

Tea Will Help to Lose Weight (Mon Nov 17th, 2008, by Carole Parker)

It's an established fact that ordinary tea can help to lose weight. Really you can drink tea for pleasure and unique taste, but also for weight loss. There are many sorts of this ancient drink. Let's look what qualities some kinds of tea have.

Green Tea. Green tea makes fat exchange better. Actually green tea helps to split food fats. This aromatic non-fermented drink is the ideal end of any meal. Take 1 teaspoon tea leaves for 1 cup. Pour it with boiling water and infuse for 5 minutes. Generally green tea improves mood, tones up and can take the place of morning coffee.

Black Tea with Lemon. Black tea with lemon burns fats. I'm sure you drink black tea every day. But we shouldn't underrate the classical sort of tea. Thanking its tanning agents, black tea influences on stomach work positively, especially during holiday dinner and improves digestion. Vitamin C, contained in lemon, increases the positive effect from tea. Pour 1 teaspoon tea with hot water and keep for 3-5 minutes. Then add a lemon segment.

Mint with Cardamom. Such kind of tea blunts the feeling hungry. If you worry about your waist and legs, drink boiled mint. Mint tea takes feeling hungry away and helps metabolism. Add cardamom and you will increase effect of mint. This eastern spice has makes metabolism better too. Knead 10 seeds of cardamom and boil in 1 liter of water for 3 minutes. Then add 20 gram mint leaves and keep infusing for 5 minutes.

Nettle tea with ginger. This unusual kind of tea helps cleansing and detoxification of your organism. Of course, you should become used to special taste of nettle. Believe me, it is worth of it. Nettle makes the process of fat incineration more active. Also it cleanses blood and all body. Nettle cares about ideal figure and about clean skin also. Essential oils, containing in the gingery root, help body detoxification and warm in the cold winter time. To make this wonderful drink you should pour 1 tablespoon nettle leaves with 1 liter boiling water and keep for 10 minutes. Grate gingery root into cup with tea.

Rooibos tea with cloves. This sweet drink increases the process of digestion. Thanking its natural sweetness, this tea can help to quench your thirst of sweets. It improves metabolism and nervous system. Rooibos tea doesn't contain caffeine and any other stimulants in contrast to black or green teas. That's why this kind of tea can be useful even for little children. Tea has the great therapeutic effect. Knead 2 cloves and boil in 1 liter boiling water. Then add 1 tablespoon rooibos tea.

Lapacho tea with anise. It will help to improve digestion. This drink, made from bark of South-American tree Lapacho, has very pleasant taste. And also it has the great number of mineral matters and microelements, strengthening immune system. Combination of lapacho with anise promotes weight loss. Knead 1 teaspoon anise seeds and pour with 1 liter boiling water, then filter. Pour 2 teaspoons lapacho with anise decoction and infuse for 5 minutes.

