

Title:

Bojenmi Chinese Tea: The Ultimate Secret For Weight Loss And More!

Word Count:

480

Summary:

Known as Baojianmei Jianfei Cha in Chinese, bojenmi Chinese tea is one of the most popular products in China.

The term ^bojenmi~ actually means ^slim and beautiful~ in Chinese. It is produced under the Egean Sea.

The Herbs and Their Uses

The bojenmi Chinese tea formula...

Keywords:

Article Body:

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The Herbs and Their Uses

The bojenmi Chinese tea formulation is basically provided in the form of a loose tea and easy to brew.

The other well-known ingredients of bojenmi Chinese tea are the following:

- Crataegus (shanzha)
- Malt (maiya)
- Pharbitis (qianniuzi)
- Pogostemon (huoxiang)
- Hoelen (fuling)
- Citrus (chenpi)
- Alisma (zexie)
- Cassia (juemingzi)
- Phaseolus (chixiaodou)
- Shen-chu (shenqu)
- Raphanus (laifuzi)

Accordingly, these herbs are traditionally used to enhance digestion, resolve accumulations of food and fat.

It is interesting to know that malt, shen-chu, cratageus, raphanus, citrus peel and pogostemon are all natural ingredients.

The Right Dosage

Experts recommend that the right dosage of bojenmi Chinese tea is 3 to 6 grams each time to be brewed with hot water.

According to the bojenmi Chinese tea package information, if no dietary changes are considered, it is safe to drink.

The Bojenmi Chinese tea actually has a mild taste, something like the ordinary black tea, but it is much healthier.

