

# 8 REASONS TO MAKE MATCHA PART OF YOUR LIFE

## Antioxidants

- +137 times more than green tea
- +17 times more than blueberries
- +6 times more than gojiberries

## Metabolism

- +Consuming matcha can help your body burn calories 4x faster than normal!

## Energy

- +Boosts energy and sustains it throughout the day.
- +Increases focus

## Fights Cancer

- +Best source of catechins which prevent cancer.
- +Can cut risk of breast cancer in half.

## Anti-Aging

- +Helps reduce inflammation and oxidation to help you look and feel younger.

## Lowers

## Cholesterol

- +Matcha has been proven to lower bad (LDL) cholesterol.

## Stress Relief

- +L-theanine, an amino acid in matcha, helps calm your mind.

## Detox

- +High concentration of chlorophyll, which helps eliminate chemicals from the body.



FullLeafTeaCompany.com 

Source: Matcha Source

# How To Use Matcha Health Benefits Full Tutorial

**Christian Drosten**



## **How To Use Matcha Health Benefits Full Tutorial:**

## Reviewing **How To Use Matcha Health Benefits Full Tutorial**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**How To Use Matcha Health Benefits Full Tutorial**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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