

# 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

# Best Matcha Health Benefits Explained For Students

**Yijin Wang**



**Best Matcha Health Benefits Explained For Students:**

## Unveiling the Magic of Words: A Review of "**Best Matcha Health Benefits Explained For Students**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Best Matcha Health Benefits Explained For Students**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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