

3 Reasons to Take Green Tea for Weight Loss

1. Green tea can help you lose weight effectively. Green tea has substances called catechins in them, which helps fight cancer and heart diseases. These catechins have recently been shown to reduce body fat accumulation and cholesterol levels. There was this study once when two groups of men ate identical meals for 3 months. The first group who did not take green tea throughout the program lost 2.9lbs on average while the other group who consumed green tea lost 5.3lbs in weight, and waist size. The cholesterol levels in these men also decreased.

2. Green tea is completely safe to consume. As green tea comes from the *Camellia sinensis* plant (Black tea and oolong tea comes from this plant as well) there are no side effects. The only problem green tea might cause to our health will occur if green tea is taken over the daily recommended levels. Health experts recommend at least 3 cups of green tea per day to effectively lose weight. Taking over 6 cups a day can cause palpitations (when you can hear your heart beating or irregular heart beating) due to caffeine overdose.

3. Green tea is very affordable, and cost effective. A box of green tea (with over 20 tea bags) can cost less than 10 dollars. Compared to the positive benefits it can bring, this is very affordable. There are many weight loss supplements that contain green tea as an ingredient. These supplements cost less than \$30, and are more effective than green tea on its own, because they contain other herbal ingredients which work very well with green tea.

About the Author

Helping women find and maintain a healthy weight through education, consultation, fitness programs, diet, delicious healthy cuisine, structure.

Source: <http://www.productsherbal.com>