HEALTHY NEWS

Morning routine for weight loss

By bestfolkmedicine · 12/01/2019 · 2 min read

The world we live in is undeniably harsh to our health, especially if you live in a large city. We are constantly exposed to fumes coming from the traffic, or from industrial sources, which is even worse. Our food is sprayed with harmful chemicals, the beauty and hygiene products we use daily are packed with packed with toxic ingredients, which all makes the spike in chronic diseases an unsurprising piece of data.

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Our organisms are constantly in the defensive state due to the exposure to harmful material, which causes it to increase the amount of stored fat in order to avoid an immune response. As the fat gets stored in our body, not only does it start to look unappealing, but it also becomes harmful to us, as the toxins remain trapped in the fatty tissue.

Human body is an astonishing machine, even a work of art, when it comes to rebuilding itself. Our liver can easily get rid of toxins, and there should be no worries there. However, with the amount of toxins we are exposed to on the daily, it can get overworked. This leads to numerous health issues, such as:

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- Excess body weight
- Food intolerance
- Immune system deficiency
- Bad digestion
- Chronic tiredness

Luckily, there is an easy way to reverse the effects of our surroundings. Simply consume the mixture below every morning, and you will lose all of the unnecessary stored fat.

Ingredients:

1. 1 cup of room temp water
2. Juice from 1 lemon
3. 1 teaspoon of raw apple cider vinegar
4. 1 teaspoon of raw organic honey (or a few drops of stevia if you are on a yeast cleanse or low sugar diet)
5. ½ inch of fresh ginger root (or ¼ teaspoon of ground ginger)

The most important thing when it comes to this morning routine is the *routine* part; you need to make it a habit and an every-morning thing in order to achieve the desired effects. Also, you should look for the organic varieties of all the ingredients, instead of the cheap, processed ones. Spend a little extra and you will not regret it.

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Some people who try to lose weight by using this method reported experiencing tension in their chest and feeling odd after consuming the mixture. If this is the case for you, try cutting out the apple cider vinegar, as it can cause these issues. Consume the drink for 3 days without the vinegar, then slowly start incorporating it again, a bit at a time.

Benefits:

- You will expel any excess mucus or phlegm from your lungs
- The stored toxins from your body will be flushed out
- You will receive a healthy dose of vitamins and minerals, improving your overall health
- Your organism’s pH levels will restore to the normal alkaline state
- Any newly acquired irritation from foods should be gone
- Your blood sugar levels will be balanced
- You will burn fatty tissue and lose weight in a healthy way.

Source: http://www.healthyfoodteam.com

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