## Green Tea the Fitness & Lifestyle beverage!

Written by DATE\_FORMAT\_LC2 - Last Updated DATE\_FORMAT\_LC2



Many studies have proved the versatile character of this beverage; it has a positive influence on fitness, on the fat-burning process and against Alzheimer's. And finally, scientists were able to reveal, that whoever drinks at least 7 cups of green tea per day, will live longer and suffer much less from common diseases including cancer.

1 / 1