



Everything Herbal

— by Cheryl Jabz —

HERBS & SPICES THAT SUPPORT WEIGHT LOSS

Many herbs and spices can gently support weight loss by boosting metabolism, reducing appetite, and helping balance blood sugar. While they're not a quick fix, adding them to a healthy lifestyle can improve results and overall wellness.

Herbs work best alongside a balanced diet and regular exercise. Results are gradual and vary from person to person. Some herbs may interact with medications or health conditions. Always consult a healthcare provider before starting new supplements.

FINAL THOUGHTS

Incorporating natural herbs and spices into your daily routine is a simple, effective way to support weight management. Small, consistent habits—like drinking herbal teas or adding spices to meals—can make a meaningful difference over time.

Herbs & Spices that Aid Weight Loss



Green tea

Green tea is rich in antioxidants called catechins (especially EGCG) and contains a small amount of caffeine. Together, these compounds can help increase metabolism and support fat burning.

Best use: Drink 2–3 cups daily or enjoy before exercise.



Cinnamon

Cinnamon helps stabilize blood sugar levels, which may reduce cravings and prevent energy crashes.

Best use: Add to coffee, oatmeal, smoothies, or tea.



Ginger

Ginger supports digestion, reduces inflammation, and may help decrease hunger and body weight over time.

Best use: Fresh ginger tea or added to meals.



Turmeric

Turmeric contains curcumin, known for its anti-inflammatory and metabolism-supporting properties.

Best use: Combine with black pepper and use in cooking or teas.



Fenugreek

Fenugreek seeds are high in fiber, helping you feel fuller longer and reducing overall calorie intake.

Best use: Soak seeds overnight or use in cooking.



Cayenne pepper

Cayenne contains capsaicin, which may slightly increase calorie burning and reduce appetite.

Best use: Add a pinch to meals or warm drinks.

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