**In the name of God**

**Author:Alireza Shahpasand**

Drinking three cups of green tea daily leads to weight loss. As the head of ministry of health of the United States promulgated, obesity has caused myriad issues in people’s life, afflicting every single healthy person by spreading notorious illnesses such as diabetes or other medically hazardous conditions like high cholesterol vessel stoppage. So if you prefer to stray away from such sicknesses, you’d better avoid growing obese. Since green tea decreases the cholesterol amount stored in your body, you may find it a great way to keep away from the professed incurable diseases. In addition to the considered factors, green tea has been scientifically proved to enhance the metabolic rate, forced in the body to burn more calories, whereas black tea endangers the body, causing anemia and the loss of blood density. Eventually, you will definitely benefit from drinking green tea, as it helps you to experience a healthy life without the harmful medical conditions spoiling your health.