

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!

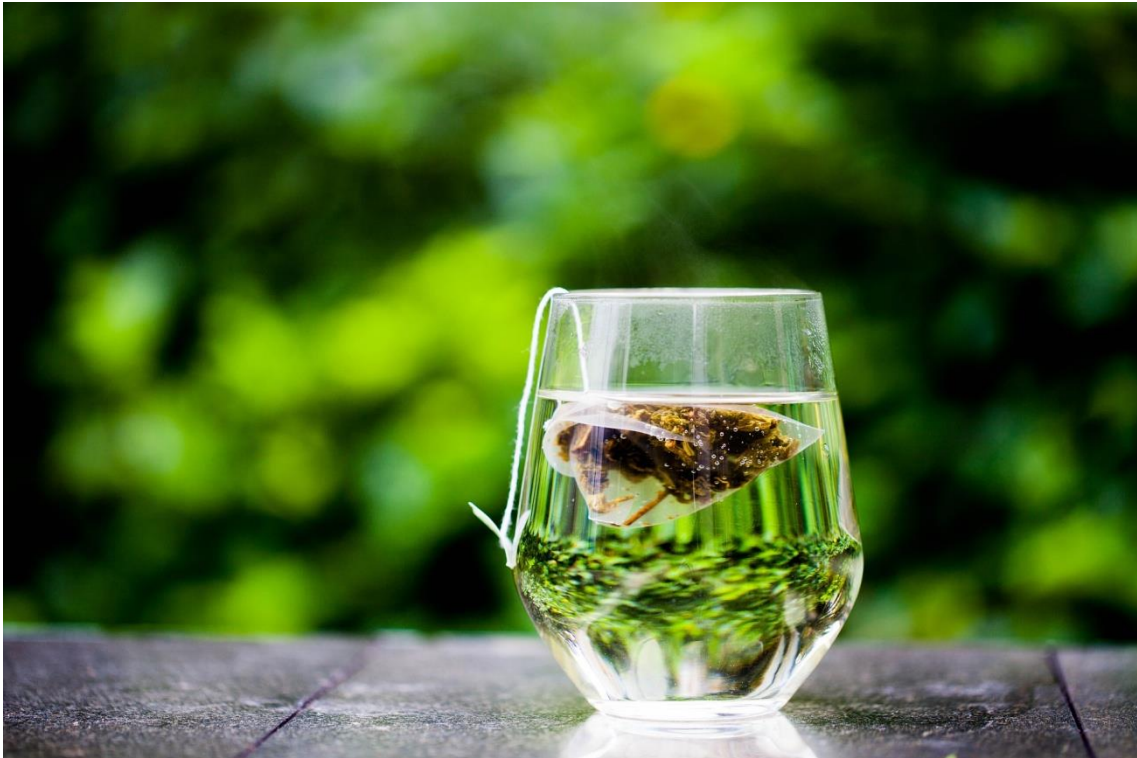
This means you can forget low-calorie dieting and continue eating *all* your favorite foods and that's the best trick of all!

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.

PU-ERH TEA



Pu-erh tea is a Chinese tea native to the Yunnan province in southern China and has a long history and a firm place in indigenous Chinese tradition.

It is a post fermented tea, in which the 'raw' tea leaves undergo microbial fermentation after the tea leaves have been dried and rolled.

Pu-erh has been known for its health benefits for centuries in Chinese culture. In recent times, though, modern science is also beginning to discover the effects of Pu-erh tea on health in general and weight loss in particular.

In this short report we will look at the known benefits of Pu-erh tea, along with significant studies and their outcomes, with a particular focus on its potential role in weight loss.

We will also discuss the even greater rewards that may be achieved by combining different teas together under a concept known as synergy.

How Might Pu-erh Tea Aid with weight loss?

Several studies conducted around the world on lab mice as well as human subjects have found evidence that Pu-erh tea has significant cholesterol lowering effects.

Studies have also shown that Pu-erh has degreasing properties which help the body remove unwanted and hard to digest, leftover fats. It is this cleansing ability of Pu-erh that has brought it to the attention of researchers the world over.

Anti-Obesity Effects of Pu-erh Tea

Studies that have found that Pu-erh tea has a lowering effect on LDL and triacylglycerol have also shown that Pu-erh may suppress weight gain and help prevent obesity.

- A study conducted at the Institute of Biochemistry and Molecular Biology, College of Medicine, National Taiwan University, Taipei, on lab rats, found that the rats supplemented with Pu-erh tea showed hypolipidemic and anti-obesity effects. The active compounds in the tea that were found to be responsible for the anti-obesity effect were caffeine, an anti-oxidant known as catechin, and theanine.
- In another study conducted at the Yunnan Agricultural University, the anti-obesity effects of Pu-erh tea consumption on rats with high fat diet induced obesity were observed. It was found that Pu-erh tea significantly lowered the overall body weight, as well as reduced fatty deposits in the body. Pu-erh tea was also seen to reduce cholesterol levels, particularly LDL and triglycerides concentrations. It was not seen to affect good cholesterol (HDL) levels.
- In a French study conducted at the ARMA Medical Research Association, Dr. Tran Dai-Sy and his team found that out of 350

study subjects, 299 subjects successfully achieved weight loss with a regular diet supplemented by a cup of Pu-erh tea per day. The extent of the weight loss was a staggering 5-10 pounds per subject over a span of two months.

The anti-oxidant polyphenols in Pu-erh tea help boost metabolism, which increases the rate of fat oxidation, which effectively helps burn calories.

At the same time, Pu-erh tea also has unique properties that help activate the stomach and spleen and improve digestion.

While a healthy spleen absorbs nutrients from the food, and gets rid of excess fluids, an unhealthy spleen accumulates fluids, which, in the course of time, turn to fat.

Pu-erh helps stimulate and tone the spleen and stomach and keeps them cleansed and efficient.

Pu-erh tea may possess another unique property in that it may help suppress appetite by creating a feeling of fullness. This has important implications for weight loss and preventing obesity.

Side Effects of Pu-erh Tea

Pu-erh tea is a natural substance, and there are no known side effects of consuming the tea in sensible amounts.

However, it is important to note that Pu-erh tea does contain caffeine, albeit in relatively small quantities. Therefore, all the contra indications that apply to caffeine consumption do also apply to Pu-erh tea.

If taken in moderation, Pu-erh tea either as a brew or its extract is safe and has no known side effects.

Summary

Pu-erh tea is a Chinese tea traditionally produced in the southwestern Chinese province of Yunnan. Pu-erh has been consumed for several centuries, and is known to have a number of beneficial properties.

It is particularly known to help the body get rid of toxins, clean the blood and help get rid of hard to digest fats.

Recent scientific studies in the effects of Pu-erh tea on health have found evidence to support many of these claims.

Pu-erh is rich in anti-oxidants called polyphenols which have many beneficial health effects.

Like other herbal teas such as green tea and Oolong tea, Pu-erh is known to improve circulation and maintain cardio vascular health. Some studies have also found a preventative and suppressive link between these anti-oxidants and cancer tumors.

Several key studies have found that there is a strong link between Pu-erh consumption and the lowering of bad LDL cholesterol. Some studies have also found that Pu-erh consumption can increase good HDL cholesterol levels.

Pu-erh can have anti-weight-gain effects as it speeds up metabolism and increases fat oxidation, while also improving the functioning of the stomach and spleen, which helps the body get rid of excess fluids. It is also known to suppress appetite.

Pu-erh tea when taken in combination with other beneficial teas like Oolong tea and green tea can help maximize the weight loss effects of these different teas.

Their unique properties can work together in synergy to enhance their effect and get maximum benefits.

Pu-erh tea is known in Chinese medicine to promote the health of the stomach and spleen and get rid of dampness from the body.

It is also known to keep the mind alert and agile and promoting sound health by boosting immunity.

WHITE TEA



White tea has been traditionally produced in Fujian province on the south-east coast of China. While all the other types of tea produced from the tea plant (*Camellia Sinensis*) are brewed from tea leaves, white tea is produced from the leaves as well as buds of the plant.

In fact, the tea has acquired its name from the silvery downy hairs on the buds of the tea plant. Selection of white tea leaves is very stringent as only small and young leaves are suitable for the tea.

White tea is very lightly oxidized, and the buds and leaves are allowed to wither in natural sunlight before light steaming. Further processing is avoided in order to prevent more oxidization of the tea.

How Might White Tea Aid with Weight Loss?

Obesity is a growing concern today, especially in post industrialized nations. The rising incidence of obesity and related conditions such as cardio vascular problems and diabetes has made the issue very relevant.

The potential effects of white tea on fat storage and weight gain have attracted the interest of scientists worldwide.

Several studies have and are being conducted on these effects in order to understand the full extent to which white tea may aid in weight loss and the results do look very promising.

White tea has been found to aid weight loss in various ways. Polyphenols present in white tea help lower the levels of cholesterol in the blood, as well as improve the circulatory system.

A healthy heart is the first step to maintaining healthy weight through good diet and regular exercise.

White tea may also prevent the storage of fat in the body, and help metabolize fat quicker. It is also found that white tea can suppress appetite, making it easier to follow a healthy diet.

White Tea Suppresses Growth of Fat Cells

A 2008 study conducted on the effect of white tea extract on human fat cells showed that white tea extract caused the breakdown of existing fat cells and inhibited the growth of new fat cells.

It was found that white tea suppressed or decreased the expression of genes associated with the creation of new adipocytes.

The study concluded that white tea extract is a potent and natural source that can inhibit adipogenesis – which is the conversion of pre fat

cells into fat cells, and stimulate lipolysis – which is the breakdown of fats for utilization by the body for energy.

The study by a German health food company in 2009 found that Chinese white tea reduces growth of new fat cells and broke down the fat contained in existing cells.

Helps Burn Calories Quicker

White tea contains caffeine and is a naturally thermogenic substance. This means that it helps speed up the metabolism. By boosting metabolism, white tea can help increase the rate at which stored fat is burnt.

While white tea speeds up the metabolic breakdown of calories, it does not contain any calories, making it effective in weight loss.

Also, unlike other teas which also contain caffeine, white tea contains a very small amount, making it free from the unpleasant side effects of caffeine consumption.

Suppresses Appetite

White tea is known to dull the appetite, making it easier to refrain from snacking between meals. This can make it much easier to stick to a healthy weight loss diet.

Side Effects of White Tea

White tea is a completely natural substance, as it has been derived from the tea plant and minimally processed. It contains a very small amount of caffeine, so there are known to be no real side effects for white tea.

However, in order to avoid adverse interaction with any existing medication, it is important to seek medical advice before taking any health supplements and products made from concentrated white tea extract.

Summary

White tea is a minimally processed tea traditionally produced in the south-east of China. Being derived from the tea plant, white tea shares many of its health benefits with other teas such as Oolong and green tea.

The polyphenols present in white tea are beneficial to health in a number of ways. They can help keep the circulatory system healthy and improve cardio vascular health.

Studies show that they also play a preventative role in heart disease and other cardio vascular conditions such as stroke.

Polyphenols have the ability to lower bad LDL cholesterol, and prevent the build-up of plaque on the lining of arteries.

These anti-oxidants are also linked to anti-ageing action. A 2009 study found that white tea is particularly effective in slowing down the enzymatic breakdown of elastin and collagen, resulting in anti-ageing action.

In the light of the global obesity epidemic, white tea has become especially interesting to researchers owing to its potential benefits for weight loss.

A 2008 study showed that white tea may have an anti-obesity effect on human fat cells. The study found that white tea has the ability to suppress the expression of genes that cause the generation of new fat cells. Not only this, white tea also brings about the breakdown of existing fat cells.

By speeding up metabolism, white tea can help increase the rate of fat oxidation. It also has an effect of suppressing hunger, making it a very effective component of any weight loss regime.

Although different teas derived from the *Camellia Sinensis* plant have similar base properties, each tea also seems to have its own unique properties as well.

For instance, while white tea is found to cause the breakdown of fats, Pu-erh tea is found to have a degreasing effect and help in getting rid of certain types of fat.

Consuming different teas together as part of a regime can be the most effective way to use them in weight loss. This concept is known as synergy, where different teas can be used together to overcome any individual weaknesses and maximize their strengths.

What's the Best Way to Lose Weight in a Hurry –

And Keep it Off?

Whether you need a fast healthy diet or have achieved your target weight and want to maintain your post-diet shape -this article is for you!

Here's a rundown of what the British Dietetic Association thinks of the latest diets.

Dukan diet

The British Dietetic Association (BDA) has just voted this the Worst Diet of the Year for the third year running!

It's unhealthy, with side effects including constipation and low energy levels. It permanently changes your metabolic system and leads to Yo-Yo weight gain!

KEN (Ketogenic Enteral Nutrition) diet

This horrible idea suggests you eat nothing for ten days. You get nutrition from a liquid which is dripped into your stomach through a plastic tube up the nose that is taped on to your face. Ugh!

Party Girl Intravenous Drip diet

Similar to KEN, this is what hospitals use to treat severely malnourished patients. *Apparently*, this dieting method has been used by Rihanna and Simon Cowell.

However, do remember that celebrities are paid thousands of dollars to appear for *carefully organised* photo ops, or Tweets, that are nothing more than a slyway of *advertising* hard-to-sell, expensive and dangerous products like this!

6 weeks to OMG diet

More punishment – with black coffee and exercise early in the morning. Then, to create *thermogenesis*, which speeds up your metabolism to burn-off more calories, you're supposed to sit in a cold bath!

Extreme dieting shifts your body into survival mode, so your metabolism stops burning calories and tries to conserve as much fat as possible!

Top 10 Tips for Losing Weight Without Dieting –

Yes You Can!

Motivation

First of all you need to find your own personal inner motivation. This is the force that will help *you* change from being overweight, constantly tired and perhaps, unhappy in your personal and professional life -to become whatever *you* choose to be!

Admit you have a problem

Many of the top 'Slimmers' of the Year' say they didn't realize how heavy they really were – until they saw a photo of themselves on the beach or at a special event.

So – stop avoiding mirrors and those embarrassing photos that make you cringe. Admitting you *have* a problem is the first, wonderful step towards getting rid of it!

You *are* the boss

Remember, *no-one* is perfect and *no-one* should feel forced to be 'perfect', but if you truly feel your weight is interfering with your Pursuit of Happiness, the sooner you take control, the better.

You have the *right to pursue happiness* – so get out there and pursue it!

Change your habits

10. Before you go to a movie, eat a healthy meal so you won't be tempted to eat calorie laden cinema snacks.

9. Separate your daily food intake into several smaller meals throughout the day. Studies show this *really* helps stop the hunger pangs between meals that make many people overeat.

8. Add herbs, spices or chilies to your food, because this 'satisfies' the taste buds more quickly than bland foods and prompts the earlier release of chemicals that make you feel full.

7. Fill your fridge with sweet-tasting fruits, so when you crave something sweet you can get it without the extra calories of cookies and cake.

6. Using smaller plates is a great way to stop yourself eating more than you need. Your eyes report to the brain that there's a lot of food on the plate and your appetite will be satisfied sooner.

5. Drink Green tea, because it contains *catechins* which create a completely natural and safe fat-burning process in the body known as *thermogenesis*.

4. Drink Oolong tea because it also contains fat-burning catechins, *as well* as an appetite suppressant.

3. Drink White tea, because lots of international scientific studies have proved it not only breaks down stubborn stores of fat, but it also restricts the production of new fat stores!

2. Drink Pu-erh tea because it keeps your stomach feeling full for longer, reduces hunger pangs and helps drain unnecessary fluids that otherwise cause bloating.

No. 1 Top Tip - Get smart & lose weight fast by drinking tea!

Drinking the big four weight-reducing teas – Green, White, Oolong and Pu-erh, has been scientifically proven by *many* different international studies to automatically promote safe, rapid weight loss – *without the need to go on any type of slimming diet.*

Each one is a great obesity-buster, but when combined in carefully blended quantities, the scientific process known as *Synergy* comes into play.

Like a team of highly-trained athletes each supporting the other, synergy enhances the fat-burning and appetite suppressing properties of each tea - boosting their combined potency to be 10 times more effective!

THE END
