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This is an report about Green Tea and the benefit potential that drinking it regularly can have when it comes to weight loss.

I am putting all of this information together as part of a long term quest to manage and control my own weight. I have spent most of my adult life either worried about how much I weigh or how big I am getting...or on some sort of diet or another.

There have been a few periods in my life when I have demonstrated some personal success in weight loss -- and it has made me feel healthier, more energetic, and more confident.

I am writing this report as a way of capturing new ideas for weight loss, and hopefully demonstrating successes along the way.

There are many, many different weight loss ideas out there.

If you are reading this report, you have no doubt already spend considerable time sorting through Google search results, trying to figure out which articles are real, and which expound upon smoke-and-mirrors dieting ideas.

The bad news is the same as the good news: there is so much information, both good and bad to sort through precisely because

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there actually are a very few useful and effective approaches to managing weight.

My hope is that this summary of my researches into Green Tea as a helpful component of weight loss eventually becomes a piece of the overall weight loss conversation that is deemed helpful.

My initial thought when I started out on this quest was whether there was some truly new idea, some fresh perspective, that might have eluded all of us manic dieters for all of these years.

Of course, that is what you are always looking for when you are in a situation like mine: some holy grail of nutrition, even a loophole in the weight-loss regimen.

But all cynicism aside, I was hoping for something that was not only far afield of any previous experiences that I had, but something that was also somehow intuitive. I wanted an uncommon, common-sense way of renewing this business of shedding pounds.

The most promising avenue that I could come up with was that of what I have termed for myself as "the Eastern way" - Eastern thought processes, Eastern meditations, Eastern medicine.

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From there my researches took me quickly into the world of Green Tea, its health benefits, and its weigh-loss benefits.

It turns out that there is a concrete sort of science associate with the making of and the consumption of Green Tea.

Now, be warned, I am not talking about some scientific equation that demonstrates how drinking x glasses of Green Tea each day equates to losing y pounds of fat each week.

Believe me, if there were an effect as direct as all of that, the secret would have been out long, long ago.

But what I mean instead is that there is an abundance of research, scientific and experimental, that supports a broader notion about Green Tea, a notion not limited to how a specific application of a Green Tea consumption might help lose weight, but rather more of an unbounded assertion of the broad and persistent overall health benefits that Green Tea can supply.

It may seem a bit dense at this stage, but I will summarize the high points of my learnings and researches into the science of Green Tea below.

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Something very interesting and important that I hit upon in my research journey is something that in summary seems sort of obvious.

While there is a science behind what Green Tea does, and while there are clearly significant weight-loss benefits to consuming it, there are also a wide variety of additional health effects associated with a diet that includes a regimen of drinking Green Tea regularly.

There is a view that persists (in the Western world at least) of an aged and healthful Asian person who at the end of life is both capable and able, but also proud of what it has been possible to accomplish as as a younger, healthier person.

This is an elusive sort of image and context, but I believe is can be taken as largely symbolic of something that has been true for years, namely that the diet of the Orient is connected to, and to some degree responsible for, health, fitness, and longevity.

As I hinted at before, there is no magic formula that would suggest drinking three cups of Green Tea, eating six bowls of rice, and watching one soccer match each day will make you any slimmer or healthier.

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However, by reviewing what we know about the health benefits of Green Tea, and by applying what of the science that we can properly infer, we can define a better than average program that will leave you feeling better about yourself, losing weight, and proud of your fitness.

Actually the main point of this report is to relate what I believe is a sensible approach to managing weight...one which is rooted in a new perspective and one which is decidedly not riddled with gimmicks.

The primary goal of this report is to relate the most important and compelling research ideas that I have encountered while studying Green Tea; the secondary goal is to try to show the potential links between Green Tea consumption and successful weight management.

While I do not have a long set of testimonials validating this program, I will offer my own experiences and results as support for these intuitive connections.

The research that I have begun is necessarily new. That was, after all, one of the ideas that I set out to use. However, in my researches I have become acquainted with some additional benefits of Green Tea -- above and beyond just losing weight.

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While there is a wide variety of different uses of Green Tea, and truly no dearth of applications to different health concerns, there is a certain amount in common between the testimonials to Green Tea usage that I have encountered.

I suppose that there are a lot of people who, just like me, are looking for a fresh perspective on their situations; many of them have focused on Eastern culture and medicine.

Now there is an effect that I expected to find as I began researching different weight management techniques. This is also something that I actually experienced in my own attempts to lose weight using Green Tea.

This 'something' is what I call the 'Green Tea and Chocolate Cake Don't Mix' effect.

What do I mean by that?

Well, I mean just what I say: Green Tea and Chocolate Cake do not make great companions to someone who is serious about losing weight.

Another way to say this, of course, is to say that there really is no place in an overweight person's diet for chocolate cake at all.

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It may be obvious to say, but it is a helpful reality check to remember.

This point will become all the more clear when you get to the description of this recommended Green Tea program.

You will find that this approach is not solely about drinking Green Tea; there are also the familiar themes of limiting caloric intake, and exercise, which turn out to be critical to the program.

As a quick aside, there are a couple of very interesting finds that this research produced -- both very useful, very specific, and related to famous people.

One thing that I have found in my researches, which I definitely did not expect to find, is that there really is a veritable onslaught of other "fringe" means of attaining an effective weight management regimen.

Believe me, I have encountered more than my share of weight loss ideas that ranged from simply ineffective to downright misleading.

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However as I spent time researching how Green Tea could benefit my cause, I uncovered additional promising leads along the way.

Of course, what I really want to focus on is the connection between Green Tea and weight loss, but at least one alternative total lifestyle management program that I would like to mention is the so-called "Perricone Prescription", named for its main proponent: Dr. Nicholas Perricone.

This is a different program, in no direct way related to the one that I have been working on, but there do appear to be a few common points; I would also guess that without finding this second cousin of a program, I may never have found my own way through this problem.

The other seemingly obvious but nonetheless powerful fact that I learned was that Oprah Winfrey has a lot of power.

No, I am not referring to Oprah's financial power directly. I am talking about the power that she has to seek out and find interesting, useful, and effective items or trends, and the power that she has to connect those trends to a large and accessible audience.

There are many ideas that she has hit upon, written about, or featured on her shows that have in turn sparked my assessment

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of how many different substances, including Green Tea, actually affect many different aspects of people's lives.

The most relevant example of this is exactly that of the "Perricone Prescription".

It was Oprah's website that, in the course of writing this report, hinted at what Dr. Perricone's work and thinking were all about, and (more importantly to me) gave me ideas about how to think about what this work could potentially mean for the specific connections between Green Tea and losing weight.

At the end of this report I will share not only the product of my researches, but also some insights into the skepticism that I maintained throughout, as well as the specific results and conclusions that I have reached.

I have to say that it has been enjoyable to research this topic, and it has been a true learning experience to put it together.

My big hope is that the experiences that I have had, the researches that I have undertaken, and the summary that I have put together can in some way help other people out there who may be struggling with weight or lifestyle issues.

Why have I written this report?

The idea behind this article was to accomplish a few different things.

First, I knew a while back that I was going to try a new diet program, and that it wasn't going to be one of those pre-packaged, subscription-based programs that promise instant weight loss by taking a pill every morning.

I knew that I was going to develop my own approach.

So the main inspiration for putting all of this information together was so that I would have a convenient place to reference it later.

This was the best way for me to keep my own ideas organized.

Second, after spending so much time on this topic, and collecting so many different pieces of information, it occurred to me that there are probably many other people in my situation.

So I thought I would summarize my journey and organize it also for other people to consider as they make their own way through weight management or health improvement.

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Another way to say it is this: once I had recorded all of my thoughts and researches and solidified my approach, this report was basically 90% done already. Without spending too much more time, I thought I may be able to help other people out.

So, I hope that this report is of interest and use to the reader.

There are a couple of other thoughts I want to put forward here.

I am typical, and my quest is likewise typical.

As I have gotten older my metabolism has slowed down. I have gotten into the habit of consuming whatever is in front of me. I have gotten out of the habit of controlling the portions that I eat on a meal-to-meal basis.

I know that there is nothing in that that makes me special or unique.

At the conclusion of this report I will relate a bit about my own results.

I think they are positive and sustainable, but I will stop short of saying that I have found the answer.

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I have had too many encounters with success and failure in this same endeavor over the past many years of my life.

As of right now, I feel good. I have lost weight and I feel healthier.

Maybe I will write another report once I have convinced myself that the Green Tea approach not only gets results but also sustains them over very long periods of time.

As of now, I will just say that the outlook looks positive.

Different types of weight loss ideas

If you are serious about losing weight, but have had difficulties in the past, then I know what you are going through.

In general, it can be difficult to research different topics of interest.

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Sure the Internet has made things much easier, but still it takes time and a sustained interest to read through all relevant information, and to use that information to build up an informed point of view.

In the case of weight management or lifestyle improvement, the Internet can be downright overwhelming. The trouble is that these topics are not academic, but have substantial commercial implications.

People want to get healthy; they want to lose weight; they want to look and feel better.

There is a lot of money to be made from exploiting these desires, and this is perhaps nowhere more apparent than in the Google search results for "weight loss program".

That is one issue -- the dilution of searchable ideas due to the commercial nature of the topic.

Perhaps the larger issue is that there are many different ideas of merit where weight loss is concerned.

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Many people have tried many approaches with varying degrees of success, and there seems to be a legitimate summary of each and every one copied on the Internet.

This fact makes it difficult to sort through all of the ideas with merit, and even harder to understand which of these ideas are more valuable, thus leading to an increased chance of success, and which ideas are less valuable and less likely to achieve results.

It would be impossible, maybe downright deceptive, if I were to produce a list of all of the weight loss ideas out there, along with some rating as to their relative merits.

Something like that would, in fact, run counter to what these researches into Green Tea are meant to provide.

This report is intended to set forward a new type of concept in health and weight management, not to pick and choose diet element from previous programs, both those that seem to work and those that clearly do not.

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Recall that this article is trying to connect Green Tea to weight loss, which builds upon existing ideas of Green Tea's connection to generally higher degrees of health.

This is another fact that has made the research so trying -- we are fishing for new ideas.

So what if you do want to sort through the Internet search results yourself?

My initial advice would be that any program that costs money to implement (never mind those that cost money just to gain additional information) is a program that you can ignore.

However, after spending a great deal of time wading in these waters, I have come to the conclusion that it is perhaps best not to rule out everything with a financial attachment.

One obvious example that gets this point across is Weight Watchers.

Is Weight Watchers free?

The answer is no.

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Does Weight Watchers provide real weigh management results?

The answer is sometimes, with qualification.

For folks who have used Weight Watchers, and the well-documented point system, to get results, the power of the program is not in the points, but rather in the support groups that accompany membership.

This costs money, but should not necessarily be ruled out as a potentially effective avenue for weight loss.

No, it is not hard to see that it does cost something for the facilities, time, etc. that would be needed to furnish a genuine support network.

This whole line of reasoning is yet another example of why it can be hard to find an effective, results-getting program.

I am hopeful that this article helps to cut through confusion.

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Searching for fresh insights in novel places

When I first began considering my next weight loss move, I had become disillusioned with pretty much everything that I had read and tried before.

It was from this place of hopelessness and despair that I started on the Green Tea voyage.

Because everything that I had tried prior had either failed to produce any results, or if I did see some success it was short lived, I was determined to find a fresh idea or two to research.

It made a certain amount of sense to me that the reason I had been gaining no ground was because I was just finding and rehashing the same basic premises with each new diet that I took on.

That is where my journey started... at the end of yet another unsuccessful attempt.

After a lot of thought, and after running into more than a few dead ends, I hit upon a simple premise that seemed to have merit.

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The basic idea is that the problems of constant dieting, poor weight management, and an almost unstoppable "yo-yo effect" are all very distinctly American problems, distinctly Western problems.

That is the genesis of the idea -- namely, that we could start looking in cultures opposite to ours to find results different from ours.

Something obvious but worthy of note here is that this is all a very big oversimplification of culture, health, weight, etc., etc..

I am just trying to relate the basic thought process that led eventually to the Green Tea program that I am writing about in this article.

The upshot of this search for a new approach is that it sparked a journey through many different approaches to health and weight management, and it has provided a pathway toward something that at best might provide sustainable results, and at worst can deliver promising results.

This article is first and foremost concerned with Green Tea as it relates to weight control and management.

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But before we can come to a conclusion we must first consider the science at work in Green Tea, potential other health benefits that it provides, and a way of experimenting with a Green Tea program to achieve the desired results.

The science of Green Tea

The science of Green Tea is an interesting topic, and one that can become complicated and overwhelming after anything more than a cursory set of researches.

It is a broad science.

The topic has subtle applications and provides interesting information across a whole Green Tea consumption cycle.

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From the growth and development of a Green Tea tree (or shrub or plant), through the complex environment that nourishes its growth, to the time-tested ways of harvesting the leaves, the storage, the brewing, and of course the human consumption, the topic of Green Tea science is interesting and provides insights into how the consumption of it could improve one's lifestyle, outlook, and physical health.

Now, by no means am I a scientist; I admit that I even have trouble sometimes understanding complex scientific concepts and experiments.

I have, however, learned quite a bit about the science of Green Tea in my researches, and most of it comes from different studies into the health effects of Green Tea.

One study documents that the daily consumption of multiple cups of Green Tea decrease the incidence of heart disease, and possibly other fatal illnesses.

The "green" of Green Tea is present because the leaves of the tea shrubs do not undergo any fermentation or additional processing after harvest; the chlorophyll is preserved in the drink.

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This fact alone is interesting, though not exactly scientific, because it is tempting to connect this life force that exists in vegetation to the health effects of Green Tea.

One fact that is well established is the presence of a meaningful abundance of antioxidants in Green Tea.

An antioxidant is a type of molecule that inhibits the oxidation of other molecules through chemical reactions.

It gets complicated quickly, but the upshot of all this information is that the health benefits of antioxidants are widely documented and cover everything from cancer resistance, to increased brain function, even longevity.

While there are not necessarily any direct, proven connections between antioxidant activity and reduced weight loss, if some benefits can be observed, then a connection can probably be inferred.

So, what do we know?

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First Green Tea is not a medicine, and will not on magically somehow melt pounds off of your body.

What the scientific research shows, however is that including Green Tea regularly in a person's diet may prove to be effective as a weight loss measure.

In addition, consumption can also help as a long-term preventive step, helping to ward off cancer, diabetes, multiple sclerosis, and a host of negative effects typically associated with aging.

There is a long-standing cultural link between Green Tea and human health; there is also an emerging scientific link between the two; for my purposes this was enough to get my research and my Green Tea program going.

A Green Tea program

Okay then, so now it is time to get down to some specifics.

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I have experimented with various types of Green Tea program over the past twelve to fourteen months.

I basically hit upon the central idea after a few weeks, and then refined the whole program gradually until I found the right balance between dieting, which I did not really want, and weight management, which has been my goal all along.

After looking through the results of scientific studies, I came to the conclusion that even if I was unable to get more out of a program centered on Green Tea, the upside health benefits made it at least worth attempting.

Across all of the studies there was a range to the recommended number of cups of Green Tea, consumed daily, which would provide the optimal benefits.

The range was as low as two, to as many as twelve.

Seven cups per day is nice middle ground, but the number that showed up most often in studies was six cups per day. While that did seem like a lot at first, I have found it to be a rather easy amount of Green Tea to consume each day, once you have habituated yourself to it.

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The trickiest part about regularly consuming so much Tea is really figuring out what the best times of the day are for drinking it.

This is the area that I experimented with the most, and I believe that my current program not only offers the right quantity of Green Tea, but that it is also timed out for maximum benefit.

The first leg of this Green Tea program is what you would expect: regular, specific consumption of Green Tea.

As I said before, the maximum benefit for weight loss comes from drinking six cups (36 ounces) of Green Tea every day.

Drinking this amount on any schedule produces better results than drinking none; drinking this amount on the schedule that I am about to describe has produced still better results for me.

Here is the schedule: upon first waking up, immediately boil 12 ounces of water. Brew the Green tea in the regular way, using 10 grams of Green Tea. Steep the tea for at least two minutes, but no more than three. As soon as the Tea has cooled down enough, drink in a relatively short period of time.

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Trying to drink it too quickly will be uncomfortable, but I have found that letting this "large" portion of Green Tea linger cuts down on the effectiveness of the results.

The "session" just described takes care of two cups for the day, and is the easiest to get used to.

If you have ever been a regular morning coffee or tea drinker, you will no doubt understand how natural it feels to start your day in this manner.

The next two cups of Green Tea should be taken in two separate sessions.

The first of these should be timed at between 60 and 90 minutes after the original "double session".

The process is, of course, pretty simple. Just brew and drink a cup of Green Tea as your day just starts to get going. I

will admit that this session is a bit difficult to get used to, mainly because it does not take place very far removed from the time when you wake up... from the time when you just drank two cupfuls of Green Tea.

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The third session (the fourth serving) of Green Tea is best taken in late afternoon, fortuitously right around the traditional English teatime of 4:00. The process for this session is exactly the same as the previous, and is very easy to make into a habit.

Okay, at this point in the program described, we have consumed four cups of Green Tea in three sessions.

The fourth and final session is carried out exactly like the first, except that it should take place right before retiring for the evening.

This is actually, surprisingly, a relatively easy session to get used to, though I have no idea why. It took me several months to come up with positioning a Green Tea drinking session so late in the day. It is not intuitive, but it has seemed to make the most significant amount of difference in my Green Tea trials.

Before I leave my description of the first leg of this Green Tea program, I have a couple of parting thoughts. It may be obvious

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to someone trying to lose weight, but the Green Tea that you drink should not contain any additional adulterants.

Most people fancy a bit of sugar, or a little milk in their tea. Such additions do indeed cut some of the bitterness out of the drink, and can make it more enjoyable to consume.

However, if you add anything to the green tea that you drink, you will cut down the effectiveness of the program, and your results will be adversely affected.

It is not all bad though. Green Tea is well-known to be less bitter than the Black Tea that is more commonly consumed in the West.

Also, you will be surprised just how quickly your tastes can be trained not just to tolerate the taste, but actually come to enjoy the flavor, of Green Tea.

If you have experienced any struggles with managing your weight, the second leg of this Green Tea program, like the third, will sound to you like a familiar refrain to you.

Next comes the part about how you do, in fact, have to monitor and control your intake of food, drinks, and calories.

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This is a standard tenet of healthy diets, and it is one of the most difficult to convert to.

This difficulty is perhaps the most obvious reason why diet resolve is undermined, and results are not sustainable.

I have good news here. I have found in my experimentations in finding a Green Tea program that the caloric restrictions that accompany the right program are not as severe as you will find in more standard, Western, diet programs.

The FDA reports that a typical male adult like myself needs approximately 2,000 calories of nutritional intake per day.

I know from a wealth of failed dieting experiences that this number is too high. I know also that the more standard recommendations for 1,200 - 1,500 calories per day are simply too hard to sustain for someone that has weight management trouble in the first place.

While there can be no magic number, I have found that limiting the intake to 1,750 - 1,800 calories per day, and coupling this behavior with the previously described program of Green Tea consumption, does translate to measurable weight loss results.

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The last leg of the Green Tea program will also sound familiar, but will likewise not be as difficult or imposing as what is typically described in modern diet regimens.

Here is another simple fact: regular exercise is required to achieve results.

Before you stop reading in disgust, let me say clearly that the exercise required to achieve results in connection with Green Tea consumption is lower than you would expect.

You will not need to run fifteen miles each week, you will not have to spend an hour a day swimming laps in a pool.

You will need to elevate your heart rate, and you will unfortunately need to break a sweat three times a week, but you will not need to kill yourself on this part of the program.

This leg of my program is perhaps the most difficult in terms of quantifying benefit to the results. I have tried everything from no exercise, to jogging on a treadmill 1 mile per day, every day.

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The more vigorous end of this spectrum clearly provides the superior results...but is unfortunately very difficult to sustain.

So the question is at what point will you see benefits, without entering into an exercise program that will not last beyond a couple of weeks?

Here is what I have found: if you utilize the Green Tea consumption schedule described above, you can get enough exercise for results by walking three miles per week.

It does not seem to matter how you achieve this three miles, weather in a single treadmill session, or you may choose to walk more and use your car less.

It takes about 2,000 steps to walk one mile. You will want to aim for 6,000 steps in a week, or for simplicity's sake approximately 1,000 steps per day.

When the exercise is stripped down to stepping in this way, you will need no more exercise equipment than a pedometer, and a very reasonable amount of will power to achieve results.

Skepticism and results

At this point I have tried to relate what I have found out about Green Tea and weight loss benefits.

I have talked about my inspiration for conducting and recounting my researches, as well as my thought processes as I began to put this program together.

We have seen that there is no shortage of weight management advice available for research on the Internet, and I hope that you now have an appreciation for how difficult it is to sort out legitimate advice from online scams, and how much harder it is to value the different types of programs that are included among legitimate advice.

Along the way, we have also learned a little bit about the science of Green Tea.

We have also seen that there may be a very wide array of health benefits that Green Tea provides above and beyond a practical approach to weight control.

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Even with all of that background, I myself finally approached the Green Tea program with a healthy amount of skepticism. In hindsight, given my own history with weight gain and management, it would have been quite impossible not to be a little bit jaded.

From the time I first began the research, to the time I finished writing this account, sixty-one weeks elapsed.

As I mentioned before the first 11 or 12 weeks were spent landing on the Green Tea portion of the program, and coming to terms with the right amount of exercise to throw in.

That part of the program was experimental, and ended with me gaining about 2% of my initial body weight.

That result was discouraging.

So discouraging, in fact, that I just about abandoned the whole thing at that point.

Instead of quitting, though, I decided instead to relax the exercise portion of the program.

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I was facing either that or else a more permanent residence on the island of plump...and as it turned out, this was probably the saving grace of the whole endeavor.

Once I had latched onto the "6,000" steps idea, I was able to turn out significant results.

Over the next ten weeks I was able to shave a total of 12% of my initial body weight, and this was all while I was experimenting with the timing of the Green Tea consumption.

At week twenty-two, I finally put in the last Green Tea session as described above -- the bedtime session with two cups of Green Tea.

From this point on, the program remained pretty much unchanged, with the exception of a few different tweaks to timing that always took me off of the best weight loss trajectory.

At week fifty, I stabilized at my end state...a 32% reduction in body weight from beginning to end.

Of course, as the weight started coming off, the weekly % that was targeted for loss grew smaller.

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But as of now, I feel better, lighter, and especially healthy knowing that the key to my weight management success has been a substance that is becoming better and better known for its overall positive effects on long-term health and well-being.

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