

Week 6

White *OUT*

Green tea is a smart swap for sugary drinks!

"Green tea is the healthiest thing I can think of to drink", says Christopher Ochner, PhD. (research scientist in nutrition at Mount Sinai Hospital)

Green tea's biggest benefit? "It's all about the catechin content".

Catechins are antioxidants that fight and may even prevent cell damage.

Green tea goes through very little processing, so it's rich in catechins.

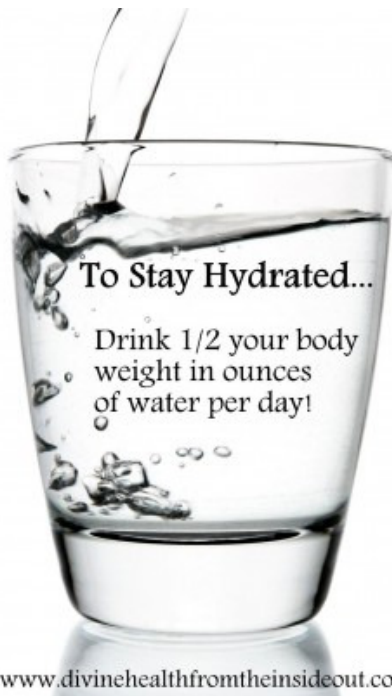
Green tea has been shown to improve blood flow, lower cholesterol and blood pressure and seems to help keep blood sugar stable in people with diabetes.

"All things being equal, if you substitute 1-2 cups of green tea for one can of soda, over the next year you'd save over 50,000 calories." Ochner says. That's more than 15 pounds.

Just don't load it up with honey or sugar!



Weight *DOWN*



www.divinehealthfromtheinsideout.com

Drink water!

It can help you to feel full, so that you do not eat as much.

- Water flushes toxins out of your system
- Replaces sugary drinks
- Makes you feel full
- *Keeping your muscles and body properly hydrated just makes you feel better!*