

What is Wu-Yi Tea? - All about Wu Yi

What is WuYi tea? It is one of the newest weight loss crazes to hit the diet-crazy market. Wu-Yi is a brand of oolong tea, a Chinese traditional medicine that has been in use in China for hundreds of years. Wu-Yi tea is known as an effective aid for weight loss, because of its role in the oxidation of fat. Oolong tea is recognized as a semi-oxidized version of green tea, and has many health benefits aside from helping one lose weight. It is not enough that one loses weight; it should be done in a safe way, with little or no risks in one's overall health. Oolong has many varieties, and one the most popular are the ones harvested in the Wuyi Mountains located in the province of Fujian. Presumably, this is where the brand got its name. Wu-Yi tea is perfect for those who want to lose weight and want to see results fast. The effectiveness of the tea is noted when one observes the slim bodies of the general Chinese population. This is one of the reasons why drinking Wu-Yi has become a buzzword in the U.S. and other countries when it comes to weight loss. Even if you are not dieting, you can enjoy drinking Wu-Yi because of its unique taste and distinctive aroma. The style of brewing affects the overall taste of the tea, and there will be differences in the color, texture and aroma of the drink itself. What makes Wu-Yi tea an effective slimming agent? Wu-Yi contains Polyphenol, a substance that increases the body's metabolism so it can burn fat faster. Other tea varieties also contain Polyphenol, but the difference is, Wu-Yi has them in the right amounts, which is instrumental in losing dramatic amounts of weight without risking your health. Of course, the tea works better if you combine it with healthy eating and regular exercise. Wu-Yi also contains powerful antioxidants like thearubigins and theaflavins. They are as powerful as polyphenol, and can also be found in green tea. These antioxidants are said to be than vitamin C when it comes to destroying free radicals in the body. These leads to metabolism boost and overall physical and mental wellness. Many studies have supported the efficacy of Wu-Yi tea in weight loss. These studies show that those who drink the tea regularly not only lose weight, but also experienced an increase in energy levels. Other health benefits that come with the tea are: " Increased immunity against serious diseases such as cancer and heart problems " Strengthening of the bones and teeth " Healthy, glowing skin The effectiveness of the tea will depend on the size, weight, level of activity and lifestyle of the person taking it. It will work faster on some people and may perform a bit slower on some, especially those with lower metabolism. Wu-Yi is perfect for those who want to lose weight but refuse to drink those diet pills available in the market. It is recommended that a person should drink Wu-Ti tea without any additives, just to be sure that the antioxidant qualities of the drink will not be affected.

About the Author

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