

[TEA WEIGHT LOSS PLAN](#)



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Oolong, a Chinese name for black dragon, is a light, floral tea that, like green tea, is also packed with catechins, which help to promote weight loss by boosting your body's ability to metabolise lipids (fat).

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It gets better: Research suggests that combining regular green-tea drinking with exercise may maximize the weight loss benefits. In one study, participants who combined a daily habit of 4-5 cups of green tea with a 25-minute workout lost 2 more pounds than the non-tea-drinking exercisers.

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Tea for Weight Loss Can It Help You Shed Pounds WebMD

If you like a cup of tea with your morning toast or afternoon snack or on its own, enjoy it. It's safe to drink as long as the caffeine doesn't make you jumpy. And it may even help protect against cancer, diabetes, and heart disease. A few cups of daily tea might even give you a slight push toward your weight-loss goals.

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