

Title:

How To Maximize The Health Benefits Of Green Tea

Word Count:

487

Summary:

Whether you are trying to lose weight or improve your health in general, drinking several cups

Fat Fighting Benefits of Green tea

Drinking green tea can be a great addition to a well-rounded nutrition and exercise program. G

Keywords:

tea,green tea,health,drink

Article Body:

Whether you are trying to lose weight or improve your health in general, drinking several cups

Fat Fighting Benefits of Green tea

Drinking green tea can be a great addition to a well-rounded nutrition and exercise program. G

The other benefit dieters receive from drinking green tea is having a reduced appetite. We all

The Other Health benefits of Green Tea

Dieters aren't the only ones who should e drinking green tea though. There are many health ben

Green tea will reduce your total cholesterol levels, decreasing the bad cholesterol and increa

Because green tea is high in antioxidants it is a good tool to fight the flu. It will help bo

Green tea kills bacteria in the mouth that causes plaque. This is good news for people who fea

Green tea helps us to think more clearly. It also helps stave off memory loss, like that assoc

In addition, green tea aids people with medical conditions like cancer, arthritis, heart disea

Maximizing the Benefits of Green Tea

Use high quality green tea leaves. Once soaked, the tea should turn out a pale green color.

Experts suggest that drinking mildly hot green tea produces better benefits that making it int

Let the tea brew in the mildly hot water for several minutes to help bring out the flavanoids.

Experts suggest drinking between 3and 5 cups of green tea per day for better health.

Skip adding sugar to your green tea. If you feel like you need to adjust the taste, add some h

Just don't like the taste of green tea? Don't worry. You can still reap the many health benefi

However you manage to include green tea in your diet, including it on a regular basis will hel

This is a demo version of txt2pdf v.10.1
Developed by SANFACE Software <http://www.sanface.com/>
Available at <http://www.sanface.com/txt2pdf.html>