

Green Tea And Weight Loss (plr)

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Dating back more than 4,000 years, Chinese diet green tea has been long revered as a tasty drink that can ward off diseases and improve ones well-being. Since its first recorded use during the time of Emperor Shen Nung, the link between Chinese diet green tea and good health has never been severed. Its been used as treatment for everything from headaches to depression. Today, various health benefits of green tea are constantly being reported and many scientists are now focusing their attention on the simple, yet elegantly profound beverage that is green tea. The antioxidants in green tea helps fight away free radicals. These free radicals are the major contributing factors to aging as well as the ensuing degeneration of cells as a result of it. Scientists have reason to believe that free radicals also play a role in various degenerative diseases such as arthritis, rheumatism, Alzheimers disease, and even cancer.

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