



Discovering Green Tea

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What is Organic Green Tea

The world is becoming increasingly aware of the harmful effects that come from chemical pesticides and fertilizers, allowing organic products like organic green tea to increase in popularity. Green tea is a widely produced form of tea that is consumed in China and Japan as well as across the rest of the globe. Green tea has been valued in China for its medicinal capabilities as well as its promotion of good health, and organic green tea is even more popular because it is completely natural and organic, and nothing is better or more natural than that.

What sets green tea apart from other types of tea is the fact that it undergoes a minimum amount of oxidation during its processing, preserving the high quality and the natural elements that are associated with the fresh green tea leaves. Green tea leaves are plucked and handmade during the early part of the spring. The bright green leaves which are still quite young are baked or steamed in order to preserve their freshness, and the resulting green tea is quite rich in nutrients and minerals.

Organic green tea is green tea that is free of chemical fertilizers and pesticides, but rather is grown completely naturally. Organic green tea can refresh your body because it offers a high Vitamin B content, which allows you to deal with stress, releasing energy more readily. Organic green tea will also help to restrain the growth of the bad bacteria responsible for causing disease.

Organic forms of green tea are rich in healthy caffeine and Vitamin C. Chinese green teas like this are prized for offering a sweet and herbaceous flavor. They offer a refreshing taste which sets them apart from other kinds of teas. Japanese green teas are also delicious and fragrant, offering an excellent color and wonderful flavor that compliments many meals and drink choices.

Organic green tea is also capable of helping to reduce the risks associated with cancer, especially because this form of tea offers so many excellent antioxidant properties. Antioxidants protect your cells from a natural process known as oxidation. Oxygen may be vital for life, but the process of oxidation produces free radicals which are capable of damaging your cells. Antioxidants are capable of eliminating these harmful free radicals and preventing more from being produced.

Green tea contains polyphenols, which are really powerful and beneficial antioxidants. These antioxidants favor the bacteria that are beneficial within your body, and they kill the bacteria that are harmful to your health.

Organic green tea is the right choice because organic forms of green tea are subject to securitization to make sure that the plants are grown without chemical pesticides or fertilizers or other harmful exposure. These plants, which are grown completely naturally, produce completely natural and healthy tea leaves; and this means that organic forms of tea leaves are the most ideal tea to consume.

Discovering Green Tea

Discover Green Tea Diet New Ideas

Going on a green tea diet can be one of the best decisions for your body. Perhaps you're the type of person who maintains quite an active lifestyle but don't take the time to diet and exercise as you should. In today's hurry up age, it is very possible to spend much of our days rushing to and fro, only taking time to grab a bite to eat on the run. We don't blame you for being on the go, but at some point you have to stop and take care of your health and body to make sure they both last you for the long run.

Such a lifestyle, while conducive to getting things done as quickly as they need to be, is harsh on your body and more specifically your metabolism. Taking the time to replace nutrients that are lost from eating fast food and poor nutritional content in your diet is very important. Green tea is an excellent choice to do just that.

Deciding to go on green tea diet doesn't have to be an ordeal but careful planning and consideration should be given to creating a diet plan that you can stick to and that will yield results you desire. There are many different diets on the market that use the words green tea in them to get your attention. Don't fall for imposters that claim to be green tea but actually only have a small percentage of green tea extract listed as a fourth or fifth ingredient on the list.

Because there are so many green tea diet gurus, web sites and merchandisers who have products on the market, you should expect to spend a little time researching which diet you feel is best for you. Be wary of diet plans that claim you will lose an outrageous amount of weight in practically no time because these claims are usually false and unfounded. Also watch for web sites that offer you a free bottle of their product for only the cost of shipping and handling as these are often auto ship programs that indicate in very small print that upon accepting their offer you are requesting to be put on an auto shipment program that will continue charging your credit card on a monthly basis.

When you find a green tea diet that you would like to go on, it is a good practice to check with your physician, particularly if you are taking any other medications that may react to the addition of green tea to your diet. Once you're cleared by your doctor, set realistic goals and milestones. Be sure to reward yourself for each milestone you reach.

Remember, no diet will yield results without a commitment to sticking with the diet. A green tea diet is no exception and should be used regularly as planned. That way, whether you are considering a green tea diet for cleansing or any other reason you will be giving your body the benefit of the many wonderful properties contained in the formula.

Amazing Health Benefits of Tea

Tea is fast becoming one of the most popular drinks in the world. Tea tastes excellent, and it is a very versatile drink, but it is also extremely healthy for you as well. Many people understand the health benefits of tea, including Chinese cultures, Japanese cultures, Europeans, Taiwanese and African cultures. Health conscious citizens in America are just now beginning to understand the health benefits of tea, and the fact that drinking tea or consuming tea in other forms can be one of the best things that you can do in order to benefit your body.

Green tea is quickly sweeping the nation, because the health benefits of tea are overwhelming. Green tea is widely known for providing a number of health benefits, including anti aging properties, the elimination of free radicals, weight loss benefits and many other advantages.

Many of the health benefits of tea come from EGCG, which is an extremely powerful natural antioxidant. Antioxidants work to rid your body of harmful free radicals, which can damage the cells in your body, reducing your lifespan and causing other illnesses like cancer. Free radicals are responsible for many of the effects of aging, and the aging process can therefore be slowed down by EGCG and tea. The EGCG in your tea can also help speed up your metabolism, giving you a better sense of well being and making it easier for you to lose weight and remain healthy over time.

Because of the health benefits of tea, there is no greater health drink that you can consume not only to keep you healthy but also prevent and cure some illnesses. Green tea comes from the same plant as other teas, like black and Oolong teas for example. Green tea is different however, because it does not undergo the fermentation process and therefore still contains the EGCG. The benefits of green tea include weight loss, fighting bacteria, fighting infection, preventing tooth decay, repairing your immune system, fighting free radicals and preventing cardiovascular disease.

Green tea, because it is not fermented like Oolong tea, black tea and other forms of tea, offers more health benefits that other forms of tea cannot offer. All forms of tea offer their own unique set of health benefits, so drinking any tea will be beneficial to your health and well being. Black tea, for example, contributes to reducing bad cholesterol and has been linked to healing blood cells. Black tea also contributes to good heart health. Oolong, which is only partially fermented, offers a mix of the benefits associated with green tea and those associated with black tea.

Black tea, Oolong tea and green tea all offer benefits, which make them an excellent addition to your diet. If you can incorporate tea into your diet on a daily basis, then you can benefit long term from the antioxidants that these forms of tea are rich in. The health benefits of tea are numerous, and make it well worth adding to your diet if you want to maintain good health for a long time.

Discovering Green Tea

What's New About Green Tea Health Benefits

Understanding green tea health benefits can help you to begin and maintain a healthier lifestyle. If you're the type of person who finds it challenging to maintain healthy eating and living, a great way to start is by making green tea a part of your daily diet. In today's hurry up age, it is very possible to spend much of our days rushing to and fro, only taking time to grab a bite to eat on the run. We don't blame you for being on the go, but at some point you have to stop and take care of your health and body to make sure they both last you for the long run.

There are many green tea health benefits that have been discovered by scientists and researchers over the years. While not all of the claims to health benefits have been verified, there are those which have. It has been reported that some of the major health benefits of drinking green tea include resistance or reduction of cancer, impaired immune function, infection, high cholesterol levels, cardiovascular disease and rheumatoid arthritis.

Deciding to incorporate green tea health benefits into your diet doesn't have to be an ordeal but careful planning and consideration should be given to selecting the type green tea product you want to use. There are many different forms of green tea on the market, many of which are not the genuine article. Don't fall for imposters that claim to be green tea but actually only have a small percentage of green tea extract listed as a fourth or fifth ingredient on the list.



Discovering Green Tea

Some green tea health products can be purchased over the Internet. This is a great way to not only research the various green tea products that are available, but it eliminates the need to travel to the store to buy them. As a rule, however, you should avoid trying products just because they offer a free sample. The something for nothing concept is usually an auto ship program that subtly invites you to pay regular charges for automatic refills of a product that may or may not work for you.

When you do find a green tea product that you're interested in taking, it is the best practice to check with your physician, particularly if you are taking any other medications that may react to the addition of green tea to your diet. Once you're cleared by your doctor, you're ready to begin experiencing some of the great green tea health benefits that are said to have helped make green tea the rage that currently is in many countries around the world.

Remember, not all green tea products are created equal. When the truth is told, there are many lookalike products and even some pseudo green tea items that make the claim but substantiate nothing. So whether you are searching for green tea health benefits for the short or long term, make sure you are selecting authentic green tea items.

Proven Green Tea Benefits Health and Weight Loss

Green tea is quickly becoming one of the most popular beverages across the world, because not only does it offer a delicious taste and versatility, but green tea benefits your health and well being as well. The Chinese have long been using green tea for the health benefits that it offers for thousands of years. Green tea is not a snake oil, but rather is backed by scientific research that is showing that the green tea benefits are real, legitimate and measurable.

Green tea contains catechin polyphenols like epigallocatechin gallate, which is why green tea benefits the body in so many ways. You may better know epigallocatechin gallate as EGCG, a very powerful antioxidant that can help to curb the growth of cancer cells within the body, also possibly killing off already existent cancer cells without attacking the body's healthy tissues and cells. EGCG is also capable of preventing blood clots, which will curb the occurrence of heart attacks and strokes.

Green tea has also been shown to relieve pain that is associated with rheumatoid arthritis in addition to fighting infections, repairing the immune system, and even preventing cardiovascular disease. Green tea benefits are not limited to just one or two facets of the human body, but rather it positively impacts your overall healthy and well being.

Another of the green tea benefits that are worth considering is that green tea has been linked to helping people lose weight, according to a study conducted by the American Journal of Clinical Nutrition and the University of Geneva. The conclusion of the study was that when men were given green tea as a staple in their diet, they lost more weight and burned more calories than those who did not incorporate green tea into their diet. Additionally, green tea has been linked to fighting tooth decay and promoting a healthy smile. Green tea is capable of destroying bacteria, killing off the bacteria that cause plaque and abscesses in your mouth.

The ECGC in green tea can also help to boost your metabolism, ridding your body of the free radicals that cause cancer and other harm to your body. Free radicals can damage your cells, leading to premature aging, the development of cancers and other damage to your body. The antioxidants found in green tea can contribute to feeling younger and healthier and can give you an overall improved sense of well being.



Green tea benefits the body in numerous ways and is inexpensive and tastes great. Green tea is often organically produced, meaning that it is completely natural and cannot harm your body. Green tea has a taste that is naturally sweet, but balances well by an almost pleasant bitterness. It has a complex taste with a lot of depth, allowing it to appeal to the general public. Because anyone can afford green tea, and because it can be made fresh so easily, it is easy to implement green tea into your daily life in order to get all of the green tea benefits that your body needs.

Discovering Green Tea

Incredible Benefits of Weight Loss Tea

For centuries now, Chinese medicine has included green tea as one of its most important supplements, as green tea benefits a myriad of different facets of health. Green tea is often regarded as weight loss tea because it has a great effect on the body in terms of weight loss for several different reasons. When it comes to losing weight and keeping it off, green tea is one of the most effective supplements that you can utilize for excellent results.

- Weight loss tea can increase your metabolism. Green tea is a natural source of caffeine, making it better than sugar-laden sources like soda pop. Caffeine can help to increase your heart rate, boosting your metabolism and how your body burns calories. The more calories your body needs, the more it will burn, allowing you to lose weight.

- Green tea is a natural fat burner. This increase in metabolism caused by green tea will also cause an increase in your fat burning capabilities. By drinking or otherwise consuming green tea every day, you can consistently increase your body's overall metabolism.

- Weight loss tea aids in glucose regulation. Green tea can naturally help your body regulate its glucose levels. When your glucose levels dip sharply, something that occurs commonly following a meal full of carbohydrates, your body will desperately feel the need for a boost of quick energy. These cravings can be a real problem when you are dieting for the purpose of weight loss. By consuming green tea, however, you can naturally balance your glucose levels which will allow you to avoid these cravings.

- Green tea can help to reduce your appetite. When you consume green tea on a regular basis, your appetite will tend to balance out much more easily. The less hungry you tend to feel from one meal to the next, the less food you will end up eating. This will allow you to lose significantly more weight than if you were feeling hungry all the time. In one study, rats that were injected with green tea consumed as much as 60 percent less food than rats that did not get any green tea.

- Weight loss tea can also aid in overall calorie reduction. Believe it or not, the amount of caffeine in green tea is very similar to what you will experience in your normal morning cup of joe. Unfortunately, most people don't drink their coffee black which means sugar and creamer calories to contend with. If you want to get the same morning burst of energy, substitute your coffee with a fresh cup of green tea instead and you will notice a difference on the scale.

Green tea is one of the most highly researched natural health supplements that is in use today. If you are looking to boost your metabolism naturally, eating less and losing more weight in the process, then you need to look into this natural weight loss tea and what it can do for you.

Discovering Green Tea

Relax With Green Tea Weight Loss

Understanding green tea weight loss secrets can help you to begin and maintain a healthier lifestyle that is conducive to getting your body in the shape you want it to be. Whether you lead a jetsetter lifestyle or are a stay-at-home mom, you can benefit from having a green tea weight loss program to help you get fit.

Due to the rage of green tea in many countries, there are now lots of green tea weight loss programs that are all claimed to have been discovered by scientists and researchers over the years. Because of the increased interest in such items, when you are searching for a green tea weight loss product, when it sounds too good to be true, it probably isn't. Don't fall for cons and scams.

Deciding to establish a diet regimen based on the rewards of green tea weight loss doesn't have to be an ordeal but careful planning and consideration should be given to selecting the type green tea product you want to use. There are many different forms of green tea on the market, many of which are not the genuine article. Don't fall for impostors that claim to be green tea but actually only have a small percentage of green tea extract listed as a fourth or fifth ingredient on the list.

Some green tea weight loss products can be purchased over the Internet. This is a great way to not only research the various green tea products that are available, but it eliminates the need to travel to the store to buy them. As a rule, however, you should avoid trying products just because they offer a free sample. The something for nothing concept is usually an auto ship program that signs you up to pay regular charges for automatic refills of a product that may or may not work for you.

When you find a green tea weight loss product or program that you are interested in and would like to try, it is a good idea to check with your physician before starting any new diet. This is particularly important and true if you have pre-existing medical conditions and are taking any other medications that may react to the addition of green tea to your diet. Once you're cleared by your doctor, you're ready to begin experiencing some of the great green tea weight loss that are said to have helped make green tea the rage that currently is in many countries around the world.

Remember, not all green tea weight loss programs and products are created equal. When the truth is told, there are many lookalike products and even some pseudo green tea weight loss pills and drinks that make the claim but substantiate nothing. So whether you are searching for green tea weight loss plan or dietary supplement for the short or long term, make sure you are selecting authentic green tea items. Your success may very well depend on the effectiveness of the real thing.

Discovering Green Tea

Safe and Simple Green Tea Health

Understanding green tea health benefits can help you to begin and maintain a healthier lifestyle. If you're the type of person who finds it challenging to maintain healthy eating and living, a great way to start is by making green tea a part of your daily diet. In today's hurry up age, it is very possible to spend much of our days rushing to and fro, only taking time to grab a bite to eat on the run. We don't blame you for being on the go, but at some point you have to stop and take care of your health and body to make sure they both last you for the long run.

There are many green tea health rewards that have been discovered by scientists and researchers over the years. While not all of these claims to healthier living have been verified, there are many which have. Of those substantiated, it has been reported that some major health incentives include reduction or resistance of impaired immune function, high cholesterol levels, rheumatoid arthritis, cancer, cardiovascular disease and infection.

Deciding to establish a diet regimen based on the rewards of green tea health doesn't have to be an ordeal but careful planning and consideration should be given to selecting the type green tea product you want to use. There are many different forms of green tea on the market, many of which are not the genuine article. Don't fall for impostors that claim to be green tea but actually only have a small percentage of green tea extract listed as a fourth or fifth ingredient on the list.

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When you do find a green tea health product that you're interested in taking, it is the best practice to check with your physician, particularly if you are taking any other medications that may react to the addition of green tea to your diet. Once you're cleared by your doctor, you're ready to begin experiencing some of the great green tea health benefits that are said to have helped make green tea the rage that currently is in many countries around the world.

Remember, not all green tea products are created equal. When the truth is told, there are many lookalike products and even some pseudo green tea items that make the claim but substantiate nothing. So whether you are searching for green tea health items for the short or long term, make sure you are selecting authentic green tea items.

Discovering Green Tea

The Truth About Green Tea Capsules

Choosing green tea capsules can be one of the best decisions for your body. Perhaps you're the type of person who maintains quite an active lifestyle but don't take the time to diet and exercise as you should. In today's hurry up age, it is very possible to spend much of our days rushing to and fro, only taking time to grab a bite to eat on the run. We don't blame you for being on the go, but at some point you have to stop and take care of your health and body to make sure they both last you for the long run.

Such a lifestyle, while conducive to getting things done as quickly as they need to be, is harsh on your body and more specifically your metabolism. Taking the time to replace nutrients that are lost from eating fast food and poor nutritional content in your diet is very important. Green tea is an excellent choice to do just that.

Deciding to use green tea capsules doesn't have to be an ordeal but careful planning and consideration should be given to selecting capsules that are easy to swallow and do not have an aftertaste. There are many different capsules on the market that use the words green tea in them to get your attention. Don't fall for imposters that claim to be green tea but actually only have a small percentage of green tea extract listed as a fourth or fifth ingredient on the list.

Because there are so many green tea capsules gurus, web sites and merchandisers who have products on the market, you should expect to spend a little time researching which capsules you feel are best for you. Be wary of capsules that claim you will lose an outrageous amount of weight in practically no time because these claims are usually false and unfounded. Also watch for web sites that offer you a free bottle of their product for only the cost of shipping and handling as these are often auto ship programs that indicate in very small print that upon accepting their offer you are requesting to be put on an auto shipment program that will continue charging your credit card on a monthly basis.

When you find a green tea capsule that suits you, it is a good practice to check with your physician, particularly if you are taking any other medications that may react to the addition of green tea to your diet. Once you're cleared by your doctor, set realistic goals and milestones. Be sure to reward yourself for each milestone you reach.

Remember, no capsule will yield results without a commitment to sticking with the diet. Green tea is no exception and should be used regularly as planned. That way, whether you are considering green tea capsules for cleansing or any other reason you will be giving your body the benefit of the many wonderful properties contained in the formula.



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
- [Hair Loss](#)
- [Immune System](#)
- [Respiratory](#)
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- [Addictions](#)
- [Ear Health](#)
- [Energy Levels](#)
- [Joints & Muscles](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of [Omega 3](#) in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good [fish oils](#)' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our [fish oil](#) than any other known manufacturer. [DHA](#) is the most important fatty acid in the human brain.

High in [DHA](#) and proven to be pure and free of contaminants the [Xtend-Life](#) brand is considered to be the 'Rolls Royce' of concentrated [Omega 3 fish oils](#) at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

[Xtend-Life Multi-Xtra](#) is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products '[whole food](#)' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use [vitamins](#) which are derived from petrochemicals. [Multi-Xtra](#) contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. [Multi-Xtra](#) is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.