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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How Can Green Tea Benefit My Family?**

**By Carrie Lauth**

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No doubt you've heard of Green Tea and the health benefits you can experience from drinking it.

Are you giving your family this powerful antioxidant daily?

Here is a refresher on some of the benefits you can experience with Green Tea.

Historically, Green Tea has been one of the world's most popular beverages. The Chinese have been drinking it for thousands of years. It is now the second most popular beverage in the world, after water!

Green tea is made from the Camellia Sinensis plant...as is black tea. The difference is that Green Tea is unfermented, which means that the powerful antioxidant properties are fully intact.

The power of Green Tea lies in its catechin polyphenols, particularly something called epigallocatechin gallate (say that 5 times fast!). EGCG is a powerful anti-oxidant: not only does it inhibit the growth of tumors, it kills cancer cells without harming healthy tissue.

Green Tea has been reported to:

\*Assist in weight loss.

According to a study conducted at the University of Geneva in Switzerland, Green Tea seems to help the body burn more calories.

Green Tea also slows down the release of carbohydrate in the body, preventing sharp rises in blood sugar.

## How Can Green Tea Benefit My Family?

I know a couple who lost ten pounds each in the first few weeks after drinking Green Tea every day, with no other changes in their diet.

\*Boosts the immune system.

Green Tea is one of the most potent antioxidants available. It also contains some vitamins and minerals. Green Tea lowers the risk of cancer.

In 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking Green Tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in Green Tea inhibits the growth of cancer cells.

A study in September 1997 by the University of Kansas reported that Green Tea has the highest

amount of any known antioxidant. EGCG (that tongue twisting antioxidant found in Green Tea) is 100 times more effective than Vitamin C, and twice as powerful as resveratrol (the antioxidant in red wine).

\*Lowers cholesterol

University of California scientists discovered that the caffeine in coffee is bound with coffee bean oils, which raise cholesterol levels.

In contrast, research indicates that drinking Green Tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

### Green Tea Benefits Moms

\*Helps with morning sickness

There are no studies that confirm this, this is a personal observation.

I had severe, prolonged morning sickness with all 3 of my pregnancies.

With my third child, I discovered Green Tea and noticed that when I drank it, not only did it ease the nausea, but it seemed to have a mildly stimulating effect on my appetite and it helped me keep the food that I ate down. My guess is that the astringent effect of the polyphenols caused this.

Historically Green Tea has been used as a digestive aid. That can certainly be helpful to a pregnant woman.

\*Natural energy boost

Again, I could find no studies that proved this, but I drink Green Tea primarily for the natural energy boost it gives me, without any unpleasant side effects. I used to drink a coffee in the afternoon, get

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shaky and hyper, only to crash later on.

Green Tea doesn't cause those unpleasant side effects, and it also gives me the same feeling of "clearing the cobwebs" from my brain.

What Mom doesn't need this?

\*Lowers the risk of blood clots

Green tea has been shown to be effective in preventing abnormal clotting of blood, which is especially important during pregnancy.

Green tea is non-toxic and safe. It doesn't cause birth defects and has no adverse affect on pregnancy or breastfeeding.

In fact, a study conducted at Kaiser Permanente Medical Care Program of Northern California, researchers found that women who drank more than one half cup of green tea every day doubled their odds of conceiving.

No significant association was found for other beverages, researchers concluded that some chemical component of tea might have been responsible for the increase in fertility.

Green Tea Benefits Kids!

\*Helps prevent tooth decay

Green Tea can kill the bacteria that causes plaque. Does your child's juice do that?

Having a hard time getting your kid to eat his veggies?

A cup of Green Tea has more antioxidant ability than a cup of broccoli or spinach!

\*Helps prevent illness

Previous tests prove Green Tea can neutralize germs, including some that cause diarrhea, pneumonia, cystitis and skin infections.

New research by Milton Schiffenbauer of Pace University finds that Green Tea deactivates viruses.

Recent research at Harvard indicated that tea chemicals stimulated T-cells that bolster immunity against bacteria and viruses.

Would fewer illnesses make life more pleasant in your home?

\*Ok, so why aren't you drinking Green Tea already?

## How Can Green Tea Benefit My Family?

If you're like me, it's because the Green Tea you've tried tastes terrible. I've tried many brands that reminded me of diaper rash ointment...no I'm not kidding!

I found a brand of Green Tea that tastes delicious...it also has additional nutrients and fruit extracts added. It comes in a variety of flavors including peach, cinnamon, mint, raspberry, and lemon. A few are even available as a powder form for convenience, no brewing necessary.

My kids and picky husband even love it.

It's formulated by Chinese Herbalist Dr. Tei Fu Chen and his wife, Dr. Oi-Lin Chen, a Western trained Medical Doctor, in their manufacturing plant in Torrance, CA. The herbs are grown organically under very strict conditions to ensure quality. They are not irradiated nor sprayed with pesticides.

Contact me for more information about obtaining these delicious varieties of Green Tea.

Here's to your health!

Carrie Lauth

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Carrie Lauth is a homeschooling, work from home Mom of 3.

### **Special Yunnan Green Tea - Buddhist's Favorite**

#### **By Tea Hub**

#### **Special Yunnan Green Tea - Buddhist's Favorite by Tea Hub**

Speaking of teas from Yunnan, people perhaps are quite familiar with the famous Yunnan Black. Then there is the new hit, Pu-erh. To many of our oversea customers' surprise, many Yunnan green teas are strikingly good while barely known to them. Among those wonderful Yunnan green teas is Buddhist's Favorite, one of our best selling Yunnan green teas.

Buddhist's Favorite is made of 100% hand picked leaves from small and large leaf hybrid tea trees. As a result of this, its taste is neither strong (large leaf tea) nor light (small leaf tea). It is the perfect refreshing chestnut flavor with sweet aftertaste. This tea is rich in amino acid (13.36%), especially those that can not be produced by human body (3.7%). This year's Buddhist's Favorite is available in three grades: Grade A, B, and D. Grade A is made of tea buds, and has great leaf presentation. More info about this tea is available on our site at [www.teahub.com/G2004002.htm](http://www.teahub.com/G2004002.htm).

[www.teahub.com](http://www.teahub.com), your trusted source for high quality green, black, oolong and Pu-erh teas.

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