



## The Magic of Green Tea - Green Tea for Health

By Duseep Jyot Singh, Managing Director John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents The Magic of Green Tea Table of Contents Introduction History of Tea How to recognize Green Tea How to Prepare Green Tea Health Benefits of Green Tea Best Detoxifying Agent Cardiovascular Diseases Stress Buster Weight Loss through Green Tea Cancer Fighting Properties Antiaging Properties Other Health Benefits Green Tea as a Beauty Aid Skin Rejuvenator Getting Rid of Sunburn Green Tea for Your Hair Traditional Green Tea Home Cure Remedies Basil leaf - green tea decoction Conclusion Author Bio Publisher Introduction Since ancient times, man has been looking for healthy drinks, which could promote good health, longevity, and vitality. Green tea comes in this category. A majority of us cannot do without the cup that cheers, early in the morning. Sometimes we may even find ourselves addicted to our cup of hearty java, first thing in the morning before we can wake up completely. But since ancient times, green tea has been such a major part of the lives of people who are very careful about their health, that it is no wonder that it...

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