

**Lose  
Weight!**

**Healthy Heart &  
Blood Pressure!**

**Increase  
Energy!**

# NATURAL HEALTH TIMES

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## Lost 17 lbs!

**I**m retired and have quite a successful home business. Let me start off by saying I never was a tea drinker. Once in a while, maybe, but I really didn't like it. It was coffee I loved. For nearly fifty years, I would drink between 6 – 8 cups a day. Then, due to health issues - diabetes, asthma and being overweight - I began to research alternative health treatments.

I came across an article on coffee, written by a doctor outlining how certain flavinoids in coffee raised a person's levels of cortisol and insulin which then put a lock on body fat. The doctor challenged the reader to give up coffee for six weeks and lose 10 pounds. I decided to take him on and wondered what I could use as a substitute for the coffee.

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## 100 Times Healthier than Vitamin C.

Green tea has been used as a powerful healer for centuries, but it's only recently that the amazing health benefits of this satisfying herbal drink have finally caught on, in America. Ancient Chinese writings have long hailed green tea for its health benefits.



Recent studies have shown that in areas where green tea is naturally grown, entire villages have statistically lower incidences of health problems and illness. Scientists explain that green tea has withstood the test of time because not only does it taste good, it contains a super-potent antioxidant, known as EGCG, that's proven to be 100 times more powerful at fighting illnesses than vitamin C. Now, according to the latest nutraceutical developments, there's super-concentrated teas that are even more powerful than ordinary green tea and can give you even better health, energy and longevity.



## THE FASTEST AND MOST DELICIOUS WAY EVER TO:

- Lose Weight • Increase Energy • Lower Cholesterol
- Improve Circulation • Lower Blood Pressure and Improve Heart Health?



**“RESEARCHERS DISCOVER HOW GREEN TEA EXTRACTS MADE SUPER-CONCENTRATED CAN CONTAIN UP TO 25 TIMES MORE HEALING POWER THAN ORDINARY GREEN TEA.”**

by Thomas Martin, Health Editor



Researchers now reveal that losing weight, ending fatigue, restoring energy, and protecting your heart and circulation are easier than ever before. Using a proprietary process, based on cutting edge technology, manufacturers have developed super-concentrated extracts that cram a full 25X the powerful, health-changing polyphenols and EGCG into the end of an eyedropper or capsule.

Since green tea super-concentrated extracts are up to 50 times more powerful than regular green tea, and regular green tea is 100 times more powerful than vitamin C, this means you would have to take 5,000 vitamin C tablets (yes, that's five thousand!), or drink 50 cups of regular green tea every day, to get the same health benefits you can get from one serving of an amazing green tea super-concentrate.

**It's no wonder that users and researchers report a wide variety of health benefits saying that antioxidants such as green tea super-concentrated extracts may help:**

- Support a healthy heart
- Lower cholesterol
- Boost immune strength
- Reduce risk of cancer
- Reduce risk of stroke
- Lower risk of blood clots
- Support healthy blood pressure
- Lower blood sugar
- Arthritis inflammation
- Reduce risk of heart disease
- Slow the aging process
- Eliminate fatigue
- Reduce cavities and tooth decay
- Reduce levels of cell damaging free radicals
- Aid weight loss by increasing metabolism



## Supercharge your health with a delicious, healthy, healing alternative to plain water, sodas and sports drinks.

Amazingly, green tea extract concentrates are full of health-giving antioxidants and they are often available in delicious, natural flavors that are sure to please every palate. So, experts say, not only are green tea super-concentrates the most powerful antioxidants anywhere, they are also a delicious anytime, anywhere beverage.

Many users report that because green tea super-concentrates are so delicious, they enjoy the teas' thirst quenching flavors all throughout the day instead of drinking their standard, unhealthy coffees and sodas.



The makers of amazing green tea super-concentrates are particularly pleased because they have made being healthy more convenient than ever. They say these powerful concentrates eliminate the need to brew, steep or strain. Just pull the concentrates from your purse, briefcase, workout bag or desk drawer and add a few drops to a glass or bottle of water. You'll have an instant, delicious, healthy drink. That means you'll have no excuses not to use the super-concentrates and benefit from them.

Early evidence looks good, but there is more to learn about super-concentrated green teas. Do some research and be amazed at what you find!

# Personal Experiences with Green Tea Extract!

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Well, at that time, a supplement company whose products I was using came out with a green tea super concentrate and people were raving about it. I decided to try it. After 2 months, I'd lost 17 pounds! And that was with no dietary change whatsoever.

Not only was I loving their different flavored concentrates, I'd completely lost my appetite for coffee. This was amazing to me, after my love affair with the stuff. Everyone I shared the teas with liked them too. Health wise, I began to breathe better and move around more. These days I am more relaxed with less of a tendency to get upset over things. I experience sharper mental clarity and less stress in my life. It's wonderful." -R.H. NY

## Speed up Metabolism!

"I'm a Doctor of Oriental Medicine in private practice. I also work with the Biological Immunity Research Institute as director of marketing, education and research.

My daughters used to drink a lot of soda. I decided to introduce them to a super concentrated green tea with suntheanine® I was using that had therapeutic, stress supporting benefits.



The concentrated form makes it so convenient. I'm able to use it homeopathically, straight out of the bottle to relieve the stresses of the day. It takes the edge off things and works quickly, giving me a sense of calm. I'm more relaxed yet able to get about and perform the functions I need to.

My girls liked the taste, and they've also come to enjoy other delicious flavors that super green tea concentrates come in. Since drinking green tea concentrates, their metabolisms have improved and they've lost weight, all three of them were heavy. My youngest lost 20 pounds in six months.

I also recommend green tea concentrates to my patients. Green tea is high in antioxidants and can help reduce the risk of cardiovascular disease. I have a diabetic patient who's been on it only a couple of weeks and can't believe the increased energy she's experiencing." -V.S. FL

## Lots of Energy!

"I really like the Green Tea Extract. It gives me a lot of energy." -B.P. FL

## Good for the Whole Family!

"My family really enjoys the Green Tea Extract. We have given it to several of our friends who like it as well. I put Green Tea Extract in my granddaughter's school lunch so that she has a flavorful and healthy drink." -T.M. NY

## Switched to Green Tea!

"I love your Green Tea Extract. I was drinking coffee everyday but now I've switched to Green Tea Extract and it is so delicious I am staying with this drink." -A.M. NC

## Refreshing!

"I enjoy Green Tea Extract. It is very refreshing!" -E.W. WY

## Morning Pick Me Up!

"I really like the Green Tea Extract. It's my morning pick me up and it's soothing before I go to bed." -M.M. TX

## Helps Clear Throat!

"I think Green Tea Extract is wonderful. I sing in a choir and it helps clear my throat." -D.D. MO

## Great Non-Sugar Drink

"I drink the Green Tea Extract hot in the morning as a pick me up. It is also refreshing cold as a non-sugar drink." -F.S. CA

## Improved Breathing

After taking just a sample of Green Tea Extract my breathing improved. -N.N. IN

## Instead of Pop!

"I like Green Tea Extract. I use it instead of soda pop to improve my health." -J.S. OH

## Gives me Strength!

"The Green Tea Extract is awesome! It makes my body strong and is good for my gout." -D.C. CA

## What is Green Tea Extract?

It's derived from leaves of camellia sinensis, the plant from which green, black and oolong teas are made. Green tea has been used for medicinal purposes in India and China for nearly 5,000 years. It is made by lightly steaming leaves of the plant before allowing them to dry. This process retains active properties of the plant. Green tea extract, like many herbs, is standardized in the production phase to guarantee that a percentage of the active ingredients remain present in the finalized form of capsules, powder or liquid.



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## In Other News

### Green Tea Is A Powerful Anti-Oxidant:

Research conducted by Departments of Medicinal Chemistry and Microbiology and Genetics, Kansas University and funded by U.S. National Institute of Health shows Green Tea is a powerful and effective antioxidant.

### Green Tea May Prove Helpful For Rheumatoid Arthritis Pain Relief

Anti-inflammatory compounds inhibit the production of molecules that cause destruction of cartilage and bone. A new study from the University of Michigan Health System found it also suppresses the inflammatory products in the connective tissue of people with rheumatoid arthritis. These findings appear in the American Society For Nutrition Abstract 1652.

### Fox News: Green Tea May Lengthen Life

People who drink at least a pint of green tea each day have a lower risk of death, a Japanese study shows. "Green tea may prolong your life through reducing heart disease," says Shinichi Kuriyuama, M.D. These findings appear in the Sept. 13 issue of The Journal of The American Medical Association (AMA).

### Science Daily: Study Reveals a Component of Green Tea shows promise for Alzheimer's Research

Results of a test from Newcastle University's Medicinal Plant Research Center found that green tea inhibits protein plaque formations on the brain which are associated with nerve damage and memory loss. The findings, which are published in the academic journal, Phytotherapy Research, show improvement for a form of dementia which affects over 10 million people, Alzheimer's Disease.

### Green Tea Increases Metabolism, Helps Weight Loss

In a study reported in the American Journal Of Clinical Nutrition, it was found that green tea extract resulted in a significant increase in energy expenditure (a measure of metabolism). It also had a sizable effect on fat oxidation.

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