DRINKS & SMOOTHIES

40-Year-Olds Shrink their Bellies with this Cheap & Potent Homemade Shake

By bestfolkmedicine · 11/02/2019 · 2 min read



Belly fat does not just look ugly, but it is a health problem that puts you at a higher risk of numerous health issues. Surplus visceral and subcutaneous fat in the abdominal section have been linked with diabetes, heart illness, hypertension, insulin resistance, sleep apnea, strokes, cancer, and degenerative illnesses.

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Therefore, removing the deposits from the belly area is pivotal; however, it is not a straightforward task. It requires persistence, dedication, and the right methods to flatten out the area. If you are also struggling with belly fat and want to learn how to get rid of it, continue reading the article.

We have prepared a potent DIY remedy which dieters swear by. They claim that this shake can speed up the burning of the fat and help you achieve a slimmer figure faster.

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Powerful DIY Shake to Lose Belly Fat

A group of 40-year-olds used this natural shake and experienced major body transformations, particularly in the abdominal area, after a month of daily consumption. The shake is rich in nutrients, healthy, and will help you tone the body. Let us check out the recipe first before we learn more about its ingredients.

DIY Mint, Ginger & Cucumber DIY Shake

You will need:

A cucumber, medium-sized

4 lemons

One-inch ginger root, peeled

10 peppermint leaves or mint leaves

2 liters of water

Preparation: Slice the cucumber, ginger, and one lemon. Remove the seeds from it. Squeeze the other remaining lemons to extract the juice. In a big bowl, combine the ingredients and add the mint leaves and water. Leave the drink to cool down for at least 6 hours in the fridge. Then, strain it into a glass and consume it throughout the day.

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The Benefits of the Shake & the Ingredients

Thanks to this homemade shake, you can easily remove the surplus fluids from the body linked with swelling and additional weight. Moreover, it will help you speed up the burning of fat and the metabolism, boost the digestion, and elevate the energy levels.

Cucumber is low on calories and it is actually 96 percent water. It has a diuretic and detoxifying effect and will cleanse the intestines, balance the uric acid levels, and keep the stomach walls safe.

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Lemon is abundant in vitamins B1 and C, potassium, magnesium, iron, sodium, phosphorus, and fluorine. They will help you strengthen the immunity, speed up the healing of wounds, balance the blood sugar levels, cleanse the body, and keep the blood vessels and capillaries healthy.

Mint is a potent herb which helps fight off inflammation and alleviate respiratory illnesses. It will better the health of the skin, lower stress, decrease flatulence, improve the blood flow, fight off colds and the flu, and better the quality of sleep.

Ginger is a potent anti-inflammatory that contains antioxidants, minerals, vitamins, and amino acids. This healing root can help you naturally fight off migraines, indigestion, surplus phlegm, dizziness, and menstrual symptoms.

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Sources:

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