

The dietary benefits of Green Tea

Green tea seems to be the newest weapon to use with your weight control battles. Like other herbal teas you shouldn't need milk or sweeteners to help with the taste. It is just so simple to make, and if you replace your coffee with the green tea, you are replacing one bad with one really good beverage. Don't like green tea? Why not get the same benefits with green tea extract?

Reducing your weight by drinking green tea is a very safe and healthy way to trimming down. Forget about all those dangerous diet pills such as ephedra, which have the same thermogenesis properties, but have dangerous side effects. Many of the compounds in the plants have the thermogenesis properties that help you get more energy and burn fat.

You could be at risk of cardiovascular problems and even developing hypertension if you are not careful. Drinking green tea daily, which doesn't put a lot of pressure on your heart will help prevent this. Drinking green tea while slowly increasing your exercise levels will help to build a stronger heart. Cleansing your body at the same time will totally increase strengthening your heart ten fold. One main hint is to stay away from those dangerous diet pills and weightloss pills that contain ephedra.

There are only two ways to lose weight: one way is by eating less (consuming fewer calories) and the other is by increasing expenditure of energy (using up more calories). Green tea works by increasing output and this can be by around 4%. Most scientists believe that this is caused by the high quantity of catechin that is in the tea and its extract.

The powerful antioxidants contained in green tea have found to be very beneficial to your health. This includes improving the immune system, by strengthening it, it allows your body to protect itself against disease processes.

For people who are sensitive to caffeine green tea contains caffeine. It is also recommended that if one decides to take green tea it would be best to limit other forms of caffeine in their diet, such as other teas, coffee or caffeinated beverages such as pop. Do not choose caffeine free green tea as the chemical process that occurs to remove the caffeine destroys the benefits from the plant.

At the same time you will need to exercise control in what you eat. If you eat more to compensate for the calories that are burnt by the tea, you will not lose any weight. Keeping to the same caloric intake that you have now and taking green tea should result in gradual weight loss and better energy levels over a few weeks. You can of course increase the speed of this by reducing calorie consumption and/or increasing exercise.

By choosing green tea as a simple weight loss remedy, can easily and cheaply be added to any weight loss program. You can choose to drink it like tea or get extract or pill forms. There is something available for everyone. Green tea weight loss is safe, effective and can if used consistently assist with a permanent weight loss.

About the Author

Thomas writes tips and articles for people who want to [build muscles, lose weight](#) and become fit and healthy.

Source: <http://www.spinneykitchen.co.uk>