

Asian Green Tea and Weight Loss

Asian green tea has been around for thousands of year. It is believed that Asian green tea was discovered by a Asian emperor by accident. It comes from the same plant, Camellia Sinensis, as traditional black tea and oolong tea. For centuries, Asian medicine has used it to treat headaches, digestive problems, lack of energy, and immune enhancement. The Asian diet green tea is produced by steaming the fresh tea leaves at high temperatures, leaving a significant part of the nutritional enzyme content intact. Different from the black and oolong tea, the green tea is never fermented. Instead, its leaves bypass the fermenting process and steamed, baked or pan heated. The leaves are rolled and those tightly rolled leaves have long been considered as a sign of quality. Is Asian diet green tea effective for weight loss? These days, the Asian green tea is considered as beneficial for weight loss. Several indications were revealed that Asian green tea brings a number of benefits to those trying to lose weight. Green tea extracts are capable of reducing fat digestion by inhibiting digestive enzymes. Other studies have shown that green tea has thermogenic properties, which are perhaps brought on by the interaction between its caffeine content and catechin polyphenols. Thermogenesis is the process of the body burning fuel without making chemical energy. Experts believe that if combined with the other weight loss supplements or techniques, the Asian green tea could be an excellent addition to your diet. Does the Asian diet green tea got other benefits? There are also other benefits connected with the intake of Asian diet green tea. One of those is the belief that the polyphenols found in green tea have been shown to inhibit growth of cancer cells. The polyphenols appear to block the formation of cancer-causing compounds, and it is believed that the Asian diet green tea has the greatest benefit on cancers of the gastrointestinal tract. The Asian diet green tea polyphenols are also powerful anti-oxidants. They are even more powerful than vitamin C and vitamin E, and more powerful than that found in many fruits and vegetables. The green tea itself contains vitamin C. More researches have found out that the compounds in green tea stimulate immune system cells. In recent years, research has shown that green tea may reduce the risk of heart disease and stroke. It is even good for the teeth as it contain fluoride that helps fight tooth decay. Considering the fact that the Asian diet green tea has all these benefits, it is recommended that you take it up into your diet. You do not really need to want to lose weight since you can still benefit from the teas' other benefits. Look after yourself and treat yourself the foods and drinks that can positively help you keep healthy. Drinking Asian diet green tea is a nice habit to develop, especially if it is a good quality, pure organic green tea. It tastes good, may help protect your heart, reduce your chances of cancer and help to keep your weight down. Start drinking Asian diet green tea today!

About the Author

Medications to treat gout have decreased the need for severe dietary restrictions in people with gout. But some dietary modifications may help reduce.

Source: <http://productsherbal.com>