



Holistic Diet Life

Living Your Life Well

The Use of Teas in Weight Loss



Of the many supplements available for dieting, tea is one that has evidence to support its effectiveness. Many studies have been conducted on the health benefits of tea. The most widely known is green tea, but there are many other types of tea as well as herbal teas.

Green Tea

Green tea is slightly fermented and more processed and mature than white tea. Green tea has high amounts of antioxidants.

Green tea is further noted for its anticarcinogenic and metabolic properties. Many of these benefits are due to its high amounts of polyphenols, especially a certain polyphenol called EGCG. Because they contain potent antioxidant properties, polyphenols are thought to help the body's immune system, protecting cells against disease-causing free radicals. Thanks to this composition of chemicals, green tea has been said to protect against everything from cancer to high cholesterol to heart disease. And some even claim that EGCG may boost the metabolism, suppress appetite and even burn fat.

Green tea is thought to increase the digestive process and energy. The presence of caffeine in the tea increases its weight loss effectiveness. Green tea comes from the plant ***Camellia sinensis*** and originated in China.

White Tea

White tea has antioxidant properties also and is said to have higher levels of antioxidants. White tea is lightly oxidized. It comes from very young tea leaves picked before the buds are fully opened. The name "white tea" comes from the fine silvery-white hairs on the unopened buds of the tea plant. White tea is the least processed of the types of tea. It is not fermented at all. White tea must be handled carefully, leading to its higher price. Compounds in white tea may also stop new fat cells from forming. Brewed white tea is pale yellow.



White tea also comes from *Camellia sinensis*. White tea has slightly less caffeine than Green tea.



Pu-erh Tea

Pu-erh is "pile fermented" tea which results in a fragrant earthy tea. The leaves undergo microbial fermentation and oxidation after they are dried and rolled. Pu-erh is dark, or black tea. (Ming of Vital Leaf Tea in San Francisco explained that in China black tea is completely different from what is known as black tea in the West. In China, what in the West is called "black tea" is called "red tea"). The most famous variety of this category of tea is Pu-erh from Yunnan Province, named after the trading post for dark tea during imperial China.

It is said to aid in the body's metabolism of fat if used at the proper time. The best time to drink the pu-erh teas is suggested to be an hour after a meal so that it can remove excess grease and aid your body in eliminating fats.

If you drink pu-erh tea one-half hour before a meal it can remove the fat from your digestive system and make you feel hungrier leading to consuming more food.

Pu-erh tea can increase the speed of digestion of your food and accelerate the movement of fat through your system. We have included pu-erh tea bags in our tea sample kit.

A good tea regimen is to drink white, green, herbal, or our Weight Loss Tea in the morning and throughout the day and drink pu-erh tea after meals.





Herbal Teas

Herbal teas are used for weight loss also. Some of them claim to have detoxifying, appetite suppressant, and metabolism boosting qualities as well. They can have a laxative effect. If so, you should drink them in moderation. Herbs having laxative qualities include senna, aloe, agarwood, rhubarb root, buckthorn, and castor oil.

Our Weight Loss Tea includes a formula from Chinese Medicine. Claims made include resolution of body fat, enhancement of digestion, reduction of excess water weight, weight reduction, reduction of cholesterol. It is said that it will make women feel young

and slim and full of beauty.

Tea and Mindfulness

Drinking your tea with awareness will help you curb your food cravings and make you aware of the weight loss choices you are making. Sipping a warm cup of tea can make you feel less deprived. Becoming conscious of your food, beverage, and lifestyle choices is a major part of your weight loss and lifestyle change efforts.



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