

MATCHA

Matcha vs Brewed Green Tea

137x	Antioxidants	99x	Carotene
5x	L-Theanine	27x	Vitamin-B2
10x	Vitamin-C	96x	Vitamin-B6

Normal Green Tea

35%

ONLY 35% NUTRIENTS RELEASED IN NORMAL BREWED GREEN TEA.

Matcha

100%

100% NUTRIENTS RELEASED IN MATCHA

TOP REASONS TO DRINK MATCHA

ENHANCE ENERGY



PREVENT CANCER



PREVENT HEART DISEASE

MATCHA



WEIGHT LOSS



CONCENTRATION



ANTIOXIDANTS

OUR MATCHA



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100% PURE MATCHA POWDER



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prince davies



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The 17-Day Green Tea Diet The Editors of Eat This,2018-07-17 Lose up to 14 lbs from your belly first Cover

The 17-Day Green Tea Diet Editors of Eat This!, Not That,2015-10-13 Flatten your belly and boost your metabolism with the least expensive most scientifically proven weight loss plan ever created Fast permanent weight loss is just a sip away thanks to this unique program developed by the bestselling authors of Eat This Not That And all it takes is a cup of hot water and a humble bag of green tea The secret lies in a rare but powerful nutrient known as EGCG

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Brandweek ,2000 *Elle* ,2005

The Okinawa Diet Plan Bradley J. Willcox,D. Craig Willcox,Makoto Suzuki,2004 The elders of Okinawa Japan are among the leanest and longest lived people on earth These Okinawans many in their eighties nineties and beyond maintain an unprecedented quality of life More than any other population older Okinawans are slim and agile and their minds are clear and lucid Few suffer the lifestyle related diseases like heart disease cancer diabetes and obesity that are so common in their western counterparts In their New York Times bestseller The Okinawa Program Drs Bradley and Craig Willcox and Makoto Suzuki shared important insights about these unique and amazingly healthy people from their landmark twenty five year

Okinawa Centenarian Study The latest findings from that study are proving even more surprising the elders do not gain weight with age The secrets behind this discovery are twofold the Okinawans calorie light diet and their active lifestyle which results in leaner and more metabolically efficient bodies that stay slimmer healthier and more youthful as they age In The Okinawa Diet Plan Drs Willcox Willcox and Suzuki adapt traditional Okinawan dietary principles for a delicious blend of East and West so that anyone can reap these very same benefits The authors Caloric Density Index and the Caloric Density Pyramid developed from the study s latest findings debunk the myths of trendy diet gurus and provide a revolutionary approach to eating health weight loss and weight maintenance that is easy to follow and simple to maintain This approach allows Okinawans to eat more food than the typical American diet and still weigh less and you can too With more than 150 delicious recipes that incorporate foods low in caloric density The Okinawa Diet Plan offers dozens of satisfying meal options Conveniently divided into three tracks western eastern and fusion and with healthy options for both vegetarians and meat eaters alike their program provides all the benefits of calorie restriction without deprivation With dietary guidelines cooking techniques an eight week turnaround plan and other unique resources The Okinawa Diet Plan is a breakthrough concept in healthy weight loss and maintenance Book jacket **New Age Journal** ,1995 The Poultry Keeper ,1889 The Economist ,1907 Forthcoming Books Rose Arny,2003-04 *Healthplan* ,2002 *Subject Guide to Books in Print* ,2001 **The Scottish Farmer** ,1929 **The Saturday Review of Politics, Literature, Science and Art** ,1891

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