

TEA DIET



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While diet tea tastes similar to many black or herbal teas, diet teas may contain a laxative element, so you should drink these teas in moderation. Experts warn against drinking too many cups of diet tea because you could develop vomiting, nausea, persistent diarrhea, abdominal cramps, and even fainting and dehydration.

<http://ebookslibrary.club/How-to-Drink-Tea-to-Lose-Weight--with-Pictures--wikiHow.pdf>

Tee zum Abnehmen die besten Sorten EAT SMARTER

Tee zum Abnehmen: Ingwer-Tee. Ingwer-Tee ist ein Allroundtalent: Ingwer enth lt viele wichtige Vitamine wie Vitamin A, B und C und Mineralstoffe (Kalium, Eisen, Kalzium, Magnesium, Natrium) und ist somit gerade im Winter ein guter Helfer f r unser Immunsystem.

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Oolong-Tee f r die Fettverbrennung. Oolong-Tee ist ein Fettverbrenner und daher eine tolle Unterst tzung beim Abnehmen. Seine Wirkstoffe helfen dem K rper dabei, Fette zu spalten und unverdaut auszuscheiden. Chinesen servieren ihn deshalb oft zu fettigen Speisen. Netter Nebeneffekt: Auch dieses Hei getr nk kurbelt den Stoffwechsel an und entgiftet.

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Hot Tea Diet Healthfully

You don t have to buy a book or subscribe to an online service to enjoy the weight loss and other health benefits of a hot tea diet. No official or fad hot tea diet exists, but drinking a lot of tea can help you shed unwanted pounds.

<http://ebookslibrary.club/Hot-Tea-Diet-Healthfully.pdf>

Green Tea Diet Med Health net

The green tea diet may help you lose weight by blocking absorption of carbohydrates and helping burn fat stores in the body. As a powerful antioxidant, a green tea diet may also help protect you from disease. Along with a moderate exercise regimen, you will see the pounds begin to disappear.

<http://ebookslibrary.club/Green-Tea-Diet-Med-Health-net.pdf>

Tea for Weight Loss Can It Help You Shed Pounds WebMD

But the leaves are processed in different ways and each tea is a little different. Black Tea. This is the type of tea that's often served in Chinese restaurants and used to make iced tea.

<http://ebookslibrary.club/Tea-for-Weight-Loss--Can-It-Help-You-Shed-Pounds--WebMD.pdf>

Tee Di t Viel abnehmen gesund leben mit Tee

Eine reine Tee Di t in der nur Tee und Wasser getrunken wird ist nicht zu empfehlen, da das gro e Kaloriendefizit welches hervorgerufen wird viel zu gro ist und den Stoffwechsel nach unten treiben w rde (Hungermodus des K rpers). Vielmehr kann Tee in einer Di t als eine tolle Erg nzung dienen um den K rper mit kalorienarmer Fl ssigkeit zu versorgen und zu entschlacken.

<http://ebookslibrary.club/Tee-Di--t--Viel-abnehmen-gesund-leben-mit-Tee-.pdf>

Flatten Your Belly with the 17 Day Green Tea Diet

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