

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

Thomas Griffiths



How To Use Matcha Health Benefits Step Plan:

The Top Books of the Year How To Use Matcha Health Benefits Step Plan The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. How To Use Matcha Health Benefits Step Plan : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. How To Use Matcha Health Benefits Step Plan : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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