

Belly fat will disappear after 2 weeks, if you drink this glass in the morning

Drinking lemon juice or ginger juice every morning is a safe and effective way to protect your body.

Abdominal fat has always been a headache for most women, especially office ladies, as they sit next to the computer all day and have little activity. Abdominal fat makes the women inferior to dare to wear tight or cool clothes, especially coming near the summer will make her more sad.

So don't worry too much about this problem. All belly fat will fly away with this ginger-flavored lemonade. Within 2 weeks if you persevere to use it, you will surely have a satisfactory waist.

Besides, this drink is also very beneficial for people with throat problems and body heat. Here is the recipe, let's get started today to get the 56 waist.

Materials needed:

1. 2 fresh lemons
2. 1 big ginger.
3. 3-4 tablespoons of sugar.
4. 2-3 small stones.
5. 1, 5 liters of filtered water.
6. Blender.
7. Colander.



How to do the following:

Ginger should be bought with ginger and you should choose fresh ginger to bring about the most effective weight loss results, when you buy it, wash it, clean the outer shell, then put it in a pure blender. or you can beat the ginger with a knife.

Note: In order to distinguish Chinese ginger and ginger, when buying you, you should break ginger, ginger core and fiber, fiber and veins are clear and bright yellow, ginger is usually more fragrant and more effective.

Ginger after grinding, put in a pot of water and add a little sugar, turn on the big heat until the ginger juice boils, then you turn down the heat again, boil it like that for about 1 hour to get this mixture of ginger juice to her gelation.



After enough time, filter the sieve, filter out the ginger and only use water. Put ginger juice in the refrigerator and use it gradually.

How to prepare slimming drinking water:



Take 1 - 2 fresh lemon squeezed out the water and remove all the seeds, put in a cup of warm water, then continue to add 2-3 spoons of boiled ginger juice before, stir well to drink. Depending on the preferences of each person, you can add sugar or ice to drink, but not too sweet and lose all use.

How to use:

1. In the morning after waking up for about 15 minutes, you should drink a glass of this water.
2. Besides people with dysmenorrhea or colds, sore throat, it is also effective to mix this ginger juice to use instead of ginger tea.

Uses:

Lemon is a food that is rich in Vitamin C, which is very beneficial for our body. The vitamins in lemons act as an antioxidant along with natural acids that have a diuretic effect. This process both prevents aging, and accelerates the burning of fat.

So drinking lemon juice can give you the dual effect of protecting the life of your skin cells, while purifying your body to control the growth of your body weight. Ginger has a spicy, natural heat when absorbed into the body, which helps blood vessels control cholesterol, thereby reducing negative fat accumulation.



Gingerol and shogaol in ginger help promote the breakdown of fat faster and act as a natural fat inhibitor.

Gingerol works to increase the stomach pH, ??reduce cholesterol in the body, reduce fat and reduce belly fat effectively. Ginger is a hot substance, so when it comes to skin, it produces heat. This heat builds up the breakdown of fat, helping the body consume excess fat

Ginger is also in the top 10 list of fat-burning foods that help to lose weight, preventing abdominal obesity - a symptom that puts pressure on the heart and increases the risk of diabetes. So effective weight loss with ginger is very good and safe.

Good luck!

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