



# How to Lose Weight with Green Tea: Daily Diet, Cleanse, Detox, Health, Fitness

*Kaylee Ma*

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## **How to Lose Weight with Green Tea: Daily Diet, Cleanse, Detox, Health, Fitness** Kaylee Ma

In this book, it is all about the green tea. I will recommend you drink more green tea daily instead of soft drink. I will tell you why green tea is so important for your health and it is worth to drink it.

Recent studies have shown that green tea can have positive effects on everything. Green tea has become the nature material used in different beverages.

### History of Green tea

Originally, tea came from the southern of China, according to the Chinese legend. What is the story of Emperor Shen Nong discovered the tea? This interesting story will be written in this book.

### Green tea processing

Why green tea has a dramatically flavor than another tea. Especially their green colour looks so fresh even if it is made from the same tea plant. The reason is green tea has different process way compare with another tea.

### Type of Green tea

There so many type of Green tea in the world, which is the best one?

### Legend of the Longjing tea

I will tell you high quality green tea-Longjing tea and its history story.

### Green Tea main chemical components

It is so important to know what the Green tea main chemical components are and you will understand why it is so necessary to you.

### How Green Tea Can Help You Lose Weight

The Substances in Green tea can help you Lose Fat. It will explain more detail how.

### Benefits of Green Tea

So many benefits of Green tea inside this book have been list. This is worth to read.

### How to brew Green tea

Step by step to tell you how to brew Green tea in the right way.

### Weight loss program with green tea

Follow this program, you will get weight loss guarantee.

### Storage of green tea

The best way to store your dry tea is to keep them in an opaque container. There are five things that are vulnerable to tea. These five things quickly make their tea stored go wrong.

### Tea Storage Materials

Make sure your container is safe for food

### Side Effects and Precautions

Green tea contains caffeine. There are some side effects when you drink too many cups of Green tea per day. Please read the detail inside this book.

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