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Green Tea: Reasons Why It Is Regarded As The Weight Loss Phenomenon

Recent scientific tests are actually validating something which the Asians have known for over 4000 years - Green tea is one of the healthiest things in the world. Precisely what does this figure to then? For starters, research is beginning to verify that loads of health benefits are being determined in green tea. Even moderate use of green tea can give you these positive results. Here are just some things that green tea can do:

- *Improve your metabolic rate
- *Boost energy
- *Inhibit fat assimilation
- *Enhance the defense system
- *Support healthier skin
- *Enhance concentration and mental performance
- *Fight the indications of aging
- *Encourage dental health
- *Safeguard the body against diseases

The tea we drink originates from a plant called *Camellia sinensis*. Tea is principally classified into 4 types: white, black, green and Oolong.

These tea groups are divided depending on the oxidization method they go through. We will not jump into the specifics of what oxidization is since that can use up a lot of time; nonetheless, it is important to know that the darker a tea type is, the more oxidization it is run through. Predominantly oxidized tea is very dark with much more flavors and more caffeine. Green tea is unoxidized, indicating it has reduced fragrance and caffeine but retains a greater portion of its powerful nutrients and antioxidants.

Even though it has slighter aroma and flavors as opposed to the darker types, it doesn't imply that green tea tastes bland. Its flavor is best identified as "fresh" and "light", and is incredibly rejuvenating whether hot or cold.

Green Tea & Slimming

One of the most exciting and renowned features of green tea is its capability to help with weight loss. Along with offering you an extra energy supercharge, green tea extract is actually a [slimming tea](#) that stimulates the metabolic process while at the same time barring fat assimilation.

It's also important to mention that although these assertions have not yet been clearly certified by scientific studies, there's growing substantiation on the benefits associated with green tea which we couldn't easily ignore. Results from medical studies are actually uniform in demonstrating that green tea does help dramatically in the weight loss process. That's simply for starters because green tea has a lot more to deliver in addition to basic fat reduction.

A 2006 study printed in the *European Journal of Clinical Nutrition* found that tea is a far healthier alternative than just about any beverage. It offers the important hydration that plain water does, and besides this, green tea likewise presents powerful antioxidants that keep away particular illnesses and health issues such as cardiovascular illnesses, cerebral vascular accidents, viral infections as well as cancer.

Examine the endless health rewards you can obtain from green tea by checking out [Cho Yung Tea Review](#).

You can also find this article published on [Green Tea: Reasons Why It Is Regarded As The Weight Loss Phenomenon](#), and on the tag pages [Diet](#), [Fitness](#), [health](#), [Weight Loss](#).