# Facebook Updates

**POST 1:** Even though all types of green tea are rich in antioxidants, there are some cases where you will get more antioxidants than others. Some studies have shown that the bottled varieties of green tea don’t have anywhere close to the amount of antioxidants that you will find in home-brewed green tea. Instead of buying bottles, consider making green tea at home so that you can get the most out of it.

Source: <http://www.fitnessmagazine.com/blogs/fitstop/2011/05/26/healthy-eating/green-tea-benefit/>

**POST 2:** Creatine is a nitrogen-based, organic acid that is produced in the liver. It is created naturally to help supply energy to cells all over your body, in particular the cells in your muscles. Creatine is then transported through the blood and used by the muscles that required the most energy (brain, skeletal muscle). Taking a creatine supplement is a safe way for athletes to increase their performance and potential.

Source: <http://www.medicalnewstoday.com/articles/263269.php>

**POST 3:** Fish oil is one of the best supplements out there. Fish oil contains Omega-3 fatty acids, which can help with cancer prevention, heart health, blood pressure, depression, anxiety, attention issues (including ADHD), lupus, and a number of other issues. You can learn more about this medical supplement in the chapter on fish oil in Supplement Secrets.

Source: <http://en.wikipedia.org/wiki/Fish_oil>

**POST 4:** Most people know that caffeine helps with energy levels, but there are some health benefits to using caffeine intelligently. Some studies have suggested that, due to the mental alertness that caffeine provides, it can help with the prevention and treatment of disorders like Alzheimer’s Disease, Parkinson’s Disease, and even gout.

Source: <http://sleepdisorders.about.com/od/sleepdisorderstreatment/a/Caffeine_Benefits.htm>

**POST 5:** Choline is an essential nutrient found in foods with higher fat contents, like eggs and meat. If you eat these types of foods in moderation, you will get some of the benefits of choline. These benefits include improved liver health and the prevention and/or treatment of certain neurological disorders, including memory loss, Alzheimer’s Disease, anxiety, depression, Tourette’s, and schizophrenia.

Source: <http://en.wikipedia.org/wiki/Choline>

**POST 6:** Green tea is one of the top foods that can help you to lose weight. The American Journal of Clinical Nutrition put out a report that suggested that drinking four cups of green tea per day helped people shed anywhere from four to ten pounds in eight weeks. EGCG is the main culprit for weight loss; this compound helps to give your metabolism a boost shortly after you drink the tea. Want to increase your green tea intake? Keep home-brewed iced green tea in your fridge.

Source: <http://www.health.com/health/gallery/0,,20553780_5,00.html>

**POST 7:** Curcumin is actually the main curcuminoid (compound) insider of the popular Indian spice turmeric. Many studies have suggested that turmeric has health benefits, but specifically due to the presence of curcumin in the spice. These studies suggest that curcumin can help to prevent and/or treat multiple myeloma, pancreatic cancer, myelodysplastic syndromes, colon cancer, psoriasis, and Alzheimer's disease.

Source: <http://en.wikipedia.org/wiki/Curcumin>

**POST 8:** Tribulus is a unique supplement that can help unlock the estrogen, DHEA, and testosterone that is naturally produced by your body. It is most often used in cases of infertility, erectile dysfunction, and low sex drive. In some cases, it has even been used as a safe way to improve athlete performance.

Source: <http://www.askmen.com/sports/health_60/79c_mens_health.html>

**POST 9:** Supplements will not do anything for you if you don’t make other changes to your diet. Every diet and lifestyle change will be enhanced by supplements; they can’t do anything without some work on your end. Focus on your health first when you are looking to change your diet; if you become too thin, that can be just as unhealthy as being overweight or obese.

Source: <https://juice.shef.ac.uk/knowledge-bank/diet/the-importance-of-a-healthy-diet>

**POST 10:** Green tea has been the subject of literally hundreds of scientific and medical studies around the world. These studies have been trying to unlock why green tea is such a great addition to everyone’s regular diet. There are a number of health benefits associated with green tea, including a reduced risk of heart disease, greater energy, and even the prevention of certain types of cancer (breast, prostate, ovarian, and endometrial in particular).

Source: <http://en.wikipedia.org/wiki/Green_tea>