

Do you think something will change if you begin to start with a cup of green tea every day? It turns out yes. This is what such a practice can give you.

Clarity of the mind. Dr. Lee S. Marcus, a certified cardiologist and founder of Impact Health, noticed that within three days after inclusion in the diet of green tea, his concentration became much better during complex heart catheterization. At the same time, a high level of energy remained for four to six hours without a typical semi-united fog in the head. Erinn Everhart, a licensed family psychotherapist and owner of the EVERY HEART Dreams Consulting Center in Eldorado Hills, noticed the same thing.

Better sleep. Surprisingly, Dr. Marcus's dream also became better thanks to the transition from coffee to green tea. He began to fall asleep faster and wake up more rested.



SHUTTERSTOCK

Improving the connection between the intestines and the brain. Antioxidants in green tea improve digestion. Thanks to this, Everhart felt more balanced during intense

therapeutic days.

Reducing inflammation markers. After six months of regular consumption of green tea in Dr. Marcus, the level of C-reactive protein (inflammation marker) has decreased by 15%.

A feeling of calm. Green tea reduces the level of stress, helps to perceive difficult situations more calmly.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.