

## Benefits of the Wu Yi Tea Diet - A Review

Everyone knows that dieting is not easy; the pounds just keep coming back if you lapse on your regimen even for just a teeny bit, and you have to start over again to lose those unsightly pounds that you regained. Exercise is effective, of course, but given supremely hectic workdays, who has the time to go to the gym? Good thing I discovered the dieting wonders of the Wu Yi tea.

Oolong tea, which is the origin of the Wu Yi tea, has actually been around for hundreds of years already. We should have suspected what the Chinese are into; the tea came from them and coincidentally, they have very slim physiques. Aside from that, they also have one of the smoothest, clearest skins around, aside from their incredible life spans. Having this in mind (along with the images of some celebrities hawking the almost supernatural abilities of the Wu Yi tea to make you lose weight) I decided to give this ancient beverage a try.

It's effective, I must say. It didn't make the pounds disappear like, three days, but in a span of two months of me drinking the Wu Yi regularly (two times a day) I've managed to lose some of the unsightly fat rolling around my stomach. Of course, it helped that I lessened my total intake of sweets. But the thing is, I couldn't have lost all those fats without the help of the Wu Yi tea.

Another good thing about drinking Wu Yi tea is that it helped me relax after a very stressful day at the office. Now this is an instant effect, you don't have to wait several months to feel it. Try sipping on a hot cup of Wu Yi after a long day and you will see what I mean. I loved it so much that I now make a habit of drinking a hot cup of tea while reading at night. I swear, it makes me sleep better.

They say that drinking Wu Yi tea has many other benefits, like glowing skin and increased resistance against diseases. Of course, I have yet to see them, since I have to drink more to merit the long-term results, but already I can see that the pimples on my face has lessened considerably, or maybe it decreased because I'm sleeping better now because of the tea. Whatever.

Perhaps, the best thing about the whole tea-drinking experience is the fact that the tea itself is delicious. It is a diet drink, but it is a delicious diet drink. It is recommended that one should drink the tea without additives in order to maximize the antioxidant benefits of the Wu Yi, so I try to lessen the sugar that I put in my drink.

Other benefits that I've yet to see: stronger teeth and bones, better liver performance and less risk in heart diseases. In order to see that, I have to drink more of the Wu Yi, but I don't mind; it's a delicious way to lose weight and go healthy.

## About the Author

WuyiReview.com offers a wealth of information regarding the famous and effective [wu yi tea](#). To learn more about all things [Wu-Yi](#) visit our website today!

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