

## Detoxify your body in Green Tea style

Detoxification is revitalizing the body using body's natural cleansing process. Nowadays we rely on detox programs, which help us in various ways to remove toxins from our body.

### Detox Programs:

- a. Provide rest and relaxation to your body organs by fasting.
- b. Consumption of edibles, which stimulates the lever to eject toxins out of your body.
- c. Facilitates elimination of toxins through intestines, kidneys and skin.
- d. Improves blood circulation.
- e. Refuels the body with healthy nutrients.
- f. Consumption of **green tea**.

It is a routine task of most of us to have tea as soon as we wake up from sleep in the morning. For many of us it is like an addiction. Few of us prefer coffee too. We take tea or coffee in various compositions of it with milk, sugar and other taste-enhancing ingredients.

Nevertheless, the stoop of ours towards tea, if used wisely, can be beneficial for our body. There are various reasons of preferring **green tea** to your regular caffeine partners.

### Benefits of Green Tea:

- a. **Green Tea improves Health:** The composition of **green tea** is of Bioactive Compounds. This tea is rich in polyphenol, which helps you get rid of inflammation. Polyphenol is having cancer preventive properties too. Polyphenol constitute 30% of green tea by weight. The polyphenol include large amount of Catechin known as EGCG. They prevent formation of free radical in our body and restrict cell damage. They provide various health related benefits.
- b. **Green tea improves brain function:** The content of caffeine is less in **green tea** as compared to coffee. Nevertheless, your body requires this natural quantity. It contains L-Theanine amino acid, which, on reacting with the caffeine improves brain function. It also protects the brain from neurodegenerative disorders. They prevent the risk of Alzheimer's' or Parkinson's' which attacks us generally at old age.
- c. **Fat burning rate increases:** Consumption of **green tea** can show considerable increase in the metabolic rate of your body. It also helps in a short-term increase in fat burning process.
- d. **High content of Antioxidants lowers cancer risks:** The composition of **green tea** consists of powerful antioxidants. These antioxidants are very beneficial to prevent breast cancer, prostate cancer and colorectal cancer.
- e. **It kills bacteria:** the catechin present in green tea is having anti-bacterial effects. Due to this, it potentially lowers the risk of viral attacks or bacterial threats, which requires an oral entry. It also helps to improve dental health.
- f. **Reduces the risk of Diabetes and Cardiovascular Disease:** **Green tea** consumption results in mild decrease in blood sugar level. It also lowers the total and LDL cholesterol levels. Due to this property, it reduces the risk of diabetes and cardiovascular disease.

**Green tea** not only removes toxins from your body, it also protects you from various health hazards. It clearly indicates that just detoxification is not enough if your body is not free from diseases.