Green Tea MAKES YOU LIVE LONGER

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Green tea lives up to its reputation. It helps our body to burn fat. Now, scientists have discovered that drinking up to 5 cups a day can improve and protect our heart. The healthy properties of this drink help us to live longer while we train for a leaner and sexier body.

In one study, Japanese scientists observed 40,000 participants between the ages of 40 and 79. All the participants came from the northeast of Japan, a region in which it is common to drink a lot of green tea daily. They found that people who drank green tea lived longer and were less likely to be affected by Alzheimer. There was also a significant 26% decrease in deaths caused by heart attacks. Women, in particular, enjoyed the benefit of this aromatic drink, suffering 31% fewer cardiovascular problems. Green tea drinkers were also shown to have less body fat, and a healthier and fitter body in general.

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