

Title:

Green Tea And Some Of Its Benefits

Word Count:

344

Summary:

Green tea has more healthy benefits. Three to five cups of green tea a day can do you a lot of

Keywords:

tea,green tea,benefits,medicinal benefits,polyphenols,Antioxidants,lower blood pressure,reduce

Article Body:

Three to five cups of green tea a day can do you a lot of good.

Tea, especially green tea has long been known for its medicinal benefits. It helps digestion,

According to whether it is fermented or not, tea can be divided into 3 types:

green tea "C not fermented

oolong tea "C partially fermented

black tea "C fermented

While people may prefer black tea or oolong tea, green tea has more healthy benefits. As it;`s

One final benefit of green tea drinking can help lose some weight. It;`s believed some of its

How much tea shall we drink? Generally, three to five cups a day is fairly enough for us to ge

Shall we have a cup of tea now?

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