

# Green Tea & Weight Loss

## **Green Tea helps you lose weight and maintain your ideal weight.**

Green tea is a calorie free drink and Green tea antioxidants are known as "fat burners." Green tea boosts metabolism and speeds up burning of body fat. Just switching from calorie rich drinks to green tea brings you a tremendous benefit.

And, it is true that green tea antioxidants, Catechins, burn a healthy amount of pounds for you, which is 1-2 lbs. per month. This number may seem too few for some people, but this is the healthy pace to lose weight successfully that nutritionists recommend. You'll be happy if you find yourself 12 to 24 lbs. lighter one year later, won't you?

"Modest weight loss with no rebound" is your first step goal. Once you see that is happening, then bigger, better result will follow--because you will have acquired a new, healthier life style by then.

## **3 simple rules to use Green Tea for weight loss:**

1. Exercise daily--because Catechins will work harder if you exercise. **Drink Edible Green® or MATCHA to boost metabolism effectively before and after exercise. The tea can be either hot or cold (to make it cold, just put powder in a chilled water bottle and shake), but do not add sugar to your tea. DO NOT** drink sports drink or bottled green tea as your exercise drink. They are loaded with sugar and they will cancel the benefits you gained from exercise. **Choose Edible Green® or MATCHA, because consuming green tea leaves in powder form, you will get much more Catechin antioxidants than from brewed green tea.** Edible Green® is sencha green tea powder, which offers you the highest amount of Catechin antioxidants among all the types of green tea. MATCHA is also green tea powder, which offers more caffeine than Edible Green®, but less than coffee, and still much more antioxidants than brewed tea.
2. **Drink Edible Green® or MATCHA before each meal.** Make sure each meal is nutritiously balanced and eat modest portions. (Using one size smaller plate makes it easier.)
3. **"Consistency" is the key to the success. Drinking even one cup of Edible Green® or MATCHA every day is better than 10 cups every once in a while.** You will learn exercise makes you feel better and sometimes it helps to do exercise just to feel better--rather than to see less weight on your scale. Stick to your new healthy routine for at least 3 months.

## **Green Tea and Weight Management**

Now how about after you lose some weight? Does green tea help to maintain the loss you made? Here's great news for millions of people watching their weight: **"Green tea intake with habitual low caffeine intake promotes weight loss and reduces the risk of weight regain,"** according to a study, "Caffeine and green tea effects on body weight" published in "Obesity Research".

In this study, the subjects were divided into habitually low caffeine consumers (<300 mg/day) and habitually high caffeine consumers (>300 mg/day). Each group was again divided to 2 groups, one was given green tea supplementation, the other was given a placebo. Each group was observed for their weight loss and weight maintenance over time.

## **No more 'rebound' effect with green tea and low caffeine life style!**

The result of the study shows:

"During the weight maintenance period (after successful weight loss), **the percentage of body weight regained was significantly smaller in the low caffeine intake group that received green tea, and in fact, that group continued to lose weight**, compared with the low caffeine group receiving placebo. This was also the case when the low caffeine intake group that received green tea was compared with the high caffeine group receiving green tea. In fact, in the former group, body weight was still reduced, whereas in the latter groups, regain took place."

**"In the low caffeine intake group who consumed green tea, body weight maintenance after body weight loss was considerably greater. Weight loss was prolonged in the low caffeine intake group that received green tea**, whereas in the placebo group, body weight regain over time was significant. Also, in the successful weight maintenance group, FFM (fat-free mass) was still increased during weight maintenance; body weight loss was loss of only FM (fat mass), caused by a higher fat oxidation."

"It is remarkable that the high caffeine intake group receiving green tea did not show greater body weight maintenance after body weight loss than the high caffeine intake group that received placebo. Here the sensitivity to caffeine may be lost, perhaps because of saturation of the enzyme system. The high caffeine intake group had become nonresponders to green tea, probably because of a ceiling effect. Also, the very low leptin concentrations may have caused a homeostatic restoration of body weight regain."

Edible Green® Decaf is an effective option if you prefer to take as little caffeine as possible. If you crave for coffee, choose Unforgettable™; it is completely zero caffeine but satisfies taste buds with delicious coffee taste.

## **Only 5% weight loss will do for your successful weight loss!**

The mechanism of successful weight loss is simply put, "increase calories your body burns and decrease calories you intake." Decrease calories you intake by switching from calorie rich drinks to calorie free green tea. And, burn more calories with green tea. Even modest weight loss, 5% to 10% of the initial body weight, leads to beneficial health effects.\* GOOD LUCK!

Sources:

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