



Introducing Effortless My Tea Products

Puerh is a very popular both in China and other section of the planet. It is produced from the same plant *Camellia sinensis*. However the different processes result in various levels of oxidation. Puerh is extremely close to green tea in flavor. Most of time it is brewed to be powerful using the resentment. It may be enjoyed hot or cold. It makes a sweet and delicious aftertaste for the tea drinkers.

Puerh tea has considerably higher content of polyphenolic compounds in comparison with green tea and black tea because of its unique semi-fermented process mentioned previously.

Puerh Tea Helps Fight Obesity

The secret behind here is the fact that the enzyme that's responsible for dissolving triglyceride is activated by polyphenol. Laboratory experiments and many clinical studies have affirmed the continuous consumption of Puerh tea significantly improves the function of controlling obesity and fat metabolism. Some data show that Puerh tea can burn up to 157% more fat compared to the same amount of green tea does. Two or three cups of Puerh tea every day will help shed a few more stubborn pounds of fat that you don't need.

The Results from Case Studies

In modern medical science, obesity doesn't only mean being overweight. More precisely, obesity is described as an "excess accumulation of fat in the human body. The emphasis of the meaning of obesity is that the total amount of fat inside the body has increased beyond its normal range quantified by scientific standards that are industrial.

In discovering the thermogenic effect of Puerh tea scientists, medical researchers and health care professionals have conducted numerous studies lately. The results showing the connection between weight loss and Puerh tea drinking have already been startling. Some of chief advantages and fascinating statistics are as following:

1. The polyphenols in Puerh tea can efficiently block the absorption of cholesterol and dietary fat by over 50%. Researchers at the The University of Tokushima did the result and also a clinical case study showed that subjects who drank Puerh tea three times a day with meals consumed just half the amount of dietary fat and cholesterol than those who didn't drink the tea.
2. Your fat burning capability cans increases by 12% on the average.
3. Drinking Puerh tea helps reduce abdominal fat in a safe manner. Following a few tests and clinical studies, researchers from your Teikyo University School of Medicine made a decision that the catechins in Puerh tea helped reduce stomach fat without reducing or influencing the absorbtion of fat-soluble vitamins. Meaning that Puerh tea drinking is a natural, [ОТИДИ ТАМ](#) and

safe way to lose excess weight, not like a few other weight loss approaches connected with specific unwanted effects.

4. Puerh tea is for boosting the metabolism, 250% more effective than green tea does.

Researchers from The Tokushima School of Medicine found that energy consumption increased by 10% from drinking green tea, while just 4% of energy consumption increase was attained.

5. Puerh tea drinking helps prevent obesity even you eat a high fat diet. The subjects were given Puerh tea to drink during the evaluation process by research workers at Ehime School of Medicine. The result revealed that the subjects increased fat burning speed while reducing the absorption of lipids of the body's, even though the subjects were permitted to keep to eat high fat diet on the regular basis.