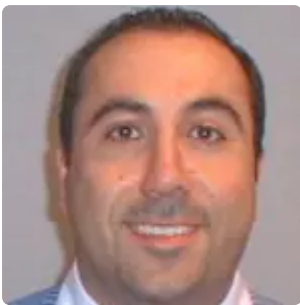


Green Tea Health Benefits

For many centuries people of China used green tea for treating various diseases. However with the advancement of time, today people of west use green tea, realizing its several benefits. Green Tea has long been esteemed in China for its involvement to good health. Fame of Green tea in the United States persists to develop, viewing that green tea is an innate foundation of antioxidants. These antioxidants aid defend the body from accelerating aging and augmented danger of ailments. Years of research reveal that green tea restrains the expansion of objectionable cell colonies, thus building it the healthiest tea obtainable. Let us take a look at the benefits of green tea: Green tea has many health benefits, and it can be used for avoidance of the diseases: Cancer, Rheumatoid Arthritis, High Cholesterol, Cardiovascular Disease, cataracts, Infection, and Impaired Immune Function. Green tea helps in weight loss course. The green tea leaves augments metabolism in the body therefore consumption green tea helps you burn more calories.



Green tea has the capability to fight bacteria and this can be counted as one of the chief benefits of green tea. This boosts your immune system thereby increasing the resistance power. It also helps kill bacteria that cause plaque and succeeding tooth decay. Green tea can help in fight food poisoning. In addition, green tea can help lessening blood sugar level and cholesterol level in your blood. Also green tea helps in getting rid of bad breath. Some element is present in green tea that stunts the growth of bad odor causing bacteria. Therefore a cup or two of green regularly can help in maintaining fresh breath. If you are a chain smoker and also you consume around six cups of green tea a day then the propensity of risk caused due to the toxins emitted by cigarette smoke is reduced to a great extent. Green Tea also contributes to maintain your beauty. With the help of green tea you can freshen up your face and apply around your tired eyes to get soothing feeling. If you have freckles or blemishes on your face you can apply the green tea to get rid of the spots. The green tea also has benefits for antiseptic purposes. It can be used to treat minor cuts, rashes and also can be treated to [MICHEL ALKHALIL](#) cure sunburn. Green Tea is organically grown and the customary drying method used with Green Tea prevents the tea from the harmful effects of fermentation. Products of green tea are available in different strength levels. Some supplements are comprised of low strengths of the active polyphenols, whereas others go as far as using un-standardized green tea leaf powder. It has been confirmed that green tea is stuffed with health benefits. It acts as a influential antioxidant, which has been identified to assist prevent cancer, pull through from the harmful cholesterol, and guard against harm caused by free radicals. It has been reported by National Cancer Institute that Green Tea has Cancer avoiding aptitudes and components for fighting against insert fresh life to the market. People who have depended on costly anti-oxidant products are finding that Green Tea is very cost-effective and organic. Tea is one of the foremost selling fresh drinks, only after water. However you manage to incorporate green tea in your diet, as well as it on a standard basis will help you receive utmost results. Put in green tea to a vigorous, balanced diet and exercise schedule for general fitness.