tea diet is also being studied as a potential cure for cancer. Epigallocatechin gallate or EGCG found in green tea diet has been discovered to destroy cancer cells while keeping surrounding healthy cells unharmed.

The EGCG in green tea diet also acts with another compound, caffeine (a small amount of this is found in green tea). The interaction of these two compounds causes green tea diet to promote thermogenesis in the body.

It has been noted by a study published in the American Journal of Clinical Nutrition that with the

consumption of green tea diet, the body's total 24-hour energy expenditure is increased by up to four percent. This is roughly equivalent to losing more than 10 pounds of weight a month.

Green tea diet helps increase the body's metabolic rates. With its thermogenic properties, it is only natural that green tea diet can also promote faster metabolism of fats and sugars. Excess glucose found in the body is turned into fats by the hormone insulin. Because green tea diet has an inhibiting effect on insulin, green tea diet therefore helps keep sugar from being stored as fats and instead, send them directly into the muscles for immediate use.

The downside to a green tea diet

Although green tea diet has a reputation for boosting health, scientific proofs of its health benefits are still somewhat mixed. However, in an article published in the Archives of Internal Medicine, American researchers collaborated with their Chinese counterparts to discuss the beneficial effects of green tea diet on cholesterol levels.

Using 240 men and women (average age 55) who possess mild to moderately high LDL cholesterol levels, the researchers instructed them to retain their usual low-fat diet, green tea diet intake, and activity levels. After twelve weeks, it was found that those who consumed green tea diet extract with their regular meals lost more than fifteen percent of their total LDL cholesterol levels.

Although the researchers never explained how green tea diet may influence cholesterol levels, previous studies have shown that certain compounds in green tea diet play a role in reducing the amount of cholesterol absorbed by the body, increasing amount of cholesterol excreted, and thus keeping cholesterol from being stored in the liver.

Subsequent studies were made to test the findings of the first group of researchers. Their results were contradictory. They found that green tea diet has no significant effect on the cholesterol profiles of their subjects.

There is no such thing as a miracle diet. Green tea diet, like all other diets, needs a lot of work and input from those who enroll in it. Green tea diet required both discipline and heart for it to make any significant impact on your weight loss goals.

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Green Tea Diet Supplement

Green tea diet supplements are all the latest rage in the weight loss industry today. With its countless health and weight loss benefits, green tea diet supplements are fast replacing ephedra as the leading weight loss product in the market.

So what makes green tea diet supplement different?

For one, green tea diet supplement provides its user with an organic alternative to losing weight. Taken from the *Camellia sinensis* plant, green tea diet supplement contains ingredients that are

beneficial to the body.

Several studies have been made on the effects of green tea diet supplements. It has been shown that the green tea extract found in green tea diet supplements contains a high amount of polyphenols. These substances in green tea diet supplements are natural bioflavonoids that act on the harmful free radicals that are the major causes of aging and diseases. By destroying the free radicals, the polyphenols in green tea diet supplements thus helps protect you from aging and diseases.

Green tea diet supplements are also great appetite-suppressants. In fact, this attribute of green tea diet supplements is one of the main reasons why it was made into a diet supplement in the first place. Green tea diet supplements affect how the appetite hormone noradrenaline acts. By suppressing noradrenaline, green tea diet supplements help reduce the occurrence of hunger pangs and make sure that you do not take in more food than you actually need.

Green tea diet supplements are also known for their major fat-burning attributes. Green tea diet supplements contain a significant amount of caffeine that accounts for its reputation as a great metabolic rate enhancer. Studies have show time and time again that caffeine in green tea diet supplements can cause a four percent increase in the body's total energy expenditure. But unlike other diet products, green tea diet supplements increase metabolic rates without necessarily affecting the person's heart rate. This is due to the fact that green tea diet supplements contain less caffeine than the average caffeinated drink or caffeinated diet products like ephedra. This makes green tea diet supplement a safer, healthier choice.

Aside from burning calories and increasing metabolism, green tea diet supplements are also highly valued for their ability to lower down cholesterol levels in a person. The antioxidants found in green tea diet supplements targets the bad cholesterol found in the body and in the process help maintain the ration between LDL cholesterol and HDL cholesterol.

Green tea diet supplements contain substances that have great thermogenic effects on the body. Thermogenesis is the process by which the body converts fat and calories into heat energy. The process is usually occurs when polyphenols interact with other substances, causing heat to be released. With the high amount of polyphenols in green tea diet supplements, it is not avoidable that thermogenesis occurs.

A study on the thermogenic effects of green tea diet supplements was recently concluded at the University of Geneva. The scientists found that of the ten healthy young men that served as their experimental subjects, only those who were given green tea diet supplements showed an impressive four percent increase in their total 24-hour energy expenditure. From their findings, the researchers surmised that green tea diet supplements can promote weight loss.

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Mega-T Green Tea Diet

They say that an apple a day keeps the doctor away. Well, we say a Mega-T Green Tea Diet caplet a day keeps the doctor away...indefinitely!

Mega-T Green Tea Diet is the newest weight loss product to hit the market. A unique blend of green tea and other ingredients, Mega-T Green Tea Diet is the one product that can promote mega weight loss.

Mega-T Green Tea Diet includes a high amount of green tea extract that helps suppress your appetite and at the same time, increase your metabolic rates. Green tea in Mega-T Green Tea Diet contains substances that affect how the hormone noradrenaline acts.

The key to controlling the appetite is by controlling the release of this hormone first. And with Mega-T Green Tea Diet, that shouldn't be a hard task. Mega-T Green Tea Diet is a natural when it comes to suppressing the appetite.

Aside from being an appetite-suppressant, the green tea in Mega-T Green Tea Diet also helps promote thermogenesis in the body. Thermogenesis is the process wherein calories are converted into heat energy for the body to use. Mega-T Green Tea Diet contains polyphenols which are antioxidants that interact with each other to stimulate thermogenesis. In this regard, Mega-T Green Tea Diet helps increase your body's metabolic rates and helps you burn fats faster. More fats burned means more weight lost!

Green tea in Mega-T Green Tea Diet also has other benefits aside from weight loss. Studies have shown that green tea in Mega-T Green Tea Diet can cure cancer, arthritis, ulcers, and other diseases. The antioxidants in Mega-T Green Tea Diet also help reduce the cholesterol levels of the body, thereby maintaining the delicate balance between LDL and HDL cholesterols. In this regard, Mega-T Green Tea Diet also helps reduce the risk of strokes and heart attacks among its users.

Mega-T Green Tea Diet also contains chromium. Chromium in Mega-T Green Tea Diet helps prevent fat storage. This ingredient of Mega-T Green Tea Diet also increases your metabolic rates by increasing the rate at which fat is burned. Therefore, with Mega-T Green Tea Diet, you are in for some mega fat-burning!

Another ingredient of Mega-T Green Tea Diet is Garcinia Cambogia. This herb found in Mega-T Green Tea Diet can help you overcome food cravings and hunger pangs. Garcinia Cambogia in Mega-T Green Tea Diet, like green tea, acts as a natural appetite-suppressant. In this way, Mega-T Green Tea Diet gives you the perfect method to avoid going overboard with your eating program. Remember, the lesser calories you take, the lesser calories you store!

Mega-T Green Tea Diet contains a small amount of caffeine to provide you with enough energy to get you through the day. But if that isn't enough, especially if you're working out, Mega-T Green Tea Diet also contains Guarana and Siberian Ginseng. These two herbs in Mega-T Green Tea Diet are known energy-boosters. So if you want energy for your workout regimens, then Mega-T Green Tea Diet is right for you! Mega-T Green Tea Diet will provide you with all the energy that you need in order to achieve a healthier, slimmer you!

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Mega-T Green Tea Diet Pill

Tired of going to the gym everyday and not seeing any results? Want to go on to the fast-track with your diet but afraid of any harmful side-effects? Well, have we got the right product for you. Introducing the Mega-T Green Tea Diet Pill, it's your one way go to achieving a healthier, slimmer you.

Two Mega-T Green Tea Diet Pills is all you need. Take one Mega-T Green Tea Diet Pill every after mid-morning meals and another Mega-T Green Tea Diet Pill in mid-afternoons and you're all set to shedding those extra pounds.

And what's more? Mega-T Green Tea Diet Pills are absolutely safe to use! Unlike ephedra, Mega-T Green Tea Diet Pills contain only a small amount of caffeine which is a known substance that causes heart palpitations and irregular heart beats. Because there is less caffeine in Mega-T Green Tea Diet Pill, there is less risk for you to develop any cardiovascular complications.

The high amount of green tea extract in Mega-T Green Tea Diet Pill curbs your appetite and increases your metabolism at the same time. Studies have indicated that the antioxidants present in Mega-T Green Tea Diet Pill can effectively suppress the release of noradrenaline, the appetite-stimulating hormone of the body. Without noradrenaline, you can rest assured that you will no longer have to suffer the torture of craving foods that are against your diet regimen.

The antioxidants found in Mega-T Green Tea Diet Pill also have great thermogenic properties. Thermogenesis is the process wherein the body uses its fats to produce heat energy for the muscles. When working out, fat-burning occurs simultaneously with thermogenesis. Because Mega-T Green Tea Diet Pill causes thermogenesis, you can lose all the fats that you want without having to exert too much effort.

Since the ancient times, green tea in Mega-T Green Tea Diet Pill has been used as an herbal drink and a health supplement. Studies have shown that green tea in Mega-T Green Tea Diet Pill can boost the immune system and cure various ailments like headaches, depression, indigestion, and even cancer. With Mega-T Green Tea Diet Pill, you lose weight the fastest, healthiest way possible.

Other ingredients included in Mega-T Green Tea Diet Pill are Bladderwack, Fo Ti, and Gotu Kola. These three ingredients of Mega-T Green Tea Diet Pill are important diuretic substances. Excess water in the body contributes to flabby waists and bloated stomachs. By helping you reduce water in your body, Mega-T Green Tea Diet Pill lets you keep your weight down and make you feel all the better for it!

Mega-T Green Tea Diet Pill also contains Guarana, a known energy-booster. Guarana in Mega-T Green Tea Diet Pill will give you the energy you need to perform all your weight loss routines. And if that isn't enough, Mega-T Green Tea Diet Pill also includes Siberian Ginseng among its many ingredients. Aside from increasing your stamina, the Siberian Ginseng found in Mega-T Green Tea Diet Pill has many health benefits that equal those of traditional Chinese green tea. Mega-T Green Tea Diet Pill are said to promote mental alertness and physical performance because of its Ginseng content. More energy means more power to do exercises and gym workouts.

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Chinese Diet Green Tea

There are only a few herbs that can surpass the impressive history of Chinese diet green tea. Dating back more than 4,000 years, Chinese diet green tea has been long revered as a tasty drink that can ward off diseases and improve one's well-being.

Since its first recorded use during the time of Emperor Shen Nung, the link between Chinese diet green tea and good health has never been severed. Today, further studies are made to test the benefits of the remarkable health elixir that is Chinese diet green tea.

Traditional Health Benefits of Chinese Diet Green Tea

According to tradition, Chinese diet 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 Chinese diet green tea.

Chinese diet green tea is said to increase the blood flow throughout the body. Because Chinese diet 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.

Chinese diet green tea detoxifies the body. The presence of polyphenols, a naturally occurring antioxidant in Chinese diet green tea, the beverage is said to combat harmful free radicals and help keep the body free from diseases. In this regard, Chinese diet green tea helps maintain the overall well-being of the body. Antioxidants in Chinese diet green tea can boost immunity, preserve young-looking skin, and brighten the eyes.

Chinese diet green tea aids in digestion and banishes fatigue. Chinese diet green tea is also said to prolong the lifespan.

For many years, men of science remained skeptical about the health claims made by Chinese diet green tea enthusiasts. Their doubt was changed to a more positive reception when subsequent researchers proved the disease-preventing attributes of Chinese diet green tea and confirmed most of the health claims.

Chinese Diet Green Tea and the Heart

Study after study has shown that drinking Chinese diet green tea and eating polyphenol-rich foods reduces the risk of any heart complications. Drinking Chinese diet green tea also helps strengthen the blood vessels that provide oxygen and valuable nutrients to the heart and brain. It has been shown that men who drink Chinese diet green tea have 75 percent less possibility of having a stroke than those who don't drink Chinese diet green tea.

Chinese diet green tea helps lower total cholesterol levels and improve the ratio between LDL cholesterol and HDL cholesterol. Study shows that men who drink nine or more cups of Chinese diet green tea daily have lower cholesterol levels than those who drink fewer than two cups.

Chinese Diet Green Tea and Longevity

The role of Chinese diet green tea in promoting longevity has been investigated upon by many researchers. They found the premise of their study on observing that Japanese women who are greater-than-average Chinese diet green tea drinkers; have lower mortality rates compared to others. This led the researchers to believe that Chinese diet green tea has “a protective factor against premature death.”

The polyphenols found in Chinese diet green tea may be held accountable. With its high amount of polyphenols, Chinese diet green tea seems to have a stimulating effect on the immune system. Stronger immune system as a result of drinking Chinese diet green tea helps reduce risks of acquiring any illnesses.

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Nature’s Bounty Super Green Tea Diet

Legend states that the person who first discovered the countless benefits of green tea was the Chinese Emperor Shen Nung. It is said that the emperor was trying to boil some water when leaves from a nearby plant fell into his cauldron. The result was a highly aromatic and beneficial herbal drink that became known as green tea.

For 4,000 years, green tea was a staple drink among Asians. When the beverage finally made its grand crossover in the Western shores, it was found that green tea holds even more benefits for its drinkers.

Nature’s Bounty, America’s largest manufacturer of quality vitamins, minerals, food supplements, health and beauty aids, was among those who took advantage of the recently discovered weight loss benefits of green tea. They called their product Super Green Tea Diet, a fitting title for a truly super health drink.

Super Green Tea Diet is diet and workout all in one capsule. Super Green Tea Diet helps burn calories by promoting sugar and fat metabolism. Studies show that the catechin polyphenols found in super green tea diet supplements react with other antioxidants to promote thermogenesis, which is responsible for burning body-fat and increasing metabolism.

Similarly, the antioxidants found in super green tea diet supplements inhibit the production of insulin, the hormone that stores calories into fats. With the action of super green tea diet supplements to suppress insulin, fats are readily made available, turning them into pure energy for the muscles.

Super Green Tea Diet is ephedra-free. This harmful substance contained in most dietary supplements has been known to be the cause of two deaths reported to the FDA. With Super Green Tea Diet, you lose weight and at the same time, keep yourself safe from the harmful effects of ephedra.

Super Green Tea Diet also contains green tea extract and Chromium which is a major contributor in increasing fat and sugar metabolism. This action of Super Green Tea Diet leads to faster fat-burning and faster weight loss.

Super Green Tea Diet gives you the “extra push” you need to get your weight loss goals into action.

Super Green Tea Diet combines all-natural ingredients to help you achieve the body you've always wanted. Uva Ursi in Super Green Tea Diet has diuretic properties that help you maintain fluid balance in your body. Vitamin B-6, Ginger, and Guarana make Super Green Tea Diet a great source of energy, perfect for those enrolled in workout regimens. Super Green Tea Diet also contains Ginger Zingiber officinale (root) and Bladderwack Extract Fucus vesiculosus (herb).

Super Green Tea Diet is a diet pill that really works. According to some online product reviews, you could lose up to ten pounds in a month when you use Super Green Tea Diet. Taking one Super Green Tea Diet pill after two meals with a full glass of water should do the trick for you. So drink Super Green Tea Diet and start shedding fats.

Super Green Tea Diet works ideally with a workout or diet plan. This is a provision afforded to you for free because the Super Green Tea Diet includes a specially formulated diet plan enclosed in the box.

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Green Tea Diet Aid

Green tea diet aid has been used in China as an herbal and medicinal beverage for more than four thousand years. The Chinese were so convinced with green tea's healing powers and diet aids that they used green tea as treatment for everything from headaches to depressions and even as a diet aid.

Over the last few years, several researches have been conducted to identify what compound is present in green tea that makes it such a potent health drink and diet aid. The scientists have discovered that green tea diet aid has a high amount of antioxidants. These antioxidants present in green tea are responsible for many of green tea's health benefits and diet aids.

A research published in the American Journal of Clinical Nutrition highlighted the diet aids of green tea. According to the American and Swiss scientists who conducted the study at the University of Geneva, green tea diet aid is due to the presence of certain compounds that help in promoting thermogenesis in the body.

Lead scientist, Dr. Abdul Dulloo said in a press release that there are only two ways to weight loss and diet aid. Diet aid can be achieved either by reducing energy intake or increasing energy expenditure. Green tea, it seems, has compounds that can increase the body's normal metabolic rates and at the same time suppress the appetite. This makes green tea the perfect diet aid to use.

At the University of Geneva where the study was conducted, Dr. Dulloo and his assistants used ten healthy young men as experimental subjects. They supposed that the main substance that makes green tea a possible potent diet aid is caffeine. To their hypothesis on green tea diet aid, they provided their participants on a typical "Western" diet, which is about forty percent fat, thirteen percent protein, and forty-seven percent carbohydrates.

Everyday, the researchers measured their subjects' energy expenditure (the measurement used in determining the amount of calories burned within 24 hours) three times. They also kept tabs of the respiration quotient of their subjects to find out how well their carbohydrates, proteins, and fats are

utilized.

When the data they collected were interpreted, they discovered that the men receiving regular dosages of green tea diet aid showed a significant four percent increase in their 24-hour energy expenditure. They also found that green tea diet aid can reduce the respiration quotient. This means that green tea diet aid can cause more fats to burn. On the other hand, those men who were not given green tea diet aid showed only minimal increases in their metabolic rates and almost no reduction in their respiration quotient.

Based on their findings, the scientists construed that the substance catechin polyphenol that occurs in high percentage in green tea makes it a very potent diet aid. These substances in green tea alters how the body utilizes the hormone norepinephrine, which is responsible for increasing metabolism and thus leading to diet aid.

In their conclusion, the scientists deduced that green tea owes its diet aid benefits to its high antioxidant content and the substance, catechin polyphenol. These substances in green tea help increase the speed of fat and calorie burning and optimize diet aid.

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Information on Green Tea Diet

For centuries now, the benefits of green tea diets have been the subject of countless writings and scientific investigations.

More than four thousand years ago, green tea diet has become a staple beverage for most Asians because of its countless health and medicinal benefits. It is said that the Chinese Emperor Shen Nung was the first one to have discovered green tea diet. Emperor Shen Nung was reported to have been boiling water when some leaves of a nearby plant fell into his pot. The leaves actually came from *Camellia sinensis*, the herb from which green tea diet is extracted.

Having a green tea diet is associated with several health benefits. One of the benefits of having a green tea diet is providing a potential cure for cancer. According to some studies, certain substances in green tea diet can destroy cancer cells without harming any neighboring healthy tissues. This substance in green tea diets is called epigallocatechin gallate (EGCG).

The results of the study on the cancer benefit of green tea diets were astounding and it led to further more researches that investigate other aspects of green tea diet. In a study conducted by American and Swiss scientists in the University of Geneva, it has been found that the EGCG found in green tea diets can increase the 24-hour energy expenditure of the body. They concluded that this is due to the ability of antioxidants present in green tea diet to stimulate thermogenesis, otherwise known as fat metabolism. According to their findings, people who were on a green tea diet exhibited a significant four percent increase in their normal metabolic rates. This led the scientists to conclude that green tea diet has a major contributing factor in weight loss.

Another study conducted in China was designed to investigate further on green tea diet's weight loss

benefit. They decided that since green tea diet can significantly increase fat metabolism, then green tea diet probably would help lowering down cholesterol levels as well. Their hypothesis was proven when they introduced green tea diet on 240 people with mild to extremely high cholesterol levels. After only twelve weeks, they observed that those on a green tea diet dropped sixteen percent in their cholesterol levels.

Based on the above study, it can also be hypothesized that green tea diet can cure obesity. Green tea diet's catechin polyphenols can delay the reaction of gastric and pancreatic lipases in the body. These enzymes are the ones responsible for storing calories into fats in the body. By delaying these enzymes, green tea diets can therefore lessen fat concentration and prevent obesity in people.

A truly remarkable beverage, green tea diet is used to improve the body's health in many ways. Further studies were made on the benefits of green tea diets. The latest ones were able to prove that green tea diet can effectively protect the skin from damage due to ultraviolet light radiation. Green tea diet is also widely recognized as a substance that can protect against many different cancers such as stomach cancer, ovarian cancer, cancer of the colon, oral cancer, prostate cancer, and breast and cervical cancers.

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Mega-T Green Tea Diet

What's the trick to a healthy, slender body? Think Mega-T Green Tea Diet.

Mega-T Green Tea Diet is made from 100% pure green tea extract. The green tea in Mega-T Green Tea Diet is rich with natural antioxidants that help increase your metabolic rates. These antioxidants found in Mega-T Green Tea Diet increase metabolism by promoting thermogenesis, the process by which the body converts fat into heat energy. So with Mega-T Green Tea Diet, you're in for some major fat-burning!

Mega-T Green Tea Diet is also a great appetite-suppressant. Mega-T Green Tea Diet contains substances that affect the appetite hormone called noradrenaline. This hormone is responsible for triggering the body to feel hunger or food cravings. By suppressing the release of this hormone, Mega-T Green Tea Diet helps you control your appetite. Mega-T Green Tea Diet also aids you in overcoming your hunger pangs!

And to further seal the metabolic increase in your body, Mega-T Green Tea Diet also contains the substance Chromium. This substance in Mega-T Green Tea Diet is also a potent catalyst for speeding up your metabolism. Trust Mega-T Green Tea Diet to help you lose fats in a snap!

Garcinia Cambogia is another awesome ingredient you can find in Mega-T Green Tea Diet. Because of the presence of this herbal extract, Mega-T Green Tea Diet increases your ability to control your appetite. There's less tendency for you to experience hunger pangs when you take Mega-T Green Tea Diet. Because Mega-T Green Tea Diet has the ability to "tell" your stomach that it's full already, you no longer need to worry about overindulgence. Overeating and binging will be a thing of the past

with Mega-T Green Tea Diet!

Think about it! With Mega-T Green Tea Diet, there's even no need for you to go to the gym anymore! You can start shedding your fats by only taking two Mega-T Green Tea Diet capsules a day!

But if you're the type who really likes to workout, then don't think that Mega-T Green Tea Diet will stop you from doing that. Mega-T Green Tea Diet can optimize your workout results! Because Mega-T Green Tea Diet contains substances that are known energy-boosters, you won't feel tired when you start your workout regimens!

Mega-T Green Tea Diet contains Guarana extract, an herb used by African natives to increase their vigor and energy levels during battle. Guarana in Mega-T Green Tea Diet will provide you with the energy that you need to perform your weight loss routines.

And if that isn't enough, Mega-T Green Tea Diet also contains Siberian Ginseng. This root plant in Mega-T Green Tea Diet has benefits that equal even that of the acclaimed green tea (also found in Mega-T Green Tea Diet). Because of the high amount of Siberian Ginseng, Mega-T Green Tea Diet can give you the power you need to get your through your day with no problems at all. Mega-T Green Tea Diet will improve your strength and stamina! So keep up your energy and keep that healthy, slim body you were born to have with Mega-T Green Tea Diet!

Mega-T Green Tea Diet contains 300 mg caplets that are to be taken every after mid-morning and mid-afternoon meal with a full glass of water. You can achieve maximum results when using Mega-T Green Tea Diet in combination with the Special Diet Plan enclosed in the box.

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Schiff Green Tea Diet

Consider a daily workout instead of a weekly visit to the gym. Schiff Green Tea Diet provides you with the best way to workout everyday without the hassle of going to the gym!

Schiff Green Tea Diet is an all-natural diet product that helps promote thermogenesis and fat metabolism. Schiff Green Tea Diet contains no Ma Huang or Ephedra herb. Schiff Green Tea Diet is ephedrine-free so you won't experience any jittery or nervous feelings.

Schiff Green Tea Diet has a high amount of active ingredients that have a lot of antioxidant and thermogenic benefits in store for you. The beneficial antioxidants found in Schiff Green Tea Diet are called catechin polyphenols. These substances in Schiff Green Tea Diet interact with other compounds present in order to stimulate thermogenesis and encourage fat to burn.

The most powerful catechin polyphenol found in Schiff Green Tea Diet is called EGCG or epigallocatechin gallate. EGCG in Schiff Green Tea Diet has almost the same effect on your fats like ephedra but minus the dangerous side effects that commonly accompany ephedra-induced metabolism. With Schiff Green Tea Diet, you lose weight without giving up on your body's health!

The green tea found in Schiff Green Tea Diet comes from the plant *Camellia sinensis*, which is a native herb of China. This plant where Schiff Green Tea Diet is extracted from is believed to have been in use for more than four thousand years.

The substances present in Schiff Green Tea Diet has been widely recognized the world over as an effective dermal protection against Ultraviolet light radiation. Schiff Green Tea Diet antioxidants can also help prevent cancers including stomach, ovarian, colon, oral, prostate, breast, and cervical cancers.

Schiff Green Tea Diet can also help in reducing harmful intestinal flora while increasing beneficial intestinal flora. This ability of Schiff Green Tea Diet is the main reason why it has curative effects on cancers. This is also the reason why Schiff Green Tea Diet can reduce oxidative stress in smokers and non-smokers and acts as a powerfully anti-inflammatory substance.

A single dose of Schiff Green Tea Diet has been to known to show a dramatic improvement in antioxidant levels in the body. Schiff Green Tea Diet also helps preserve good cholesterol levels and lower down the bad cholesterol. In addition to that, Schiff Green Tea Diet has anti-bacterial properties that help prevent teeth cavities.

And if the benefits listed above are not enough, further researches were made through the years. Having green tea in a diet supplement sometimes is not enough to promote weight loss. This is why Schiff Green Tea Diet comes with standardized formulation to guarantee optimum results.

Schiff Green Tea Diet contains guaranteed levels of EGCG – 270 milligrams a day. The EGCG in Schiff Green Tea Diet is used in combination with specific amounts of caffeine – 150 milligrams a day. These two substances in Schiff Green Tea Diet make this diet product something to reckon with.

Included in each Schiff Green Tea Diet package is an easy-to-follow diet and workout plan. Schiff Green Tea Diet has also made their tablets in easy-to-swallow sizes containing 225 milligrams green tea extract, 90 milligrams EGCG, and 50 milligrams caffeine.

Losing weight has never been this easy. Use Schiff Green Tea Diet.

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Green Tea Report

How do you fit a miracle in a cup?

Dating back more than 4,000 years, Chinese diet green tea has been long revered as a tasty drink that can ward off diseases and improve one's well-being. Since its first recorded use during the time of Emperor Shen Nung, the link between Chinese diet green tea and good health has never been severed. It's been used as treatment for everything from headaches to depression. Today, various health benefits of green tea are constantly being reported and many scientists are now focusing their attention on the simple, yet elegantly profound beverage that is green tea.

Where It Comes From

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, preserving the natural antioxidants in its original form.

The antioxidants in green tea helps fight away free radicals. These free radicals are the major contributing factors to aging as well as the ensuing degeneration of cells as a result of it. Scientists have reason to believe that free radicals also play a role in various degenerative diseases such as arthritis, rheumatism, Alzheimer's disease, and even cancer.

A Drink Steeped With Tradition

According to tradition, Chinese diet 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 Chinese diet green tea.

Chinese diet green tea is said to increase the blood flow throughout the body. Because Chinese diet 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.

Chinese diet green tea detoxifies the body. The presence of polyphenols, a naturally occurring antioxidant in Chinese diet green tea, the beverage is said to combat harmful free radicals and help keep the body free from diseases. In this regard, Chinese diet green tea helps maintain the overall well-being of the body. Antioxidants in Chinese diet green tea can boost immunity, preserve young-looking skin, and brighten the eyes.

Chinese diet green tea aids in digestion and banishes fatigue. Chinese diet green tea is also said to prolong the lifespan.

For many years, men of science remained skeptical about the health claims made by Chinese diet green tea enthusiasts. Their doubt was changed to a more positive reception when subsequent researchers proved the disease-preventing attributes of Chinese diet green tea and confirmed most of the health claims.

The Secret to Longevity?

The role of Chinese diet green tea in promoting longevity has been investigated upon by many researchers. They found the premise of their study on observing that Japanese women who are greater-than-average Chinese diet green tea drinkers; have lower mortality rates compared to others. This led the researchers to believe that Chinese diet green tea has "a protective factor against premature death."

The polyphenols found in Chinese diet green tea may be held accountable. With its high amount of polyphenols, Chinese diet green tea seems to have a stimulating effect on the immune system. Stronger immune system as a result of drinking Chinese diet green tea helps reduce risks of acquiring any illnesses.

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HEALTH BENEFITS:

Fighting Cancer

There are many health benefits associated with having a green tea diet. One of these green tea diet benefits is preventing cancer. Certain substances present in green tea diets are said to help in destroying cancer cells without harming any neighboring tissues. This substance in green tea diets is called epigallocatechin gallate or EGCG.

In the 1994 edition of the Journal of National Cancer Institute, the results of an epidemiological study stated that one of the health benefits of drinking green tea is that it can reduce the risk of esophageal cancer in Chinese men and women by up to 60%.

The University of Purdue has also recently concluded a research on how a certain compound present in green tea can stop cancer cells from growing.

A Healthy Drink to a Healthy Heart

Study after study has shown that drinking Chinese diet green tea and eating polyphenol-rich foods reduces the risk of any heart complications. Drinking Chinese diet green tea also helps strengthen the blood vessels that provide oxygen and valuable nutrients to the heart and brain. It has been shown that men who drink Chinese diet green tea have 75 percent less possibility of having a stroke than those who don't drink Chinese diet green tea.

Chinese diet green tea helps lower total cholesterol levels and improve the ratio between LDL cholesterol and HDL cholesterol. Study shows that men who drink nine or more cups of Chinese diet green tea daily have lower cholesterol levels than those who drink fewer than two cups.

Lowering Down Cholesterol

Obesity has become one of the major health issues in our society today. In fact, more than half of the American population is overweight or obese. As a result, diet and weight loss plans have become increasingly popular. But not all diet plans work. And not all of them are necessarily risk-free. A safer alternative for people wanting to lose weight are green tea diets.

Green tea diets can be a potential cure to obesity. The catechin polyphenols present in green tea diets can delay the reaction of gastric and pancreatic lipases in the body. These enzymes are actually the ones responsible for converting calories in the body into fats. By delaying these enzymes, green tea diets can therefore stop fat from being stored and prevent obesity in people.

Green tea also has the ability to lower down cholesterol levels and improve the ratio between good (HDL) cholesterol and bad (LDL) cholesterol. The EGCG in green tea can stop blood from forming abnormal clots (thrombosis), a leading cause of heart attacks and strokes.

Other Health Benefits

Green tea has always been known to have several health benefits, but who knew that it could contribute to weight loss as well?

A recent study published in the American Journal of Clinical Nutrition show that green tea extract can increase metabolism and fat oxidation of the body. In theory, scientists believe that the weight loss benefits of green tea extracts are due to their caffeine content but the results of the study show otherwise as they discovered that green tea extracts have weight loss benefits beyond that of caffeine.

In their study, the researchers administered alone the same amount of caffeine as that in green tea extracts but found that it did not make any significant changes in the body's overall energy expenditure. This led them to conclude that green tea extracts have ingredients in them that actively interact with each other, promoting increased metabolism and fat oxidation that lead to weight loss.

Further findings indicated that a certain compound found in green tea extracts might be the ingredient that causes weight loss. These green tea extract compounds, called Flavonoids, may alter the way the body uses norepinephrine, a hormone that monitors how calories are burned. When flavonoids interact with other green tea extract ingredients, more calories are burned thus contributing to weight loss.

Another ingredient that actively contributes to the weight loss benefits of green tea extracts is the compound catechin polyphenols. These compounds also interact with other green tea extract ingredients in order to promote weight loss by fat burning and thermogenesis (a process of losing energy by daytime heat).

The great thing about the weight loss benefit of green tea extracts is that it does not have any adverse side-effects. Unlike other herbal products like ephedra and prescription drugs for obesity, green tea extract does not increase the speed of heart rates or raise blood pressure. Not only that, but it also appears that green tea diets may act as a mild appetite-suppressant because of the presence of caffeine. Caffeine may be harmful for the body since an excess of it can cause heart palpitations, hypertension, and insomnia. However, because green tea diets contain only very low levels of caffeine, there is no danger of experiencing these side-effects.

In this regard, green tea extract is an effective and safer alternative to other weight loss products which may cause harm to the user.

The study conducted by the University of Geneva on the weight loss benefit of green tea extract implicated that green tea extract can also help thyroid patients. According to dietitian Lynn Moss, M.S., R.D., green tea extract is a healthier choice for people with thyroid who may be too sensitive to stimulants. Green tea extract can promote weight loss by increasing metabolism without over stimulating the adrenal glands.

Green Tea and Weight Loss

Green tea is a great alternative for people who are on weight loss programs because it can help them lead a healthier lifestyle. For instance, instead of drinking coffee and cream which are high in calories, green tea weight loss programs can not only save you from taking in too much calories but also let you take in several healthful substances like polyphenols and flavonoids. Green tea also contains a small amount of caffeine, a key substance used in most weight loss programs because of its appetite-

suppressant properties.

Other studies show that green tea in weight loss programs can help reduce fat by inhibiting the effects of insulin. Insulin is responsible for converting glucose into energy for the body to be stored into fat. By delaying insulin, green tea weight loss programs enable sugar to be sent directly to the muscles for instant use, thus preventing fats from forming.

Green tea in weight loss programs can also promote thermogenesis, the process by which the body burns fat and releases calories. This process is brought on by the interaction of the caffeine content and catechin polyphenols present in green tea. This is why weight loss programs based on green tea is an effective way to stimulate metabolic rates.

No supplement or weight loss program is known to work miracles. However, studies do indicate that green tea have many benefits in store for those enrolled in weight loss programs.

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