

Herbs and Spices for Weight Loss



If you want to lose weight, get fit, or reduce bloat, the only long-term strategy to ensure lasting success is by changing how you eat and increasing your activity level. However, several herbs and spices can help your fitness journey by boosting your metabolism, increasing your fat-burning ability, and stifling your cravings. These herbs and spices cause no side effects and can accelerate your natural ability to eliminate body fat safely and effectively.

Recipe N1



Rosemary improves digestion and boosts metabolism. It also helps to flush out the toxins from the colon and prevents bloating. Rosemary is a rich source of the enzyme lipase. Lipase is responsible for breaking down the fat molecules. Rosemary also contains fiber, which prevents fat absorption and keeps you full for longer hours.

Ingredients

- 1 teaspoon fresh rosemary
- 1 cup water

Description

1. Bring a cup of water to a boil.
2. Turn the flame off and add rosemary.
3. Let it steep for 5-7 minutes.
4. Strain and drink.

Recipe N2



Gotu kola brings down stress, anxiety, and depression, which in turn stimulates the “feel-good” hormone. This indirectly leads to weight loss. You will feel more active and energetic. Honey is loaded with antioxidants and has antibacterial properties. It helps to flush out toxins and maintain a healthy gut.

Ingredients

- 1-2 teaspoons of Gotu kola
- 1 cup water
- 1 teaspoon honey

Description

1. Add Gotu kola to a cup of water and let it steep for 3 minutes.
2. Add honey and stir well before drinking.

Recipe N3



Neem leaves have antimicrobial, anti-inflammatory, and antioxidant properties. It improves circulation and flushes out toxins from the body. It also helps to maintain good gut health. Neem leaves aid weight loss by reducing inflammation and boosting the metabolism.

Ingredients

- 4-5 neem leaves
- 1 cup water

Description

1. Use a mortar and pestle to crush the neem leaves.
2. Add it to a cup of water.
3. Stir well before drinking.

Recipe N4



Fenugreek seeds boosts metabolism, prevents obesity triggered by stress and inflammation, flushes out toxins from the colon, and reduces the risk of PCOD.

Ingredients

- 2 teaspoons fenugreek seeds
- 1 cup water

Description

1. Soak 2 teaspoons of fenugreek seeds in a cup of water overnight.
2. Strain and drink the water first thing in the morning.

Recipe N5



Mustard seeds are low carbs and calories and are rich in vitamins such as vitamin B12, folate, thiamin, and niacin. It is also rich in omega-3-fatty acids and helps to lower the bad cholesterol levels. It is high in fiber and therefore will keep your hunger pangs at bay. The healthy fats in the seeds prevent inflammation. This, in turn, prevents inflammation-induced weight gain.

Ingredients

- 1 teaspoon mustard seed
- 1 teaspoon olive oil
- 1 teaspoon lime juice

Description

1. Soak the mustard seeds in water for 30 minutes.
2. Use a mortar and pestle to grind the seeds.
3. Add olive oil and lime juice to the ground mustard seeds.
4. Mix well and use it as a salad dressing.

Recipe N6



Coriander seeds are highly beneficial for proper digestion, absorption, and helps to maintain proper bowel movement. This, in turn, keeps the metabolism firing and burns the calories consumed. Cinnamon also aids weight loss by preventing fat cell proliferation.

Ingredients

- 2 teaspoon coriander seeds
- 1 cup water
- ½ teaspoon cinnamon powder

Description

1. Soak the coriander seeds in a cup of water overnight.
2. Strain the water in the morning.
3. Add cinnamon powder and let it steep for 10 minutes.
4. Strain before drinking.

Recipe N7



Fennel seeds are rich in dietary fiber and therefore prevents fat absorption by binding to the fat molecules. It is also rich in antioxidants that help to flush out the toxins and prevents bloating. It eases constipation problems by absorbing water throughout the digestive system.

Ingredients

- 2 teaspoon fennel seeds
- 1 cup water

Description

1. Soak the fennel seeds in a cup of water overnight.
2. Strain the water before drinking in the morning.

Recipe N8



A combination of guggul and triphala is ideal if you are trying to lose weight. Guggul helps to regulate the thyroid hormone, boosts metabolism, and lowers bad cholesterol. Triphala improves digestion, cleanses the colon, and has antioxidant properties.

Ingredients

- ¼ teaspoon guggul extract
- ½ cup water
- ½ teaspoon triphala powder

Description

1. Dissolve guggul and triphala in ½ cup of water.
2. Let it soak overnight.
3. Strain and drink the water in the morning.

Recipe N9



Ginseng extract will help you relax, boost your energy levels and metabolic rate, lower cholesterol and regulate blood sugar levels. Cinnamon also aids weight loss by lowering bad cholesterol levels and lowering blood pressure. Lime is a storehouse of vitamin C that helps boost the immunity, and it is also rich in fiber that helps to reduce appetite.

Ingredients

- 3 tablespoon ginseng extract
- 500 ml water
- 1 tablespoon lime juice
- ½ teaspoon cinnamon powder

Description

1. Boil water in a pan and let it cool for 5 minutes.
2. Add the ginseng extract and let it steep for 5 minutes.
3. Strain the water and add lime juice and cinnamon powder.
4. Stir well before drinking.

Recipe N10



Hibiscus tea helps prevent irritation in the stomach, has diuretic properties, lowers cholesterol, and improves bowel movement. Honey is useful against throat infections, gastrointestinal disorders, and regulates blood sugar levels. Good gut health, low cholesterol, and an improved immune system aid weight loss.

Ingredients

- 2 teaspoons of dried hibiscus flowers
- 2 cups water
- 1 teaspoon honey

Description

1. Put the dried hibiscus flowers into a teapot.
2. Boil 2 cups of water and pour it into the teapot.
3. Let it steep for 5-6 minutes.
4. Strain a cup of hibiscus tea.
5. Add honey and stir well.

Recipe N11



One of the best ways to lose weight effectively is to drink yerba mate tea. It keeps your energy levels high, and therefore you have the energy to workout or go for a walk to expend the energy. It suppresses appetite and keeps the stress away, which directly promotes weight loss.

Ingredients

- 1 tablespoon aged and dried yerba mate
- 2 cups water

Description

1. Put 1 tablespoon yerba mate into a teapot.
2. Bring 2 cups of water to a boil.
3. Add the boiling water into the teapot.
4. Let it steep for 5 minutes.
5. Strain the yerba mate tea into a cup.

Recipe N12



Green tea and cinnamon are powerful weight loss agents. Green tea boosts metabolism and melts fat. Cinnamon aids weight loss by regulating the blood sugar levels, insulin levels, lowering cholesterol, and suppressing appetite.

Ingredients

- 2 teaspoons green tea leaves
- 1 cup water
- ¼ teaspoon cinnamon

Description

1. Bring a cup of water to a boil.
2. Add the cinnamon powder and simmer for 2 minutes.
3. Turn the flame off and add the green tea leaves.
4. Let it steep for 5-7 minutes.
5. Strain and stir well before drinking.

Recipe N13



The Pu-erh tea acts by keeping the spleen healthy and thereby helping proper digestion and absorption. This, in turn, accelerates the metabolic rate that leads to weight loss. Drinking Pu-erh tea will help boost your metabolism. It will also help keep your gut healthy and support better bowel movement. You will be able to burn and mobilize fat, which is essential if you want to lose weight.

Ingredients

- 1 teaspoon Pu-erh tea leaves
- 1 cup water

Description

1. Put Pu-erh tea leaves in a teapot.
2. Use a few drops of hot water to rinse the Pu-erh tea leaves.
3. Now, bring the cup of water to a boil.
4. Pour the boiled water into the teapot containing Pu-erh tea leaves.
5. Let it steep for 5 minutes.
6. Strain before drinking.

Recipe N14



Lime and coleus forskohlii is a unique combination but both works to help reduce weight. This drink will keep you active and energetic all day long. This will also improve your muscle and brain function. Your metabolism and immunity will also be boosted.

Ingredients

- 1 Coleus soft gel
- 1 cup water
- 1 teaspoon lime juice

Description

1. Puncture the soft gel and take out the coleus extract.
2. Add it to a cup of cold water.
3. Add lime and stir well.

Recipe N15



This herb contains a compound called the gymnemic acid that prevents sugar absorption in the intestine and increases insulin sensitivity. The combination of Gurmar honey works wonders for weight loss. Since gurmar is a little bitter in taste, honey helps to sweeten it. Also, honey is loaded with anti-bacterial, antioxidant, and wound healing properties. It helps to regulate the blood sugar levels.

Ingredients

- 1 teaspoon gurmar powder
- 1 cup warm water
- 1 teaspoon honey

Description

1. Add the gurmar powder to a cup of warm water.
2. Let it steep for 5-7 minutes.
3. Strain and add honey.
4. Stir well before drinking.

Recipe N16



Drinking this water every morning will keep your skin and hair healthy. It will also keep your digestive system healthy and promote quick weight loss.

Ingredients

- 1 teaspoon aloe vera gel
- 1 cup water

Description

1. Mash the aloe vera gel using the back of a spoon.
2. Add water and stir well.

Recipe N17



Cinnamon helps to suppress appetite, lower bad cholesterol and accelerates the metabolic rate. The warm water helps to flush out all the toxins and support better bowel movement, thereby preventing bloating.

Ingredients

- 1 teaspoon cinnamon powder
- 1 cup water

Description

1. Bring a cup of water to a boil.
2. Add the cinnamon powder and let the water boil for 2-3 minutes more.
3. Strain the cinnamon tea before drinking.

Recipe N18



Cardamom also boosts metabolism and in turn, helps the body burn more fat. It prevents the formation of gas that bloats up your stomach instantly.

Ingredients

- 1 teaspoon cardamom powder
- 1 cup water
- 1 tablespoon green tea leaves

Description

1. Bring a cup of water to a boil.
2. Add cardamom powder and let it boil for 2 minutes more.
3. Turn off the flame and add green tea leaves.
4. Let it steep for 5 minutes.
5. Strain the tea and stir well before drinking.

Recipe N19



The lime juice helps to cut the pungent smell and taste of the garlic. Limes are also rich in vitamin C that help boost the metabolism. Garlic helps to lower cholesterol, improves heart health, has anti-cancer properties, and aids weight loss by keeping your hunger pangs at bay.

Ingredients

- 1 clove garlic
- 1 cup water
- Juice of ½ a lime

Description

1. Use a mortar and pestle to mash the garlic clove.
2. Add it to a cup of water.
3. Add lime juice, stir well, and drink at one go.

Recipe N20



The spiciness of cayenne pepper is perfectly balanced by the lime's acidic taste. Both the ingredients aid weight loss by boosting metabolism and burning body fat.

Ingredients

- ¼ teaspoon cayenne pepper
- 1 lime
- 1 cup water

Description

1. Squeeze out the juice of a lime into a glass.
2. Add a cup of water and ¼ teaspoon of cayenne pepper.
3. Stir well before drinking.

Recipe N21



Black pepper aids weight loss by preventing fat cell proliferation and honey helps to boost the immunity and maintain a healthy gut. This drink helps to flush out the toxins from the body and gives you a clear skin and toned body when consumed regularly.

Ingredients

- ¼ teaspoon freshly ground black pepper
- ½ teaspoon honey
- 1 cup warm water

Description

1. Add 1 teaspoon honey and ¼ teaspoon black pepper to a cup of warm water.
2. Stir well before drinking.

Recipe N22



Ginger helps to improve gut health, flushes out toxins from the colon, prevents throat infections, and helps to melt fat. Honey balances the strong flavor of ginger, adds to the sweetness of the drink and boosts the immune system.

Ingredients

- ½ inch ginger
- 1 teaspoon honey
- 1 cup water

Description

1. Bring a cup of water to a boil.
2. Use a mortar and pestle to crush the ginger root.
3. Add the crushed ginger root to the boiling water.
4. Let it boil for 2 minutes more.
5. Turn off the flame and add honey.
6. Strain and stir well before drinking.

Recipe N23



Cumin seeds are extremely helpful in keeping good gut health. It also helps to sleep better, reduces the risk of respiratory disorders, common cold, anemia, and skin disorders. Honey is an antibacterial agent and helps to flush out the toxins. This drink can act as a magic potion if consumed regularly.

Ingredients

- 2 teaspoons cumin seeds
- 1 cup water
- ½ teaspoon honey powder

Description

1. Soak the cumin seeds in water overnight.
2. Heat the water till it becomes warm.
3. Strain the water and add honey.
4. Stir well before drinking.

Recipe N24



Dandelions are rich in fiber; it prevents absorption of fat molecules. The antioxidants help scavenge the harmful oxygen radicals and flush out the toxins.

Ingredients

- 1 teaspoon dandelion
- 1 cup water

Description

1. Bring a cup of water to a boil.
2. Add the dandelion and let it boil for 2-3 minutes.
3. Strain and let it cool for few minutes before drinking.

Recipe N25



Turmeric helps to lower bad cholesterol levels in the blood and helps to reduce inflammation. It promotes rapid weight loss, improves gut and skin health. It prevents microbial infections, helps to heal wounds, and reduces pain.

Ingredients

- ½ inch turmeric root
- 1 cup warm water
- ½ lime juice

Description

1. Use a mortar and pestle to crush the turmeric root.
2. Add it to a cup of warm water.
3. Add lime juice.
4. Stir well before drinking.

