

# Fat Fighting Drinks

**Drinks That Make You Thin**

Sakura Oshio



# Table of Contents



Coffee	3
Tea (Green, Oolong)	6
Tea (Pu-Erh or Puerh)	8
Water	11
Resources	13

## Coffee

Coffee is one of the most widely consumed beverages in the world. As such, coffee needs no real description. We're all pretty familiar with coffee in its various forms, brewed, drip, and espresso. But did you know that coffee doesn't come from beans? It's actually the ripened seed or cherry from a coffee tree or shrub that's dried and roasted. On the coffee trees, the fruits look like cherries, and when they're roasted, they look like hard shells with a somewhat oily appearance (this is the coffee's oils).

There are two commercially available species of coffee, Arabica and canefora or robusto. Among these two species, however, are hundreds of different kinds of coffees with many different flavors and intensities. There are bold, extra bold, medium, mild and decaf. You can buy whole bean (there's that word again), or ground, or buy it and



have it ground for you. There's espresso, latte, cappuccino, and any number of different combinations with milk, fat free, soy, half-decaf, half-soy, extra shots, etc. Coffee is available in supermarkets and grocery stores, from coffee houses, specialty stores, whole foods stores and farmer's markets. If you're traveling, especially in coffee growing areas like Hawaii, Jamaica or South America, you can get it almost fresh off the tree or shrub!

The fact is, coffee is the number one consumed beverage around the world after water, according to statistics available from the World Bank. Go ahead, buy some coffee and enjoy!

### **Coffee's Fat Fighting Benefits**

Coffee's key ingredient is caffeine, which is a powerful substance and one that you surely want in your fat burning arsenal. It's important to recognize the

benefits of caffeine for your body as well as to know when it's best not to drink it – if you really want to boost your fat burning capabilities.

Caffeine, plain and simple, speeds up your metabolism to burn fat. It does so by breaking down the fat which can then be burned off (fat oxidation) – in exercise, for example. The caffeine in coffee can also help reduce muscle pain both during and after exercise or sports.

Did you know that brewed coffee contains a significantly higher amount of fiber than other beverages? Fiber helps you feel full without eating too much, and also helps to bulk stools and eliminate toxins.



Coffee also contains powerful antioxidants. In fact, according to some researchers, coffee is American's number one source of antioxidants. Coffee has more antioxidants than blueberries, broccoli or green tea. These antioxidants do great things in our bodies by fighting off free radicals roaming about ready to do some serious cell damage. Left unchecked, free radical damage may lead to heart attack and stroke.

Many studies have shown coffee's ability to give you an energy boost. This metabolic rate or energy expenditure (known as thermogenesis) increases among coffee drinkers as opposed to non-coffee drinkers. Coffee also helps boost mental prowess, stave off fatigue and helps you concentrate. While the fat is being burned off, your body's blood sugars are held constant – so you don't get depleted. That's why you see so many students with a cup of coffee as they study! It's true, and it works.

Coffee may also protect against Parkinson's, Alzheimer's and other cognitive-related diseases. And the antioxidants in coffee may also offer protection against breast, ovarian, oral and pharyngeal and esophageal, pancreatic and colorectal cancers.

The diuretic nature of coffee promotes healthy kidneys and staves off liver disease such as cirrhosis, hepatitis or alcohol abuse, according to research studies. And coffee helps lower the risk of getting type 2 diabetes. If you're going to exercise strenuously, however, don't drink coffee while you're exercising or you may become dehydrated. Remember that it's a potent diuretic – good for fat burning, not good when you're involved in strenuous exercise where you need to replenish fluids lost in the exercise process.



Now, let's get back to when not to drink coffee. Studies have also shown that caffeine may dissolve calcium. So definitely don't allow young children, who need calcium for their growing bones, to drink coffee. Since the caffeine in coffee is a powerful stimulant, it may alter your mood, and it definitely halts the body's natural cleansing stimulus that normally occurs on arising.

When you get up in the morning, instead of reaching for that cup of coffee, have some fruit instead. Definitely eat breakfast! Caffeine in coffee has lots of benefits, health wise and for your fat burning regime. Just drink it sensibly. Drink after lunch, or mid-morning after your body's daily clean-out, and make sure to drink it with a full glass of water afterward. Water helps to soothe the stomach and makes it easier to digest the coffee. You want coffee's full fat burning benefits, right?

### **How To Prepare Coffee**

Coffee is served hot or cold, in coffee shakes, coffee-flavored desserts, coffee spiced chicken sate, coffee smoothies, and on and on.

When buying coffee from a commercial vendor, look for the roasting date, not the expiration date. You want the freshest coffee possible. Always store your coffee in the freezer for maximum freshness.

## **How Much To Drink**

One serving size is about 7-8 ounces of coffee. That's a short at a coffee house. There's also tall, which is 12 ounces, grande, which is 16 ounces, and venti, which is 20 ounces (hot) and 24 ounces (cold). Of course, for those of us who like an extra jolt, there are extra shots.

## **Tea (Green, Oolong)**

Records in China indicate that tea has been consumed since at least 3000 B.C. Buddhist monks revered tea during their meditation and it traveled from China to Japan. The Dutch brought it to Europe, then to Russia, Great Britain and America.



There are three categories of the *Camellia sinensis* plant, which are determined by region of growth, species and production methods.

There is black tea, which is fully oxidized 100%, green tea, which is un-oxidized 0% and oolong tea, which is partially oxidized 10-90%. The chemistry of each tea changes with the processing method.

Green tea leaves are not fermented before they are steamed and dried, unlike black and oolong teas.

Green tea is more mild and delicate than oolong tea. It has a subtle aroma and light taste that's quite unlike black tea.

Green and oolong tea are available year-round in supermarkets, grocery stores, health food stores, Asian markets, even major department stores in the culinary department!

## **Tea's Fat Fighting Benefits**

Tea, whether green or oolong, has multiple fat burning benefits. Tea contains a substance known as catechins, which are potent polyphenol antioxidants. Cate-

chins are very important for your fat burning regimen because they help stimulate your body to do two fat-burning imperatives: burn calories and also reduce body fat.

In addition, and of great benefit to your fat burning routine, tea acts as a diuretic, which promotes healthier kidneys and also aids digestion.

The moderate caffeine in green and oolong tea helps to stimulate the body's central nervous system and also promotes blood circulation.

Tea is rich in tannin, flavanols, fluorine, polyphenols and Vitamins B, C, K and P. It does contain caffeine, but less than that in coffee. Tea helps raise energy levels, boosts mental powers and does away with fatigue.

Green Tea, rich in potent antioxidants, anti-inflammatory and antimicrobial properties, helps promote weight loss, boosts the body's immune system, fights viruses and slows the aging process. Its antioxidants also attack roaming free radicals and thus help prevent cancer. Research studies have shown that green tea is effective in reducing esophageal and stomach tumors in mice, and also inhibited development of pre-cancerous lesions.



The antioxidants in green tea fight off free radicals which cause cell damage. This ability to get rid of free radicals offers powerful benefits to the body, especially against heart attack and stroke. It also lowers high blood pressure and reduces aggregation of platelets which could lead to heart attack or stroke. The antimicrobial properties of green tea also support healthy functioning kidneys and work to normalize blood clotting ability.

Oolong Tea not only has all the benefits of tea in general, it also helps reduce cholesterol and boosts metabolism to burn fats, thus benefiting both the heart and your body's fat burning capability. Fluoride in oolong tea strengthens teeth

and bones, and keeps osteoporosis at bay. Japanese researchers found that oolong tea eased hypertension and reduced coronary heart disease.

Ginger oolong boosts the heart's pumping action and makes blood platelets less sticky, thus reducing the risk of atherosclerosis. Ginger oolong also acts as a tonic to the digestive system. It stimulates digestion and helps lessen any irritation to the intestinal wall.

### **How To Prepare Tea**

Bring water to just below a full boil (for green or oolong tea). Let the tea steep for about 2-4 minutes, depending on how strong you want the tea. Serve either hot or cold, to taste.

### **How Much To Drink**

Typical serving size is an 8-ounce cup. Drink as often as you like, but remember to drink water to counteract the diuretic effect of tea.

## **Tea (Pu-Erh or Puerh)**



One of the most popular teas from the Yunnan region in China, Pu-Erh (or Puerh) Tea is a large leaf tea variety of Dayeh and is grown throughout the year, unlike other teas that have a dormant season. The taste of Pu-Erh is much like black tea, but it has a uniqueness and a category all its own.

In fact, the processing is also similar to black tea, with the exception of the last two steps. After the tea is picked, processed and then fired partially (a process which allows the leaves to retain their moisture), the tea, which is now slightly moist, is placed in a pile. The tea leaves contain a natural bacterium that creates a reaction similar to that of a compost pile. Following this step, the tea is aged in underground caves or rooms, often



for many years. Pu-Erh is a completely fermented, collectable tea. It actually gets better over time and is highly prized. Vintage go back 40-100 years.

Pu-Erh tea comes in two main classifications: green and dark (oxidized Pu-Erh), although there is an enormous variety in each. The dark Pu-Erh is due to the initial oxidation that happens before firing. It has a very strong aroma, which may be earthy or fishy. The important thing to remember is that the tea will taste different than it smells. When brewed, the tea has a dark red color.

### **Pu-Erh's Fat Fighting Benefits**

Pu-Erh has a rich history in China for its medicinal properties, particularly its ability to aid digestion. Today, however, many studies have confirmed Pu-Erh's potent antioxidant capabilities. Its ability to lower cholesterol is very powerful. Recent studies proved that Pu-Erh lowers cholesterol as effectively as the most advanced medications on the market. It also cleanses the blood and can significantly increase weight loss. The tea's fat burning capability comes from the way it increases the body's metabolism to burn fats.

In other words, Pu-Erh is low in caffeine and high in flavor and health benefits.

Pu-Erh's fat burning capability is due to its boost to your body's metabolism – which, in turn, burns fats. Also, the high tannin content in Pu-Erh tea may be responsible in part because it binds macronutrients while also coagulating your digestive enzymes.



Still other research concentrates on Pu-Erh's ability to help prevent heart attack, stroke and thrombosis. How does it do this? First, the antioxidants (called flavonoids) in Pu-Erh gently stimulate the heart and circulatory system. It then keeps blood vessel walls soft and strong. Phenols in the tea inhibit cholesterol

from being absorbed in the intestinal tract. This may lead to a decrease in cholesterol entering the bloodstream. It also decreases blood clotting.

Pu-Erh tea is also believed to help fight cancer, due to the ability of tea to inhibit the formation of tumors. It does this by blocking nitrosamines which cause cancer. The antioxidant properties prevent cell mutation.

There is also considerable evidence that Pu-Erh tea helps promote longevity and healthy aging, due to its ability to stimulate body functions, strengthen the immune system, promote healthy and strong teeth and bones, improving stomach function and reducing the chance of heart attack and stroke.

### **How To Prepare Pu-Erh**

You can purchase Pu-Erh from specialty shops that sell Chinese teas, or through catalog or Internet sites. Pu-Erh comes in a carton of about 42 loose tea blocks called tea candies. Each loose block makes one cup of tea. It is also available in loose leaf, in cakes, bundled in bamboo baskets and many other kinds of containers.



It can be purchased either raw or green or ripened (cooked). The type depends on the way the Pu-Erh tea was processed or aged.

Depending on which type you buy, follow the instructions for preparation.

Remember that Pu-Erh teas benefit from long steeping time with the hottest boiled water you can get. Steep the tea for at least 5-7 minutes to obtain maximum benefit.

According to purists, the best water to use is natural or artesian spring water. Do not use purified water.

Add milk or honey to taste or drink just as it is.

### **How Much To Drink**

Drink one cup as often as you like. It will never harm your stomach and you'll be getting a whole lot of fat burning benefits!

## Water

Water is the world's most consumed drink (with coffee right behind it in the number two spot). Although it is a very simple drink, it comes in many forms: bottled, tap, filtered, distilled, still, sparkling, flavored, etc!

### Water's Fat Fighting Benefits



Water helps you in your fat burning regimen by ensuring that you have constant hydration in your body, thus promoting overall health. You eliminate toxins through sufficient water in your system to flush them out. Water also removes excess salts from your body. Your liver and your kidneys desperately need adequate water in order to function properly. Water keeps your heart healthy and helps you lose weight by getting rid of all that metabolized fat. Research studies have shown that if you increase your daily water consumption by 1-1/2 quarts (or an additional six 8-ounce glasses) per day, you will lose weight (about five pounds) over the course of a year. This is without making any other changes to your routine, like exercise. When you add moderate and regular exercise to the mix, your results will naturally be higher.

Skin is more healthy and radiant with water. You will have improved energy, increased physical and mental performance, your digestion will improve and you will notice a reduction in stress.

Every human body needs water. The fact is we're all 60% water anyway. Did you know that every system in the human body requires and depends on water to survive?

If you don't drink enough water, you'll dehydrate. Your body organs will begin to shut down. You could suffer dizziness or lightheadedness, muscle weakness,

unable to urinate, have excessive thirst, dry mouth, fatigue and/or headache. These are signs of dehydration.

Loss of hydration in the body comes rather easily. This happens when we perspire during heat or moderate to strenuous exercise, when we're ill. We also lose water when we have bowel movements, urinate and exhale.

Whenever you exercise, you need to replace the water you've lost through the exercise. In hot or humid weather, you need to double up on water consumption. If you've become ill with fever, vomiting or diarrhea, you'll be losing extra fluid that you need to replace. Pregnant or breast-feeding women need extra water each day.

One word here about water retention. If your body begins to feel that it isn't getting enough water, it will store it, thus leading to bloating. By drinking enough water, you will not retain more than the body needs. So, don't be afraid to drink that water. As you increase your water consumption, your body will adjust. One more caveat. It's probably best if you stop drinking full glasses of water about one hour before you go to bed, or you'll be up during the night to eliminate it. It is okay, in fact, it's recommended, that you keep a glass of water by your bedside. When you do awake and go to the bathroom, take a few sips on your return to bed. You need to replenish fluids, and that couple of sips will actually help you sleep better.



Be alive, drink water! Your fat burning regime will love you for it!

### **How To Prepare Water**

When you drink water, try to consume one full glass at a time. If you carry a thermos of water, drink at least 8-ounces in one sitting. Never store plastic bot-

tles of water in the car or leave them in the sun, however, since the plastic degrades in heat and releases toxic substances.

Always have water available to drink. It's better than putting empty calories in your mouth and will help you to feel full.

Many recipes call for water, so you can count this amount in your daily intake as well. See, it's easy to add more water to your daily fat burning eating arrangement!

### **How Much To Drink**

The recommended daily amount of water to drink is eight 8-ounces glasses. Yes, that's correct. We've heard it for years and it still holds true. You need to flush your body and keep it hydrated, so go ahead and drink that filtered water.

For your fat burning regimen, try to increase your daily water intake from ½ to 1 gallon per day. That's 64 ounces in a half-gallon (8 8-ounces glasses of water) or 128 ounces in a gallon, or 16 8-ounce glasses of water.

## **Resources**

I have listed my favorite fat-fighting resources on an exclusive customers-only section of the website. Visit: <http://www.fatfightingfoods.com/resources>