

The Wonders of Green Tea

Green tea has increasingly become a very popular drink worldwide because of its immensely powerful health benefits.

It is extraordinarily amazing what green tea can do for your health.

And if you're not drinking 3 to 4 cups of green tea today, you're definitely NOT doing your health a big favour.

Here Are The 25 Reasons Why You Should Start Drinking Green Tea Right Now:

1. Green Tea and Cancer

Green tea helps reduce the risk of cancer.

The antioxidant in green tea is 100 times more effective than vitamin C and 25 times better than vitamin E.

This helps your body at protecting cells from damage believed to be linked to cancer.

2. Green Tea and Heart Disease

Green tea helps prevent heart disease and stroke by lowering the level of cholesterol.

Even after the heart attack, it prevents cell deaths and speeds up the recovery of heart cells.

3. Green Tea and Anti-Aging

Green tea contains antioxidant known as polyphenols which fight against free radicals.

What this means it helps you fight against aging and promotes longevity.

4. Green Tea and Weight Loss

Green tea helps with your body weight loss. Green tea burns fat and boosts your metabolism rate naturally.

It can help you burn up to 70 calories in just one day.

That translates to 7 pounds in one year.

5. Green Tea and Skin

Antioxidant in green tea protects the skin from the harmful effects of free radicals, which cause wrinkling and skin aging.

Green tea also helps fight against skin cancer.

6. Green Tea and Arthritis

Green tea can help prevent and reduce the risk of rheumatoid arthritis.

Green tea has benefit for your health as it protects the cartilage by blocking the enzyme that destroys cartilage.

7. Green Tea and Bones

The very key to this is high fluoride content found in green tea.

It helps keep your bones strong.

If you drink green tea every day, this will help you preserve your bone density.

8. Green Tea and Cholesterol

Green tea can help lower cholesterol level.

It also improves the ratio of good cholesterol to bad cholesterol, by reducing bad cholesterol level.

9. Green Tea and Obesity

Green tea prevents obesity by stopping the movement of glucose in fat cells.

If you are on a healthy diet, exercise regularly and drink green tea, it is unlikely you'll be obese.

10. Green Tea and Diabetes

Green tea improves lipid and glucose metabolisms, prevents sharp increases in blood sugar level, and balances your metabolism rate.