

Green Tea and Dieting

For sometime now there have been reports about the benefits of drinking green tea, in addition to its potential to protect the heart, green tea extract may serve as an aid to weight loss! Clinical trials conducted by the University of Geneva, in Switzerland indicate that green tea appears to raise metabolic rates and speed up fat oxidation. Apparently in addition to caffeine, green tea contains catechin polyphenols that raise thermo genesis (the rate at which calories are being burned) and hence overall energy expenditure.

Already lauded as a powerful antioxidant, green tea may also help dieters shed fat. This effect is not linked to the relatively small amounts of caffeine found in tea, since the study subjects receiving amounts of caffeine similar to those found in green tea displayed no change in daily energy output. Dulloo's team, when questioned about the green tea weight loss study pointed out that "there are only two ways to treat obesity: reduce energy intake (i.e., dieting), or increase energy expenditure." According to their analysis, green tea seems to perform the latter function, although the mechanisms behind its action remain unclear.

The investigators note, however, that green tea contains a high amount of catechin polyphenols. These compounds may work with other chemicals to increase levels of fat oxidation and thermo genesis, where the body burns fuel such as fat to create heat.

The positive points about this experimental green tea weight loss program using green tea

- It doesn't raise heart rates.
- It stimulates thermo genesis and fat oxidation.
- University of Geneva experiment's subjects had a significant increase (4%) in daily energy expenditure