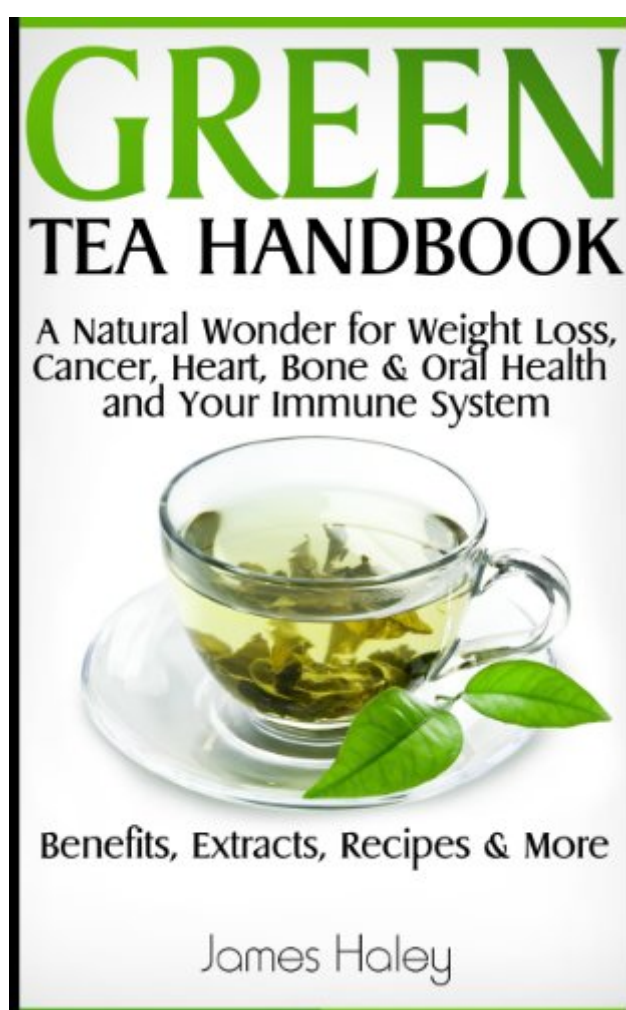


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# **Green Tea Handbook: A Natural Wonder For Weight Loss, Cancer, Heart, Bone, Oral Health, And Your Immune System - Benefits, Extracts, Recipes & More**



## 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

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## Customer Reviews

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 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.

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!

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).

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.

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Green Tea Handbook: a Natural Wonder for Weight Loss, Cancer, Heart, Bone, Oral Health, and Your Immune System - Benefits, Extracts, Recipes & More Bone Broth: Healthy Benefits of Bone Broth, Enjoy a Healthy Diet, Lose Weight, and Fight Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle, Bone Broth ... is bone broth, bone broth fast)) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) The Miracle Of Green Tea: Herbal Remedy for Weight Loss, Diabetes, Blood Pressure, Cholesterol, Cancer, Allergies and Much, Much More (Overcome Caffeine ... Tea Benefits, Tea Cleanse, Natural Remedy) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie

Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) 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,) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Bone Broth Power: Lose Weight, Improve Your Health, And Reverse Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle Book 1) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person

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