

GREEN TEA INSTEAD OF DIET DRINKS

DON'T DO THE DIET - DO THE GREEN TEA INSTEAD!

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Fat does not make you fat, but diet drinks sure do! A 26-year University of Texas study found that diet soda drinkers tend to be overweight. Even in normal weight people, the risk of being overweight or obese increased 65% with each diet drink consumed! Stick with beer, wine, coffee or tea. The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful antioxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue.

Drinking green tea is reputed to be helpful for:

- cancer · cardiovascular disease · high cholesterol levels · impaired immune function
- infection · rheumatoid arthritis · weight loss

BURNS FAT NATURALLY – INCREASES METABOLISM

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Green tea contains high concentrations of catechin polyphenols. Green tea catechins may help prevent obesity by inhibiting the movement of glucose in fat cells while EGCG is especially effective reducing body fat. These compounds work together to intensify levels of fat oxidation. Drinking green tea regularly will increase your metabolism and help burn fat safely and naturally.

LOWERS CHOLESTEROL

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Scientific research in both Asia and the West provides hard evidence for the health benefits long associated with drinking green tea. Research indicates drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol, while inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke, which are closely related to being overweight.

PROTECTS AGAINST HEART DISEASE

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Why do the French have a lower incidence of heart disease than Americans. The answer was found in red wine, which contains *resveratrol*, a polyphenol that limits the negative effects of smoking and a fatty diet. In a 1997 study, researchers from the University of Kansas determined that ***EGCG, found in green tea, is twice as powerful as resveratrol***, which explains why the rate of heart disease among Japanese men is quite low, even though approximately 75% are smokers.

We are committed to providing you with the best resources and information necessary to live a long and healthy life. Begin living a life free of degenerative disease, free of chronic pain, and free of prescription drugs. Outstanding mental function, emotional health, physical stamina and optimism can be yours. Perfect Health is just a phone call away. For more information and access to the best nutritional and anti-aging supplements in the world visit us [online](#).

