

Published based on [How about a Warm Cup of Green Tea](#)

# How about a Warm Cup of Green Tea

As we move into the Christmas season - yes I said Christmas. I sing "We Wish You a Merry Christmas" and not "We Wish You a Happy Holiday". I am not going to sacrifice my beliefs for political correctness. Ok, enough the rant. I didn't even finish my first sentence.

Ok, as we move into the Christmas season and really the winter season, isn't it nice to snuggle up with a warm mug of something. I know hot chocolate is the traditional warm beverage, but this year, consider green tea as a super healthy replacement.

Green tea is the healthiest of teas and is high in antioxidants. It may even have a metabolism boosting effect.

With all the unhealthy choices we will all make during the holidays, wouldn't it be nice to mix in a healthy drink every now and then.

We have several pages on the benefits of [green tea](#) and will be releasing a free report on green tea very soon. Head on over the the main site and check out green tea!

You can also find this article published on [How about a Warm Cup of Green Tea](#), and on the tag pages [green tea](#) , [health supplement](#).