

8 REASONS TO MAKE MATCHA PART OF YOUR LIFE

Antioxidants

- +137 times more than green tea
- +17 times more than blueberries
- +6 times more than gojiberries

Metabolism

- +Consuming matcha can help your body burn calories 4x faster than normal!

Energy

- +Boosts energy and sustains it throughout the day.
- +Increases focus

Fights Cancer

- +Best source of catechins which prevent cancer.
- +Can cut risk of breast cancer in half.

Anti-Aging

- +Helps reduce inflammation and oxidation to help you look and feel younger.

Lowers

Cholesterol

- +Matcha has been proven to lower bad (LDL) cholesterol.

Stress Relief

- +L-theanine, an amino acid in matcha, helps calm your mind.

Detox

- +High concentration of chlorophyll, which helps eliminate chemicals from the body.



FullLeafTeaCompany.com 

Source: Matcha Source

How To Use Matcha Health Benefits Step Plan

Stephanie Quiñones



How To Use Matcha Health Benefits Step Plan:

Eat to Treat Maggie Berghoff, 2021-12-28 USA TODAY BESTSELLER A three step plan to beat inflammation Identify your specific type set your lifestyle up to avoid triggers and cook tailored recipes designed to help you heal Functional medicine practitioner Maggie Berghoff presents a personalized accessible approach to fighting inflammation Using thorough questionnaires to identify your specific ailments *Eat to Treat* prescribes a targeted plan that will help you live free of the major types of inflammation including those triggered by hormones digestive issues stress allergies rheumatoid arthritis and more From easy tips for healing eating and detoxing to targeted lifestyle advice Berghoff offers the most up to date instructions for living your best and healthiest life based on your specific inflammation type Inside you ll learn How to supercharge your immune system and feel better instantly How to set up an anti inflammatory pantry Quick and easy recipes to ease your specific inflammation type The secret ways stress attacks your system and how to fight it The ingredients in your daily products to avoid including how everything from your personal hygiene products to your showerhead could be affecting you Detailed detoxes tailored to your lifestyle Cutting edge and easy household remedies you may have overlooked *The Everything Healthy Meal Prep Cookbook* Tina Chow, 2018-01-16 Learn to prepare healthy portion controlled meals for the week with this easy to follow cookbook that saves time and can help you lose weight Meal prepping has quickly become one of the best ways to control what you eat and organize your eating habits In *The Everything Healthy Meal Prep Cookbook* you ll learn how to plan out portion controlled nutritious meals and prepare them in advance so when the time comes for dinner it s a breeze to whip it all together You ll discover the benefits of meal prep and learn how to do it effectively so you are always eating something different and never bored With 300 delicious recipes included *The Everything Healthy Meal Prep Cookbook* can help you have more control over what you eat and provide a clear focused path for dinner [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 Apple Cider Vinegar Cleanse](#) Claire Georgiou, 2017-03-21 Apple cider vinegar has a cult following among health conscious consumers Not to be confused with distilled grocery store apple cider vinegar ACV is unfiltered unprocessed fermented apple cider that is rich in bioactive components that give it potent antioxidant antimicrobial anti glyceic and many other beneficial properties This enables ACV to help everything from diabetes to heart health to weight loss sinus congestion and warts THE APPLE CIDER VINEGAR CLEANSE will explain the myriad health benefits of ACV and will offer a 7 day cleanse to help readers jump start their weight loss and journey to better health *Smoothie Diets* Stephanie Quiñones, *Smoothie Diets 4 in 1 Smoothies for Diabetes Diet Smoothies for Weight Loss Diet 16lbs in 12 Days Smoothie Diet and Smoothies Recipe Book* Start your fitness regimen daily routines or health goal with over 200 beneficial smoothies for every occasion ENJOY 4 BOOKS IN AN AMAZING BUNDLE BOOK 1 *Smoothies for Diabetics* BOOK 2 *Smoothies for Weight Loss* BOOK 3 *Lose 16 Pounds In 12 Days On A Smoothie Cleanse Diet* BOOK 4 *The Healthy Smoothie Recipe Book* Learn how to make smoothies quickly and efficiently while keeping

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