

Energy Tea, Green, Macha, Roibus, White combination

## Description

Cinch Energy Tea Mix

12.08.12

Energy Tea.

First: We will look at the ingredients of 180 Energy Tea Mix

Next: What are the ingredients

Followed by: What are the benefits

Concluding with: Shaklee difference

This morning we are going to get going and stay going all through the day and to keep us going for all the holiday activities coming up, were going to discover the value of this power packed product. If ever there was a time, now is probably the time to face our challenge in cutting back on

calories that can lead to feelings of low energy and fatigue. Low energy all too often leads to cravings for unhealthy, high-calorie snacks and drinks. So how can you boost your energy without adding a bunch of extra calories?

To start with I will remind you that the FDA prohibits Shaklee from making medicinal claims regarding this incredibly valuable product, but if you do your research, you will discover a tea that you will want to drink everyday due to its long list of benefits.

Ingredients of Cinch Energy Tea Mix:

? Taurine – an amino acid

? Rooibos Red Tea Extract – an native plant (herb) only found in the Cedarburg mountain region of South Africa known as “The Miracle Tea” or “Long Life Tea”

? Green Tea Extract – anti-oxidant blend

? Natural Flavors

? White Tea Extract – the least processed form of tea

? Matcha Green Tea Powder – Japan’s highest grade of green tea (the greener than green super food)

We will now take a look at this power house packed into a little tea stick.

The list of ingredient benefits is extensive. I will only hi-light a small percentage.

Taurine (an amino acid)

- ? Provides detoxifying properties
- ? Provides antioxidant properties, and guards cellular tissue against toxic substances
- ? Causes fat solubilization
- ? Increases the production of bile in the liver (helps keep bile in a liquid state, and is less likely to form gallstones)
- ? Helps regulate blood pressure and reduces serum cholesterol levels
- ? Acts like a diuretic, without the side effects of pharmaceutical diuretics
- ? Reduces symptoms of Type 1 or insulin-dependent diabetes by strengthening the beta cells in the pancreas
- Rooibos Red Tea (reduces aging of the skin, muscles, internal organs & brain)
- ? 50 times the anti-oxidant properties of green tea
- ? Beneficial in treating insomnia, irritability, headaches, cataracts, nervous tension & hypertension
- ? Contains antispasmodic agents which helps relieve stomach cramping & colic in South Africa it is used to treat allergies such as hay fever, asthma & eczema
- ? Contains alpha-hydroxy (for healthy skin) is very useful in treating irritated skin
- ? Contains anti-oxidants that protect against free radical damage that can lead to cancer, heart attack, and stroke (slows the aging process & boosts the immune system)
- Green Tea (protects health & delays aging)
- ? Contains ingredients that cause body fat reduction, therefore aiding in weight loss
- ? Increases metabolism
- ? Protects the cardiovascular system (significantly reduces serum and liver cholesterol, reduces the risk of death from heart disease, and controls blood pressure)
- ? Helps lower blood sugar in diabetics
- ? A cup of green tea contains about 15 to 30 mg of caffeine, yet because green tea also contains Theanine (an amino acid that calms) it counteracts the effects of caffeine
- ? Aids in the detoxification of heavy metals (such as lead, mercury, cadmium, etc.)

Active Ingredients include:

- ? Polyphenols – a class of phytochemicals found in high concentrations in green tea, and has been associated with heart disease and cancer prevention. One cup of green tea provides 10-40 mg of polyphenols and has antioxidant effects greater than a serving of broccoli, spinach, carrots, or strawberries.
- ? Catechins – are a category of polyphenols that work to scavenge active oxygen species in the blood and help protect the body from harmful microorganisms

? One specific catechin is known as EGCG (epigallocatechin gallate) – which reduces inflammation in many types of conditions, including Crohn's disease and arthritis. It has antioxidant activity about 25 to 100 times more potent than vitamins C & E.

? Theanine – an amino acid that produces tranquilizing effects in the brain (3 to 4 cups of green tea are expected to contain 100 to 200 mg of Theanine)

? Saponin – Natural inflammatory agents

? Flavonoids – Substances essential for processing vitamin C and for maintaining the strength of the capillary walls.

### White Tea

The least processed form of tea made from buds and young leaves. Has more antimutagenic (anti-cancer) activity than green tea (highly recommended to reduce the risk of colon cancer). Contains high concentrations of Catechins including EGCG.

### Matcha Green Tea Powder

? Matcha contains 10 to 200 times the antioxidant levels of normal green tea (this is a greener than green super food)

? It contains 9x the beta-carotene of spinach and 4x the beta carotene of carrots

? Boosts energy levels without the crazy over-stimulating effects of coffee (is also gentle on the tummy and gastrointestinal system)

? Boosts metabolic rate by 35 to 40%, therefore increases weight loss

? Energizes detoxification of the liver, the entire body, including the brain

Shaklee refers to this tea as "Liquid Oomph"

? Containing exotic white, red and Matcha green teas

? Makes an extraordinary drink

? Is a safe, natural, healthy, and effective alternative for boosting energy

? Only 5 calories per serving

? Great in hot or iced water

Red, white, green & Matcha teas are ranked as leading health-giving substances in traditional Chinese medicine. They have been known for centuries to have many positive properties:

? Anti-microbial

? Immunostimulatory

? Anti-carcinogenic

? Anti-inflammatory

? Protective against cardiovascular disease

? Detoxifiers

? Energy & fat loss stimulators

Now you can see why the European Asian culture was forward thinking in their health care!

Reports affirming the Benefits of Red, Green, White and Matcha teas:

? WebMD Medical News, March 11, 2003– Green Tea & White Tea Fight Colon Cancer – drink 3 cups a day for cancer-prevention benefits. Antioxidants and polyphenols – cancer prevention compounds – are found in highest levels in white tea, which is the least processed of all teas, writes lead author Gayle A. Orner, PhD, a researcher with the Linus Pauling Institute at Oregon State University. Her study of tea protective effects against colon cancer appears in the February 2003 issue of Carcinogenesis.

? American Cancer Society- those who regularly drink green tea are 48% less likely to develop stomach cancer, and 51% less likely to develop chronic gastritis than those who do not regularly drink green tea.

? Boston University Schools of Medicine & Public Health – Drinking green tea may help protect women from getting breast cancer.

? National Library of Medicine – consumption of green tea may be prophylactic for arthritis and may benefit the arthritis patient by reducing inflammation and slowing cartilage breakdown.

? Clinical Cancer Research, University of California, Los Angeles (Feb. 15, 2005 issue)– Green tea thwarts cancer and many of green tea components work synergistically to protect us.

? Science Daily – Mayo Clinic researchers have discovered that a component in green tea helps kill cells of the most common leukemia in the United States. CLL (Chronic Lymphocytic Leukemia) is a malignant blood disease that afflicts about 7,000 Americans per year and kills 4,500. But now scientists at the Mayo Clinic have found a way of killing CLL cells in the test tube that could potentially be developed into a treatment for CLL, and possibly other cancers in living humans. The agent in question is called epigallocatechin (EGCG). It is an antioxidant that is found in both black and green tea, but more abundantly in the unfermented green variety. The anticancer activity of green tea has been known for years. Scientists have identified at least one of the mechanisms by which EGCG seems to work to fight cancer it inhibits a key signaling pathway, called vascular endothelial growth factor (VEGF), which is responsible for transmitting instructions at the molecular level to cancer cells, prompting them to grow and multiply.

? Fujiki, 120, 128, 129– Green tea is an acknowledged cancer preventative in Japan. It is possible that the Catechins, particularly EGCG, inhibit the initiation and promotion phases of cancer development by preventing free radical damage to DNA. They have a wide range of target organs, such as the digestive tract including esophagus, stomach, duodenum, and colon, plus liver, lung, pancreas, and skin. Recently breast, bladder and prostate have been added to the list. This wide range of target organs makes green teas significantly different from standard cancer preventative drugs. Green tea has inhibitory effects on growth of cancer cells. The tea has also been shown effective in helping prevent recurrence.

? American Journal of Clinical Nutrition, November 1999 – Green tea increases noradrenaline levels. Noradrenaline is a chemical neurotransmitter in the nervous system that plays a major role in activation of brown fat tissue. Activation of brown fat is significant, because it burns calories from the white fat located around our waistline, hips and thighs.

? WebMD Medical News January 26, 2003– Catechins in green tea not only help burn calories, but also they lower LDL cholesterol.

*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

*Thanks to the Star Achievers Team for creating this information.*



## Category

1. Scientific resources

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