

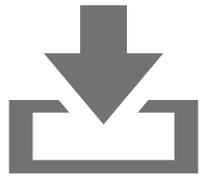
HELPING WOMEN THRIVE

WEIGHT LOSS DRINKS



Jolene Deras

What's Inside?



- List of Drinks
- Which ones worked for me
- Product Suggestions

1. Water

Water gets rid of toxins. Water keeps you full between meals and helps you burn more calories. If you drink cold water, it helps increase the number of calories you burn while resting. So while you're sleeping, your body is working for you.

2. Apple cider vinegar

This type of vinegar helps the pH levels in your stomach to maintain the correct level. It also gets your insulin levels to decrease. To help you lose the weight and burn fat, this helps your metabolism improve. You also don't feel as hungry.

3. Acai Berries

Acai Berries have lots of minerals to keep you healthy. It makes you feel energized to get out and exercise more therefore burning calories and eliminating fat.

4. Cinnamon

Cinnamon makes your blood sugar levels balanced. This spice gets rid of bad cholesterol. Do you struggle with pain and inflammation? That will be reduced when taking cinnamon. One way to incorporate it into your diet is to add to your oatmeal or coffee.

5. BCAAs

What are these? They are essential amino acids leucine which is found in your body's muscle protein. These help with muscle growth and help get rid of soreness after workouts. It gives your body extra fuel to burn fat. Your body doesn't produce this, so you get it from foods and supplements. Also, these can help you feel more full and allow your body to be more responsive to leptin, your hunger hormone. The supplement can be used to replace sports drinks. You can buy this as a powder and add it to water and drink during your work out. There are some side effects if taken long term and may need to be approved by your doctor. The foods that contain these BCAAs include beef, chicken, fish, soy proteins, whey, milk, soy proteins, eggs, chickpeas, lentils, baked beans, lima beans, brown rice, whole wheat, almonds, cashews, brazil nuts, and pumpkin seeds. So including these in your diet and taken before exercise, will help muscle growth, soreness, and regulate that leptin hormone.

6. Green coffee

Green coffee helps with the weight loss by converting fat into energy. You can use it in replace of your normal coffee.

7. Green tea (caffeinated)

Green Tea can help increase your metabolism of fat. It contains antioxidants. The recommended amount is 3-5 cups per day.

8. Parsley

Parsley helps with digestion and increases the frequency of urination which helps the body get rid of more calories. The parsley juice has a faster rate of detoxification than other drinks. It makes you feel fuller than you really are so you'll eat less.

9. Celery

Celery helps your body's excess water to be reduced. It also prevents you from belly bloat.

10. Spirulina

Spirulina has protein and calcium and is very high in antioxidants. It increases your energy. This can be bought as a powder and added to your food or drink. [Click here for more information.](#)

11. Wheatgrass

Wheatgrass has lots of vitamins and minerals. It cleans the body of toxins and eliminates harmful bacteria in the digestive system which includes cleaning out your colon. This also helps with joint pain, skin infections, and ulcerative colitis. It can help reduce the number of people with diabetes.

12. Dandelion tea

Dandelion tea aids in the reduction of water retention. It gets rid of toxins. You could replace your coffee with this to help you be more healthier and reduce weight.

13. Matcha Tea

Matcha tea gives you three times the EGCG, epigallocatechin gallate, than in regular green tea. EGCG helps the liver remove fats.

14. Mint Tea

Mint Tea is anti-tumor, anti-viral, and anit-microbial. It helps eliminate your craving for food. This also helps your GI tract to relax and absorbs more nutrients in your food.

15. Oolong tea

Oolong tea comes from the same plant as green or black tea. It's just made through a different process. It keeps your blood sugar stable. This tea can help eliminate diabetes. The caffeine and polyphenols in this tea aid in losing body weight by reducing the intake of calories. It helps with fat burning and increases metabolism.

16. Aloe vera

Aloe vera juice lowers blood sugar. Be sure to find a product that doesn't contain sugar or additives. It's a natural laxative so don't drink too much. There are some possible interactions with other medications you might be taking, so check online for those or consult a doctor. *If pregnant or breastfeeding, it's suggested to avoid this product.*

17. Grapefruit juice

A cup of grapefruit juice with your breakfast is a great idea. Just be sure its safe to drink with any medications you're taking.

18. Coffee (caffeinated)

The caffeine in coffee stimulates the body and aids in weight loss. It promotes fat burning and boosts your metabolism.

19. Black Tea

Black tea contains polyphenols, which aid in losing body weight, by reducing the intake of calories. It helps the breakdown of fats and help your gut bacteria grow.

20. Ginger Tea (ginger powder can also be used)

Ginger tea helps lose weight by making you feel full. It also improves your good cholesterol.

21. Vegetable juice (Low-sodium and low calorie)

Vegetable juice helps people get more vegetables in their diet. This reduces your carbohydrate intake which will help you lose weight and belly fat.

What Worked For Me

When I have dieted in the past, I tried green tea and grapefruit and they worked great! I had a green tea capsule with lunch and dinner and ate a lot of grapefruit. The fat seemed to just melt away. That was 7 years ago, so it won't be that easy now. I tried recently drinking a recipe of water, apple cider vinegar, cinnamon, and honey, every morning for a few weeks, but never saw any weight loss. I realize now that it's not a miracle drink, but exercise and eating other foods that help melt the fat will make one fat burning combination. Try the drinks I listed and see what helps you get rid of those extra pounds.

Product Suggestions

I was looking for a neat tea pot to make my tea, and I found these products to have the best reviews.

Click on the graphic or text to view more information.

With Cozy



Teapot Kettle with Warmer



Hiware Good Glass Teapot with Stainless Steel Infuser & Lid

These are the best BCAAs I could find. Some have other ingredients like sodium or carbs.

These also these claimed to be free of sugar and other additives.

Click on the graphic or text to view more information.



Sheer Strength Labs BCAA Capsules - Extra Strength 1,950mg



BCAA 3:1:2 (Branched Chain Amino Acids)



Natural Raw Green Coffee Bean Extract

I hope this information helps you reach your goal of losing that belly fat and weight. Thank you for reading this report. Best wishes!