GRANDMA'S REMEDIES

Just Use 2 Ingredients To Empty All The Deposits Of Fats And Parasites Of The Body!

By bestfolkmedicine · 05/12/2018 · 2 min read



As seen on Step To Health, you only need two simple, yet powerful ingredient to expel all fat and parasite deposits from the body. The process of burning surplus body fat is known to be influenced by other energy reserves known as glycogen, i.e. carbs and protein, i.e. muscle.

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To be able to change the way in which our body uses fat, we also need to switch the way of using the energy deposits. To help you on your journey towards a body free of surplus fat and parasites, we will show you a powerful natural cure. It can be easily made and you just need a couple of simple ingredients.

DIY Cure to Remove Fat & Parasites from the Body

You will need:

10 grams of dried cloves

100 grams of linseed

Preparation: Mix the linseed and dried cloves and then grind them to get a fine powder.

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Use: Each morning, for a period of three days, take 2 tbsp of the powder- swallow them with a glass of water or together with breakfast. Then, make a three-day pause and then repeat the same treatment.

Amazing Benefits of Cloves

Cloves are flower buds from the clove tree. They can be found in whole or ground form. Many use it on a regular basis for seasoning roast, boosting the flavour of warm drinks, and to spice up cakes and cookies.

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Besides an exceptional use in different cuisines throughout the world, clove is also known as a potent natural remedy because it possesses strong healing properties. Below, check out its best healing characteristics:

- ***Rich in essential nutrients***
- ***Abundant in antioxidants***
- ***May avert cancer***
- ***It can destroy bad bacteria***
- ***It may better the health of the liver***
- ***It may balance the blood sugar level***
- ***May enhance bone health***
- ***May decrease stomach ulcers***

Important to note:

After a month, you can stop with the therapy. Now, it is pivotal to enrich your diet with important minerals and vitamins and all other nutrients. This will help you feel energetic and rested.

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Sources:

STEP TO HEALTH

HEALTH LINE

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