

Lose Weight with Green Tea: A Safe, Sensible Way Toward Weight Management

Patricia Rouner



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Lose Weight with Green Tea: A Safe, Sensible Way Toward Weight Management Patricia Rouner Documented research reveals what Asian cultures have known for centuries: Green Tea, rich in antioxidants, increases metabolism and helps burn fat. Lose Weight With Green Tea provides all the information you need to incorporate Green Tea safely and sensibly into a successful weight control program.

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