

# How green tea helps in detox and losing weight

It's tempting, especially in Ramadan, to overly indulge in unhealthy foods that end up clogging our digestive system. To remedy that, we need detoxing which is basically the body's natural way of getting rid of the toxins while positively having an impact on weight loss, which can be done by having a nutritiously focused diet and healthy beverage like green tea, and what better time to start a detoxification process than the month of Ramadan!

## What is detoxing?

Different toxins enter our body, be it in the form of environmental chemicals, excess medication that should be cleared out of our bloodstream or something harmful produced in the body. Our body's built-in systems eliminate these toxins and cleanses our digestive system with this detoxing process. A good detoxing can be also a type of diet that has a combo of healthy beverages and vegetables that cleanses our digestive system.

## Ideal detox methods

A good detoxification plan follows eating fruits, vegetables and organic whole raw grains. Anything sugary or full of refined carbohydrates and processed food must not be consumed. You can also add high fibre foods and drinking enough liquid to help your body detox itself naturally. Adding a detox tea, in the form of green tea, to an already healthy diet also ensures an increase in fluid intake.

## Green tea for detoxing

People turn to detox diets for an effective way to fight fatigue, lose weight and cleanse their bodies. Green tea detox, a simple way to flush our harmful toxins, has become increasingly popular because it's quite easy to follow alongside a healthy diet and lifestyle. Adding a few daily servings of the tea to your diet can enhance immune function, help in fat reduction and boost energy levels, all of which promote better health.



A good green tea detox involves adding a daily cup of green tea alongside your healthy diet. While the detox process is flexible regarding reducing calorie intake, it is recommended to exercise and follow a diet that's rich in essential nutrients to get the full benefits of the detox. The duration of the

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detoxification can be adjusted according to your needs, from following the process for a few days to several weeks.

## Green tea for weight loss

In addition to the antioxidant elements of green tea that helps in detoxing, it's also aids significantly in managing weight. Several studies have shown that increasing your fluid intake helps in your weight loss efforts. As green tea is 99 percent water, drinking it not only helps us manage weight, but also aids in hydration.

Green tea is already a very popular pre and post workout fix for many people thanks to the antioxidant EGCG which helps in breaking down the fat in the body. Studies suggest consuming green tea before working

out increases the metabolic rate and burning more fat in the process.

One of the best ways to lose weight is by increasing our metabolic rate. Our body is constantly burning calories, even when we are sleeping or sitting down. Several studies point out that consuming green tea boost our metabolism rate and make us burn more calories, from three to four percent to as high as 8 percent.

Visceral fat, also known as belly fat, is associated with inflammation and insulin resistance, not to mention an obvious visual cue of weight gain. It's the kind of fat almost all of us struggle with the most. But regular consumption of green tea has a positive effect on eliminating belly fat. Several studies on green tea consumption, which contains catechins, reveal that a significant percentage of fat reduction comes from the harmful visceral fat.

Whether you are drinking Lipton's Pure and Light or Honey and Lemon Green Tea, they contain no calories at all, so the unsweetened option will not only make sure you have a zero calorie drink, but also aid you in weight management!

Green tea is full of goodness. It is a healthy solution for both detoxing your body of harmful elements and managing your weight. So, if you want a beverage that's not only delicious but also has a positive impact on your wellbeing, then look no further and indulge in green tea right away!

By Feda Al Hossain

Photo: Sazzad Ibne Sayed

