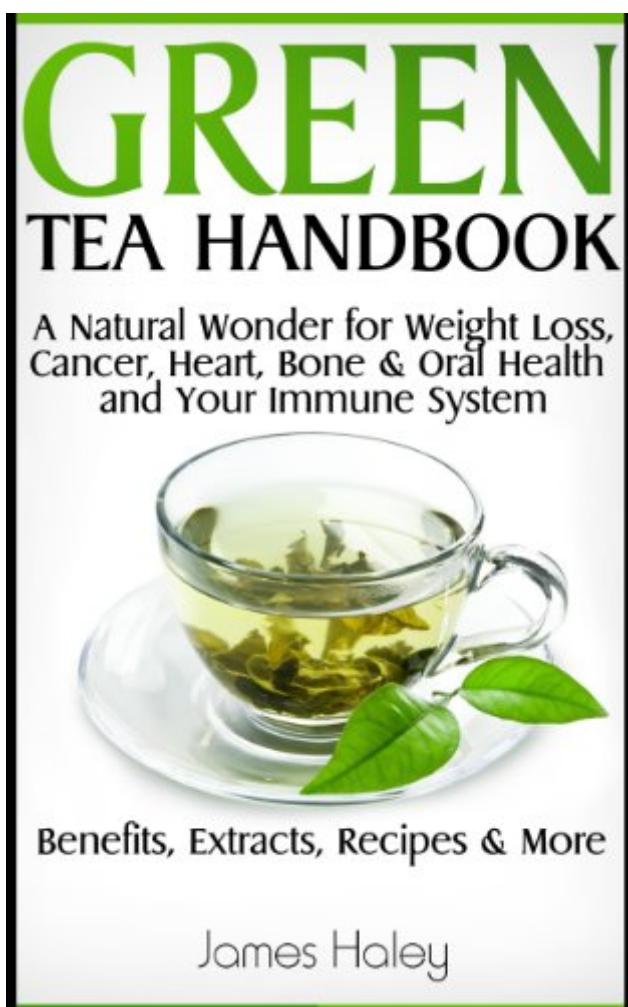


The book was found

# Green Tea Handbook: A Natural Wonder For Weight Loss, Cancer, Heart, Bone, Oral Health, And Your Immune System - Benefits, Extracts, Recipes & More





## Synopsis

Do You Want to Know All the Health Benefits of Green Tea? This eBook Will Teach You Everything You Need to Know about This Incredible Herbal Tea Bonus: Delicious Green Tea Recipes Now Included! The Definitive Guide to Green Tea Filled with over 50 pages of detailed, credible information, this eBook is your best resource for learning about green tea. You will learn about the history of green tea, the different varieties available, the production process, health benefits, and much more! Green tea has been used for medicinal purposes for centuries, and is one of the most beneficial substances known to humanity. By including green tea in your diet, you can drastically improve your health and wellness. All of the best information has been compiled for you in this convenient and well-organized eBook. When you buy this eBook, you will learn about the proven health benefits of green tea, including: Improved oral health Improved bone health Improved heart health Improved immune system Cancer prevention Weight loss Green Tea is a Celebrity Secret! Supermodel Sophie Dahl recently revealed that because of its ability to boost the metabolism, it was her go-to weight loss supplement. Victoria Beckham is another celebrity who swears by green tea, and also claims that on top of helping her to stay trim and slender, it's also instrumental in helping her keep her youthful complexion. This eBook is the Only Green Tea Guide You Will Ever Need! When you purchase The Green Tea Handbook, you will get a clear guide filled with a wealth of information that you can use every single day. As a special thank you gift, you will also get bonus green tea recipes that you and your family will love! Why waste time on the latest diet or health fad when you can start using a proven, natural, and safer alternative? Check out The Green Tea Handbook today to learn more! Green tea is a healthy beverage, packed full of nutrient-rich vitamins, minerals, and anti-oxidants. Start Enjoying Green Tea Today. Buy Now!

## Book Information

File Size: 1458 KB

Print Length: 77 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 5, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00ECYPY56

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,093,103 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14  
in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Bone Cancer  
#278 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Coffee  
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Naturopathy

## Customer Reviews

This was pretty short and pretty basic. I knew most of the information already and there wasn't anything new to me. It's still good info though and the recipes in the back are fun.

After I read this handbook, I tell myself that this handbook is what I'm looking for. The author provides everything that we need to know about green tea with well-written, well-organized and easy to understand. The detail in this book includes all topics that you and me want to know, ex green tea history, green tea benefits and green tea recipes. This is the great green tea handbook that I would recommend.

I have been drinking green tea for quite some time. I am on the medertraniermea diet and have excentllent health I am 78 years old.

This is an easy to understand book about the benefits of green tea and how to incorporate it into your life so you can live healthier. This was clear, to the point, and written in an engaging style. I'm really looking forward to drinking more green tea as part of my healthier lifestyle!

Just what I wanted to learn and get good information concerning the health benefits of green tea. I can now shop for and prepare my geen tea correctly.

I knew about the many health benefits of Green Tea but I didn't realize exactly why or how it can help fight many diseases, from osteoporosis to cancer, until I read this book. There's even green tea toothpaste to help prevent cavities and gum disease! (you can find it on ).The evidence is

overwhelming. If you're not a tea drinker, this guide will show you how to add green tea powder to smoothies, cakes, lemonade, juice even ice cream! The homemade green tea ice cream recipe is awesome. Anyone interested in easy weight loss and natural healing should get this book.

Before reading this ebook, I enjoyed a green tea every once in a while. After reading about all the health benefits, I have bought enough to last me for months. This book is a true eye-opener and I can't recommend it enough to anyone interested in health through nutrition.

I've enjoyed drinking green tea for a long time now. So I decided to find out more about the history of my favourite beverage. James Haley's green tea handbook really is a treasure trove of information on all things related to green tea. It covers the history, the varieties (although it didn't mention my favourite green tea- Genmaicha), the production techniques, the various health benefits and many useful green tea recipes (to name but a few of the covered subjects). It's an easy read, and I like James' style of writing. All in all a great book, and one that has the potential to enhance or maybe even save your life (due to the amazing properties of green tea).

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Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes,Juicer Recipes Book, Juicer Books,Juicer Recipes,Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Cannabis Extracts and CBD Bundle: DIY Concentrates, Hash and Original Methods for Marijuana Extracts & Cannabis, Cannabinoids and the Benefits of Medical Marijuana ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1)

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