

SPECIAL ISSUE



Green

Living

Being Healthy the
Natural Way

Green Tea

Information



This world has never had more healthy options than it does right now. Although it seems like the opposite with all the fast food and grande lattes, there truly is a great deal of good stuff to choose from. You simply have to know where to look and what to look for. To be totally honest with you, it's not difficult to eat healthy. At least not from a shopping and preparing point of view. Now, your cravings on the other hand may be a completely different story. It's up to you to curb and suppress with those.

But what about other things you can do besides simply consuming the right diet? There are infinite possibilities. Think supplements, vitamins, and herbs. It's time to learn what a daily cup of green tea can do for you. Got your green tea information?

Who's up for some tea? I know the British are! Haa, that was a good one, right? As we all know from the media and contemporary film, the British are a bunch of tea-drinking fools. Okay, so maybe they're not as foolish as the rest of us. We're all chugging down coffee every day. That's not healthy! Even if you don't care for green tea information, you should at least know the scoop on java. Coffee is full of toxins and caffeine. Both of which are terrible for your body. That whole spiel someone gave you about coffee being healthy was bogus. I heard it too, and it doesn't add up. Now, green tea and many herbal teas are quite different. This particular beverage has the ability to clean your kidneys. It flushes out the system in a sense. Many people drink green tea daily for its health benefits. Unlike coffee and soft drinks, it actually cleanses your insides. Note the fact that one beverage has herbs and the other has toxins. That should make things pretty clear.



I first acquired green tea information from a fellow student at Harvard University. Okay, so it wasn't Harvard, but it was a University nonetheless. She told me how green tea had wonderful benefits regarding our immune systems. She also claimed that's she's never been sick since she started drinking it. How's that for crucial green tea information? Have you had you cup of tea today?

Green Tea Benefits



I remember hearing about green tea for the first time about ten years ago. It has been around forever, but it was not something that was 'hip' until then. There are a lot of things that they say this stuff can do, but there also seems to be a lot of disagreement about what is true and what is hype. The various things that are mentioned as green tea benefits sound wonderful, but no one seems to be sure if these claims are true or not. Whatever the case, you can't seem to get away from products that have green tea in them.

Some of the most commonly touted green tea benefits is that it can help cleanse the body of toxins. When toxins build up in the body, this can lead to all sorts of problems, so something that can cleanse the body would indeed be a great thing. Many drink it for this purpose and they claim that it makes them feel remarkably well. While I don't know if it really does that, it certainly won't hurt to drink it. Others claim it has health benefits associated with preventing certain types of cancer.

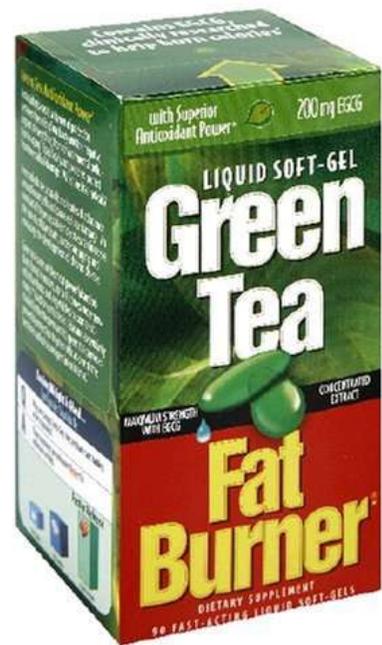
Some other green tea benefits are that it might help with irritable bowel syndrome, diabetes, weight loss, fat metabolism, cholesterol, and liver function. Some even claim it helps boost the immune system, so it might help those with HIV/AIDS. In order to get these great benefits of green tea however, it is recommended that milk not be added to the tea when it is ingested. It tends to bond with certain molecules with in the tea that might block some of the healing properties of the tea.

There are a few ways to enjoy the benefits of green tea. Many like to have a cup or two each day, and there are also green tea supplements. These are rather inexpensive, and anyone can find them in their grocery store, and this is also sold in health foods types stores. Though many of the benefits of green tea are largely unknown and perhaps the conclusions are not as strong as they could be, it certainly won't hurt anyone to drink a cup a day to see if it has any health benefits. It is considered to be an extremely healthy supplement to any diet, but it is a good idea to remember it does

contain some caffeine. If caffeine bothers a person, they may have to find a non-caffeinated form.

Health Supplements

How do you stay healthy? Living in the 21st century can be rather unhealthy if you take a gander at the meals we consume. Between all of the burger joints, pizza places, and coffee shops, it's a wonder we can function properly on a daily basis. Although we don't always get the necessary vitamins and minerals we need each day, there is something we can do about it. Maybe it's time you looked into some fine herbal supplements. There is a world of multivitamins, healthy snacks and nutritional bars out there if you simply do your research.



Do you use herbal supplements to help better your health? Well, maybe you're one of those health food nuts who don't need any additional nourishment, but unfortunately the majority of us are not. This is why a variety of herbal supplements are so popular these days. If you head out to



the local mall or shopping center, you will surely pass by a store or two that markets loads of herbal supplements and vitamins. Do you take a daily multivitamin? So many of us don't. The point is you need a certain portion of each food group each day in order to stay healthy and physically fit. Quality herbal supplements are a great way to get those much-needed vitamins and minerals that you may be missing in your routine meals. We all know that fast food plays a big role in the American society. All the more reason

for people to check into alternate forms of nutrition.

I stumbled upon the world of herbal supplements while visiting the Orient. The people I met overseas were very ardent about having a healthy body and mind. They thought the key to life was being happy and living well. Who can argue with that? After trying a variety of herbal teas, I have to admit I was hooked on the concept. This liquid herbal supplement basically flushed out my system and made me feel much healthier and energetic. I have stuck with this tea drinking ritual ever since. If you are in search of wonderful herbal supplements, a great place to start is the

Internet. In cyberspace you will find herbal supplements galore. Anything from vitamin replenishers, to natural cures for the cold, to relief from skin afflictions. There are indeed many answers in herbal supplements. Get online today and find that perfect herbal supplement for your daily needs.

For more information on [Green Tea Tablets](http://greenteatablets.org/), and to view the entire range of Green Tea Tablets' featured products, please visit <http://greenteatablets.org/>

