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5 Best Teas for Weight Loss Green Tea. Before a workout, turbocharge the fat-blasting effects by sipping a cup of green tea. Oolong Tea. Oolong, a Chinese name for "black dragon," is a light, floral tea that, like green tea, Mint Tea. Fill a big teacup with soothing peppermint tea, and sniff

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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.

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Tea for Weight Loss Can It Help You Shed Pounds WebMD

Could Tea Help You Lose Weight? Black Tea. This is the type of tea that's often served in Chinese restaurants Green Tea. Green tea usually isn't fermented. Oolong Tea. This tea is made by drying tea leaves in the hot sun. White Tea. This tea is the least processed, and it has a light, sweet

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Green Tea Diet Med Health net

Drinking green tea each day is a great way to diet with four or more glasses of green tea each day to jump-start your metabolism and eat less. The green tea diet may help you lose weight by blocking absorption of carbohydrates and helping burn fat stores in the body.

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The 6 Best Teas to Lose Weight and Belly Fat

Some theorize that black tea's potential weight loss effects may be because it's high in flavones, a type of plant pigment with antioxidant properties. A study followed 4,280 adults over 14 years.

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Hot Tea Diet Healthfully

Tea and Weight Loss If you follow a moderate, calorie-reduced diet such as one recommended by the USDA, you could lose 1 lb. per week. The USDA recommends reducing calories by 500 a day to achieve gradual weight loss.

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Tea Detox Diet Livestrong com

A tea detox diet involves drinking one or several kinds of teas to flush out your colon and kidneys. If weight loss is the goal, metabolism-boosting teas may be added to the menu.

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