



Herbs & Spices and Fat Loss

We all know that staying fit, reducing stress, getting adequate sleep and eating well are important in controlling your weight. Short duration, high intensity exercise are amazing for boosting your metabolism for 24-48hrs after you finish exercising, but here are some top tips on natural foods that you can consume to add in a little help for your metabolism!

Hot Spices

Cumin, cayenne pepper, jalapenos, chilli and other 'hot' spices contain capsaicin, which has been found to boost your metabolism. Ingesting capsaicin increases satiety and reduces energy and fat intake. Another recent study has suggested that the ingestion of capsaicinoids can increase energy expenditure and fat oxidation through the activation of brown adipose tissue in humans. Capsaicin is also an anti-inflammatory and has been used to help manage osteoarthritis. Eat your spicy foods!

Dandelion

Every part of the dandelion is edible and full of nutrition. And because they help slow your digestion, they can make you feel full longer, helping you maintain a healthy weight. Along with being full of dietary fibre, dandelions also contain beta-carotene, vitamin K1, vitamins and minerals, and are known for being beneficial for normalizing blood sugar and cholesterol (hence controlling cravings), as well as cleansing your liver.

Cinnamon

Half to one teaspoon a day can help to boost your metabolism, and it also has impressive benefits for blood sugar regulation, making it an ideal seasoning for people with diabetes or pre-diabetes. Cinnamon has been found to significantly reduce blood sugar levels, triglycerides, LDL (bad) cholesterol, and total cholesterol levels in people with type 2 diabetes, as well as increase glucose metabolism by about 20 times, which would significantly improve your ability to regulate blood sugar.

Ginseng

Ginseng is valued for its ability to boost energy levels and speed metabolism. Panax ginseng, in particular, has been linked to weight loss benefits, with one study showing obese, diabetic mice given panax ginseng extracts not only had improvements in insulin sensitivity, but also lost a significant amount of weight after 12 days.

Green Tea

Green tea possesses a mild thermogenic effect, which causes the amount of energy used in heat production by the body to be raised by 3 to 4 percent. This means your metabolic rate is increased so you burn more fat. This is a great way to speed up your fat loss goals by substituting your standard tea and coffee for a few cups of green tea a day.

Turmeric

If you're a fan of curry, you're probably also a fan of turmeric, as this is the yellow-orange spice that makes the foundation of many curry dishes. Curcumin, one of turmeric's most thoroughly studied active ingredients, reduces the formation of fat tissue by suppressing the blood vessels needed to form it, and therefore may contribute to lower body fat and body weight gain.

Ginger

Ginger is another warming spice that has anti-inflammatory properties and is known to help soothe and relax your intestinal tract. Research also suggests that ginger may have thermogenic properties that help boost your metabolism, as well as have an appetite-suppressant effect when consumed, suggesting a potential role of ginger in weight management.