

# Matcha Health Benefits



## **MENTAL FOCUS**

Enhances mental clarity & alertness through its unique combination of caffeine & L-theanine, which boosts brain function and concentration.

## **WEIGHT LOSS**

Boosts metabolism and aids in weight loss by increasing thermogenesis, which enhances the body's ability to burn fat more efficiently.

## **ANTIOXIDANTS**

Contains high levels of EGCG, which protects cells from oxidative damage and reduces the risk of chronic diseases.

## **ANTI-AGING**

Matcha's Rich in antioxidants that help improve skin health and prevent aging by protecting against UV damage and promoting skin cell rejuvenation.

## **RELAXING**

Promotes relaxation and reduces stress through the amino acid L-theanine, which enhances calmness without causing drowsiness.

# Advanced Matcha Health Benefits Step Plan For Students

**Roni Romash**



## **Advanced Matcha Health Benefits Step Plan For Students:**

*Your Coffee Shop from Scratch: A Practical Guide to Launch with Flavor, Style, and Success*, 2025-08-23 This eBook is part of the VANSHEE Business ORIGINAL SERIES a collection of smart strategies for launching selling online and generating income with vision and structure Do you dream of opening your own coffee shop This practical guide will take you from idea to launch helping you turn your passion for coffee into a thriving business Inside you ll discover how to create a unique concept choose the right location design an inviting space and craft a menu that keeps customers coming back You ll learn to define your target audience plan budgets manage daily operations and build a memorable brand that connects emotionally with your community Whether you re a coffee enthusiast an aspiring entrepreneur or someone looking to invest in the food and beverage industry this book provides clear actionable strategies to open and grow a caf that stands out Get ready to launch your coffee shop with flavor style and success

Matcha Tea and Its Acute Effects on Postprandial Blood Glucose Roni Romash, 2018 Many natural interventions have been effective at lowering postprandial glucose concentrations PPG in research trials and theoretically should have favorable effects on the prevention and management of T2DM Natural interventions include vinegar nuts and exercise Green tea has been demonstrated to also possessing antiglycemic effects Thus green tea and its most abundant catechin EGCG are being consumed for its potential health benefits in cancer prevention and in its inhibitory effects on alpha amylase Many studies have found EGCG to inhibit alpha amylase an enzyme needed in the breakdown of carbohydrates CHO Other studies have looked at EGCG and its potential for lowering PPG concentrations due to its inhibitory effects on alpha amylase in both mice and humans Yet there is no research on Matcha tea specifically Matcha tea is green tea in powder form hence it is consumed in its entirety unlike traditional teas which are steeped in bags The purpose of this study was to determine whether Macha tea impacts PPG concentrations in healthy adults Twelve subjects completed this randomized controlled single blinded crossover study On three separate occasions the twelve subjects consumed a bagel and jam with either water Lipton green tea or Macha tea Fasting blood glucose was taken upon their arrival Once the tea or water and bagel with jam were consumed PPG concentrations were measured every 30 minutes until 120 minutes were reached Results showed no statistically significant effects on PPG concentrations in either test groups p 960 However this study did not measure EGCG levels in the tea provided Therefore further research should be done with known EGCG amounts to see its effects on PPG concentrations to fully rule out its potential

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