**The Recipe for Losing Weight: Green Tea**

**The Origin**

Green tea is the type of the *Camellia Sinensis* tea, which is actually has three main varieties: the black, oolong, and green tea. All of these teas has been processed and undergone through the minimal fermentation. The green tea is first originated from China, and now, it has been widely associated with some other areas in the Asia, such as the Middle East and Japan. From some studies, we find out that the green tea has a lot of benefits to people who consume this tea daily, especially for their health, such as lowering the blood sugar levels, cholesterol levels, and also preventing obesity and the other thing that could follow, such as cancers, high blood pressure, and some neurological disorders.

**The Advantage: Losing Weight**

What about green tea as the recipe for losing the body weight? All of us who has been struggling with the problem of burning the calories has already know that losing weight is not something easy to do, because it will takes a lot of effort and energy with total focus to remove the fat from the body. But actually, with the help of green tea, you can do it faster and easier.

Green tea contains lots of polyphenols, which is known to have the great fat-burning effects and also making this perfect for people who wants to lose some of their weight. Green tea also contains lots of particular antioxidant, and has become more and more famous as the alternative for people who want to do their weight loss program. The green tea will then help extracting the fat on your body, which will then speed up the fat-burning process. From some studies, the researchers discovered that when you drink a cup of green tea every day, it will helps boosting your metabolism process from 8 to 14 percent, making the green tea as something that we recommend for someone who wants to lose the fat easily.

**How to Do it?**

In order to get the best results for your body, you should drink a cup of green tea daily after you have the meal, and after some time, you can see that your body becomes healthier and slimmer. Who does not want to be in shape? Being in shape will totally increase the self-esteem and make people healthier, while also make the body cleaner than before because the green tea are cleaning the system from any bacteria or some virus.

Another advantage of taking the green tea as the part of your diet is that you can save some of your money, because the price of green tea is very much fair if you compare it to the other expensive weight-losing products. Your body will accept the advantage of green tea much better because it is a natural element, and is easier to be consumed. So, whether you are someone who wants to lose some weight or even a body builder, the green tea is the perfect and effective diet for you. It is a gift from the mother nature to keep your body in shape and healthy!