
Green Tea for Weight Loss

Posted by chuckiesd - 2008/02/20 04:57

Green Tea also help to loss the weight. It is a powerful fat burner. Unlike other herbal tea, green tea does not curb the appetite or cause toilet runs. Green tea also contains theanine, which calms the mind and promotes a relaxed awareness. So it is not only can loss weight but it is more relaxing. So i suggest to take Chinese Green Tea. It is more helpful in you loss weight.

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Re:Green Tea for Weight Loss

Posted by Aspire7 - 2008/02/21 10:00

I tried tea before but the taste is too bland and I stopped taking it. I don't see any noticeable results but I think that works out long term. I think it's not suitable for me cause I prefer fast method.

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Re:Green Tea for Weight Loss

Posted by Jenson - 2008/02/28 06:31

Although I've read that green tea can help you to achieve weight loss but I never took it seriously. Some of my friends also mentioned that I should try it as well. Maybe I should really consider.

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Re:Green Tea for Weight Loss

Posted by Valeriedawson - 2008/03/17 02:29

Hi Aspire7,

I got good result on losing weight with safe and quickly, while drinking green tea twice a day, It is really amazing changes in my body. We have many herbal green teas are available in the market. I suggested to use chines green tea will give more improvement on losing weight.

I think are you using green tea on regular basis or not, if you are using strictly two times on a day then definitely you will get good result. One more think drink more plenty water on regular basis, it will increases more metabolism rate in our body. Try to removing more fast food items and take more grains and vegetables. Following proper cardio exercises are helpful to burns more calories in our body. I suggest you following these activities along with drinking green tea you will get better improvement on losing weight.
All the best for you goal.

Thanks you Aspire.

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Re:Green Tea for Weight Loss

Posted by glenn - 2008/03/20 10:48

We here at Weight Loss HQ just did an article on this about a week ago. Please visit our Shedding Pounds With Green Tea article.

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Re:Green Tea for Weight Loss

Posted by fitmom088 - 2008/05/24 01:57

I pretty much have tried a few Green Tea products for weight loss and I know that green tea leaves are much better mixed with a few other ingredients. Green tea is great but when it's mixed with Chitosan,hoodia,willow bark and real gree ntea leaf, you can't go wrong. I found a great product at www.PureFatBurning.com that has helped me the most. I also

work out 4 times per week and eat good foods. i FEEL all of us need a great supplement like these. Green tea is only good as a supplement to other ingredients. Although you can burn 80 calories per cup of green tea brewed.

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Re:Green Tea for Weight Loss

Posted by sushil - 2008/05/29 02:59

I tried green tea and i am surprised to see the result i have loss 5 kg from my previous weight and i am thinking it will did by green tea so guys if you wanna a natural method to loss weight then must be use green tea.

quick weight loss
body fat percentage

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Re:Green Tea for Weight Loss

Posted by silvester - 2008/05/30 06:23

i am never try this green tea, but my friend also advice me to use that, he told me that there is no side effect of this, and any one can use that. so i want to try that , any one has suggestion about the name of the green tea.?

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Fit over 40
Negative calorie diet

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Re:Green Tea for Weight Loss

Posted by carinna - 2008/07/27 06:03

I hear a lot of positives about the healthy benefits of green tea. That's why i drink it too. Not too much though. There are a lot of so-called green tea miracle weight loss thingies out there, such as this (<http://www.complaintsboard.com/complaints/ultra-lean-green-tea-drink-c70889.html>)so be EXTRA careful.

Any green tea from the supermarket will do. it doesn't need to be any mega wonder product that sells from tons of cash. the japanese drink green tea like crazy, and you don't see many of them having problems with obesity. I feel more full and find I eat less when I drink green tea, so that's one benefit that is a positive for me.

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