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Debunking Medical Myths: Green Tea Does Not Increase Metabolism For Weight Loss

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GREEN TEA DOES NOT INCREASE METABOLISM FOR WEIGHT LOSS

Blue 1: Abarado, E., Adam, M., Al-Jamal, M., Brothers, K., Geneseo, L., Tews, N.

MYTH: GREEN TEA CONSUMPTION INCREASES FAT LOSS

Studies have found no significant relationship between green tea consumption and weight loss in overweight and obese individuals.¹

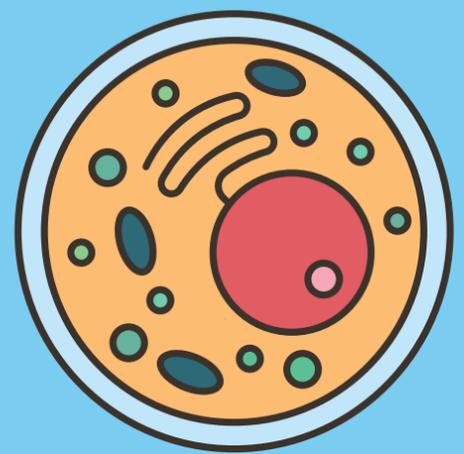


MYTH: GREEN TEA CONSUMPTION IMPROVES METABOLISM

In a Randomized Control Trial study, it was found that despite consistent consumption of green tea, there was no significant improvement in cardio-metabolic health markers, including increased metabolism.²

MYTH: CATECHINS INCREASE RESTING METABOLIC RATE

Green tea contains catechins, which are antioxidants. Catechins have positive supplementary effects, including preventing cell damage, but studies regarding catechins raising resting metabolic rate are inconclusive.³



FACT: CONSUMING GREEN TEA HAS HEALTH BENEFITS

Green tea has potent antioxidants which protect the body from dangerous molecules that damage cells. The antioxidants help to decrease inflammation in organs such as the heart.⁴

References

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