



Green Tea: All about the Miraculously Healthy Drink, Its Many Variations and History (Worlds Most Loved Drinks Book 9)

Tadio Diller

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Amazing Book on everything Green Tea!

Learn all the basics on Green Tea today!

Buy this book now before the price goes up.

Have you always been curious about the “Green Tea hype”? Or why so many people are mentioning the amazing health benefits of drinking green tea? And did you know green tea can help you lose weight?

This book is all about the different types of green tea – what each one can do for your body, the history of tea, how to prepare them, and how to further improve their flavors and health benefits.

It will help you discover all the vital components of green tea and why it is such a popular drink not only in China, where it originated, but also in different places all over the world. Many people have already discovered the numerous things that green tea can do for the body. It is time for you to be informed about the benefits of the tea, as well. With the help of this book, your journey towards a healthier, slimmer, and more youthful and vibrant you will be smooth-sailing. This is possible by making green tea a vital part of your life.

I write about the following (and more) in this book

- ✓ How green tea was discovered and where it came from**
- ✓ The many health benefits that you can get from green tea**
- ✓ Some important facts about green tea that you need to know**
- ✓ Different green tea varieties, especially those that come from China and Japan**

✓ **Basic green tea preparation tips**

✓ **Potential side effects of overconsuming green tea, if any**

✓ **The story of Jane, a hardworking employee and a devoted mother, that changes her life by drinking green tea!**

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