DRINKS & SMOOTHIES

Ginger & Lemon: the Perfect Combination for Weight Loss

By bestfolkmedicine · 05/10/2018 · 2 min read



Although it can be quite the challenging process, weight loss does not necessarily have to be difficult and unachievable. According to King Demic, if you are in search for weight loss methods that actually work, you have come to the right place.

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In today's article, we will present a combination of two potent ingredients, lemon and ginger, that is considered to be among the most effective weight loss combinations ever.

The Health Advantages of Ginger and Lemon

Ginger and lemon are a well-known combination that can help with numerous other health problems, not just with weight loss. Both of these foods will supply the body with sufficient amount of vitamin C and potent antioxidants. They are low in calories and are therefore highly recommendable for overweight and obese people. On the other hand, if you suffer from acid reflux, high blood pressure or gastritis, you should avoid them.

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Ginger is a beneficial tool for fighting off cellulite and being a thermogenic food; it will speed up the metabolism and elevate the shedding of surplus fat and calories.

The nutrients in lemon, including vitamin C, can help in the removal of surplus toxins in the body that often impede weight loss. Lemon can also be of aid for swelling.

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How to Consume Lemon & Ginger to Shed Pounds?

Luckily for you, as explained on King Demic, these foods can be consumed in numerous different ways. However, avoid consuming them in the evening so that you avoid hindering your sleep. Let us check out different ways in which we can consume them:

1. **Juice**

Squeeze fresh lemons to make lemonade and then mix it with a tsp of grated ginger. If you want to, feel free to add a couple of cabbage leaves for an additional kick. Drink the beverage first thing in the morning.

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2. **Tea**

In a cup of boiled water, add a slice of ginger. Leave the content for 5 minutes and then strain it. Combine it with freshly-squeezed juice from one lemon. Drink the tea in the morning.

3. **Salad**

Grate half a ginger and squeeze one lemon. Mix the two ingredients and use it as a salad dressing for different, healthy salads.

Before you head out, make sure you check out the video below to learn more about why ginger and lemon make the ideal weight loss combination:

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https://youtu.be/Tqk1Xm5kf_I

Source:

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