

Meet Thermogenic Tea – Your New Best

Friend In Weight Loss!

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Introduction

Burns fat + cuts appetite + blocks the growth of new fat-cells

You can drop a lot of weight quickly and safely, by drinking the *thermogenic* or [weight loss tea](#).

They speed up your metabolism naturally to burn up calories *without* the need for exercise or calorie-cutting and once the weight is off – it stays off!

Safe speedy slimming + post-diet weight control

The Camellia Sinensis plant produces four fat burning teas – White tea, Oolong Tea, Pu-erh tea and Green tea and they all contain high quantities of catechin.

The unique *catechins* present in each of the teas have been recognized by international obesity treatment studies as a realistic method of safe and speedy weight-loss.

Appetite suppressant

Each of the above mentioned four [best weight busting teas](#) is an efficient fat-burner and they also have extra properties, which have been isolated and identified through various obesity studies.

For instance:

- **Green tea** – proven to break down and burn off excess fat stores
- **Oolong tea** – proven to suppress appetite and stop hunger pangs
- **Pu-erh tea** – proven to drain excess fluid + make stomach feel full longer
- **White tea** – **PROVEN TO RESTRICT THE FORMATION OF NEW FAT CELLS**

You *can* get slim *and* stay that way for life!

Synergy increases potency x10

Blended together, the scientific process of synergy occurs and this acts to increase the obesity-busting action ten-fold!

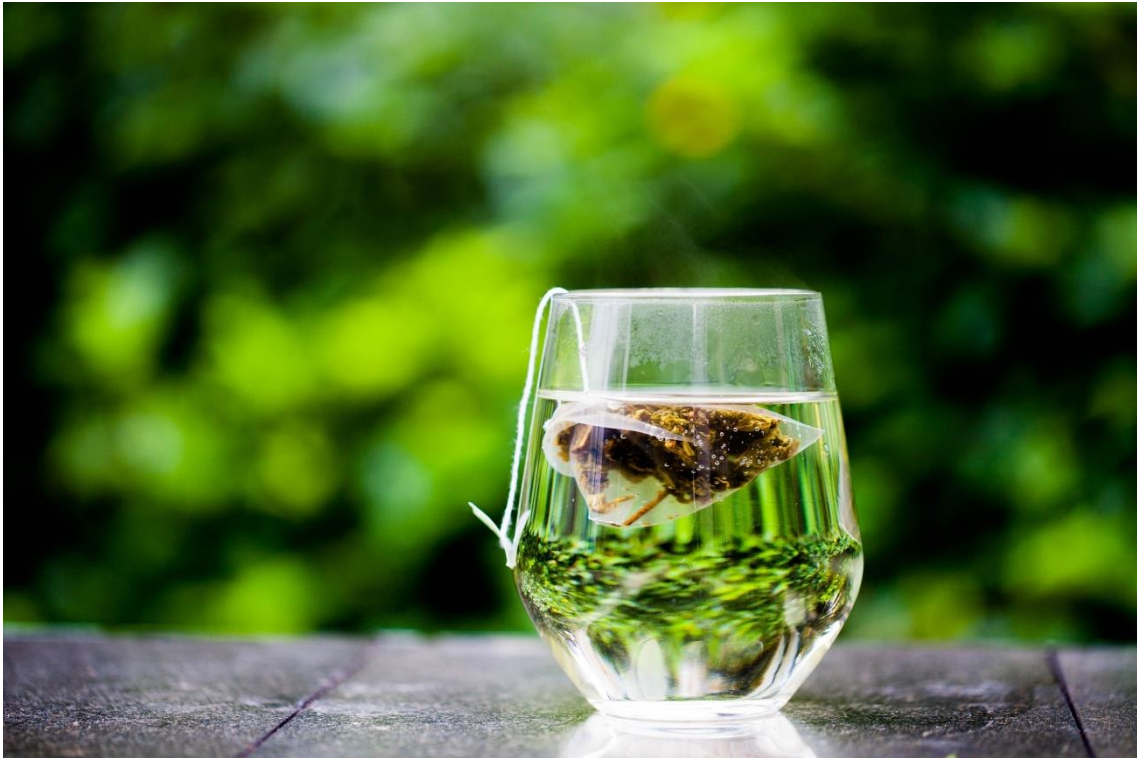
This means you can forget low-calorie dieting and continue eating *all* your favorite foods and that's the best trick of all!

Get smart and get slim!

So – be decisive and lose that extra weight now, because there's *never* been an easier way to slim than by drinking delicious, fat-burning, appetite-suppressing, *new-fat-restricting* tea!

Well, from the above statement I hope you guys get the basic idea about what are thermogenic teas and in the rest of the book I will discuss in details about how these fat-burning teas can help you in weight loss and also on some important topics related to weight loss.

GREEN TEA



Tea, whether it is black, green or white, originates from the leaves of different varieties of the plant *Camellia Sinensis*. The difference between types of tea (green tea, black tea, white tea, oolong tea etc.) does not lie in the species of the plant itself, but in the way the tea leaves are processed.

Green tea leaves undergo minimal oxidation as opposed to black tea leaves, which helps it retain a high proportion of its anti-oxidant content. While, there are many ways in which green tea is grown as well as

processed, the common factor between all these ways is that they ensure that polyphenols and anti-oxidants are retained to the maximum.

Green tea in particular contains a high amount of natural polyphenols known as flavonoids, which have become increasingly interesting to researchers the world over due to their beneficial properties. Green tea is also rich in minerals like chromium, zinc and manganese, and a good source of vitamin C.

Effects of Green Tea Consumption on Weight

Loss

There has been a lot of interest in scientific circles in the effect green tea consumption can have on metabolism and fat reduction. Studies have found that green tea can reduce the amount of bad cholesterol and increase fat oxidation by a significant degree.

1. A study conducted in 2005 by the Division of Cardiovascular Medicine at the Vanderbilt University Medical Center in Nashville, Tennessee found that subjects given enriched green tea extract for a specific period had over 16% lower levels of LDL than the baseline as compared to the subjects that were given a placebo drug.

2. Findings of a 1999 study published in the *American Journal of Clinical Nutrition* showed that green tea has strong thermogenic properties. Thermogenic substances boost metabolism which causes more calories to burn.

The study found that green tea caused a much higher level of fat oxidation than could be attributed merely to its fat content. It was found that as much as 4% of the overall energy expenditure in 24 hours could be attributed to green tea extract.

This expenditure was observed to be taking place during the day. Since the body's own rate of burning calories (thermogenesis) contributes to 8-10% of daily energy expenditure, the burning of calories caused by green tea translated to a staggering 35-43% increase in day time thermogenesis!

3. In a 2003 study conducted in Taiwan on 1210 subjects, it was found that test subjects who had regularly consumed tea for more than ten years had a smaller waist circumference and waist to hip ratio, and lower percentage of body fat. Out of these subjects, only 4% consumed regular black tea, and 96% consumed either green or oolong tea.
4. In a controlled study conducted in France in 2001, the effect of green tea extract was studied on 70 overweight men for 12 weeks. The findings showed a 4.6% decrease in overall body weight.

The researchers also observed a reduction of the waist to hip ratio by 4.5% in the test subjects.

5. In a Taiwanese study conducted in 2000, the effects of green tea consumption on fat absorption in rats fed on a high sugar diet were observed. It was seen that green tea lowered the levels of fat storage in the liver and heart, and reduced apparent fat absorption.

The significant findings of these studies, as well as other key studies suggest that green tea has significant potential to help in fat reduction and weight loss.

Side Effects of Green Tea Consumption

Being a completely natural substance, green tea when consumed in moderation or as prescribed, either in tea form or as an extract, does not have any known harmful side effects.

Pharmacological evidence does show that green tea anti-oxidants in very high concentrations can cause oxidative stress and liver toxicity. It is important to be aware of this fact, and exercise caution when using any commercial herbal products made from green tea extract.

Summary

Green tea has quite an impressive list of health benefits, both claimed by traditional knowledge and wisdom, as well as those that are proved and being proved by scientific research.

Its health effects are traditionally thought to include boosting immunity, anti-ageing, stress reduction and the promotion of overall good health.

Many claims have received scientific backing by various studies, and the strength of evidence for the numerous benefits of green tea is increasing.

Some important findings have shown that green tea improves circulation, helps reduce bad cholesterol levels, and significantly reduces the risk of cardio vascular illness.

Studies have also suggested green tea may have anti-carcinogenic properties against certain cancers, and may also have a role in preventing Alzheimer's.

Several studies have shown that green tea plays a significant role in increased fat oxidation by stimulating metabolism, and therefore has important implications for weight loss, and preventing obesity.

Taking green tea extract in combination with certain other herbal teas can be a highly effective agent of weight loss and fat reduction and this is known as synergy.

OOLONG

TEA



Oolong tea is one of the lesser known teas that originated in China centuries ago and to this day is traditionally known for its rich taste and beneficial properties.

Oolong tea, like green tea, black tea, white tea and Pu-erh tea is made from the tea plant (botanical name – *Camellia Sinensis*), which is native to China. This tea differs from other types of tea in the way it is made.

The tea is made through a unique process which includes withering the leaves under the strong sun and oxidation before curling and twisting.

Within this method there are different ways in which the tea is produced, and depending on the process used, the degree of oxidation in the tea can vary - ranging from 8 to 85%.

Oolong tea is known not only for its effects on health, but also for its varied and rich taste, which can vary from sweet and aromatic with notes of honey, woody and thick, or fresh and light, depending on where and how it is produced.

The most well known oolong tea comes from the Wuyi Rock (cliff) region in Fujian province in Southeast China, but Oolong tea is also produced elsewhere in China as well as the world, including in Taiwan and India.

Oolong tea can be taken on its own or can be combined with other teas (e.g. green tea, black tea) to combine the effects of all these teas together. This is known as synergy and is the ultimate way to maximize the benefits deriving from these natural teas.

How Might Oolong Tea aid with Weight Loss?

One of the most significant health benefits of oolong tea is its ability to aid with weight loss and prevent excess fat accumulation.

Oolong tea contains high amounts of polyphenols, which are naturally occurring plant based anti-oxidants. These organic compounds have properties that help in increasing the rate of metabolism in the body, which helps burn fat more quickly.

Thermogenesis is the process of heat production in the body. Like green tea, and some other types of tea, Oolong tea is a thermogenic substance which stimulates metabolism and causes increased fat oxidation.

As a result of encouraging evidence gathered by studies around the world, Oolong tea is increasingly being recognized as a promoter of weight loss. The same is true for green tea and other teas like Pu-erh tea.

Regular consumption of Oolong tea, in combination with other teas, can help improve circulation, boost metabolism and prevent the build-up of excessive fat in the body.

Research Findings on the Effects of Oolong Tea

As mentioned earlier, Oolong tea is rich in plant based anti-oxidants known as polyphenols. *Epigallocatechin gallate* is one of the main polyphenols that are found in oolong as well as green tea.

1. A placebo controlled study published in the *Journal of the American College of Nutrition* observed six overweight men who took *epigallocatechin gallate* supplements for two days.

The researchers found that *epigallocatechin gallate* has strong potential to reduce body weight by increasing fat oxidation significantly. Although the sample size of the study was small, this finding has strong implications for the role of Oolong and other teas in weight loss.

2. A study conducted at the Beltsville Human Nutrition Research Center, in Maryland, USA, observed participants who drank either 4 cups of Oolong tea or 4 cups of plain water daily for three days.

At the end of the observational period, it was found that the participants who drank the Oolong tea had a 3% greater energy expenditure and burned, on average, 67 more calories a day than they previously had.

Apart from the higher rate of energy expenditure, Oolong tea drinkers had a whopping 12% higher fat oxidation rate than the water drinkers.

3. In a 2003 study conducted in Taiwan on 1210 subjects, it was found that test subjects who had regularly consumed tea for more than ten years had a smaller waist circumference and waist to hip ratio, and lower percentage of body fat.

Out of these subjects, only 4% consumed regular black tea, and 96% consumed either green or oolong tea.

In two randomized, controlled Japanese studies, the effects of Oolong tea consumption on the metabolism of subjects were studied.

Energy expenditure and rate of fat oxidation was measured in subject consuming the tea supplement.

The first study found an increase in energy expenditure by 2.9% and increase in fat oxidation by 12%. The second study found an increase in energy expenditure by 4% and increase in fat oxidation by 35%.

In a 2000 study conducted in Taiwan, the effect of black tea, Oolong tea and green tea extracts on fat absorption in rats fed with a high sugar diet were observed.

The findings suggested that rats consuming Oolong tea had a reduced food intake. Cholesterol levels were lowered, and the tea consumption also showed lowering of triglyceride content in the liver.

Side Effects of Oolong Tea

Oolong tea is a plant based product and has been consumed traditionally in China and other countries in the region for centuries.

All the active compounds in Oolong tea that have a positive impact on health are naturally occurring and can be consumed safely.

There are no known side effects in consuming Oolong tea, either as a brew or its extract, in moderation or as prescribed. However, Oolong tea does contain caffeine and appropriate caution should therefore be exercised in consuming it.

Oolong tea, like green tea, contains high proportions of anti-oxidants, and evidence does suggest that polyphenols taken in very high concentrations could cause liver poisoning and oxidative stress.

It is therefore important to be cautious and consult a doctor before taking any commercial herbal products containing Oolong tea extract, not least during pregnancy.

Summary

Oolong tea is relatively less known in the west as compared to its near cousin green tea.

However, this situation is fast changing as more and more of its plentiful benefits come to light and are increasingly backed by scientific evidence.

The tea is rich in naturally occurring plant based anti-oxidants known as polyphenols, which have a host of benefits for health, especially in weight loss.

Research studies have shown that these anti-oxidants help keep arteries healthy and improve circulation.

Findings suggest that Oolong tea is good for cardiovascular health, and may help in preventing heart disease and stroke.

Anti-oxidants present in Oolong tea may also have anti-ageing properties, and help keep the body as well as mind youthful and active.

Oolong tea contains small amounts of fluoride, and is therefore especially good for maintaining healthy teeth and gums and preventing tooth decay.

Like green tea, white tea, and pu-erh tea, findings from various studies have suggested a strong link between Oolong tea and increased weight loss.

Oolong tea activates thermogenesis, which increases the rate of fat oxidation. Studies have found that polyphenols can contribute as much as 4% of day time thermogenesis which translates to 35-43% overall fat oxidation in the body.

There is increased interest in the roles that green tea, pu-erh tea, white tea and Oolong tea play in effective weight loss.

While all these teas contain certain compounds that have a significant impact on fat oxidation, each tea also has unique properties.

It may therefore be useful to consume Oolong tea in combination with other beneficial varieties of tea, as this can have maximum impact on fat oxidation and help lose weight more effectively. This is what is known as the concept of synergy.

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