



5 Tasty
Metabolism-Boosting

**HERBS
&
SPICES**

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5 Tasty Metabolism-boosting Herbs And Spices

Using herbs and spices are the best way to give your food extra flavour without adding extra calories like the case of sugar or other junk additives.

And the best part is some of these tasty spices and herbs are proven by research to boost your metabolism and help you burn more fat.

Here are 5 of them:

1. Sea Salt

Can you guess one thing iron, zinc and selenium all have in common?

All three are required for the proper function of your master metabolism gland: thyroid gland,

which regulates your metabolism [1].

Quite a number of studies [2, 3, 4] has shown that a diet too low in iron, zinc or selenium can hinder the production of thyroid hormones by your thyroid gland too. And this can slow down your metabolism.

Sea salt is a good source of iron, zinc and selenium and as many as 72 other minerals and trace elements.



So replacing regular table salt (contains one mineral) with sea salt (contains about 75 minerals and trace elements) is a no-brainer.

2. Chilli Peppers



Can you remember the last time you eat something really “peppery”?

Did you feel your body’s internal temperature rising or maybe you even broke out into sweat and tears?

Well, that’s the capsaicin in action. Capsaicin is a chemical compound found in chilli peppers, which can help to slightly increase your metabolism and fat oxidation.

You see, capsaicin work by stimulating the body’s hormones and increasing the heart rate, which in turn, forces the body to burn more calories and fat.

In fact, a review of 20 research studies reports that capsaicin can help your body burn around 50 extra calories per day [5].

That’s not all..

Capsaicin has appetite-reducing properties This assists in increasing satiety

and decreasing your appetite, which is crucial for weight loss and management.

So, it's a good idea to always try to add more pepper to your dishes to provide your metabolism with a little extra boost

3.Cinnamon



There are lots of debates and disagreement in the health and nutrition industry. However, what almost all scientists, nutritionists and enthusiast agree on is that cinnamon is a metabolism booster.

You see, consuming even as little as $\frac{1}{4}$ teaspoon cinnamon spice can kick-start your metabolism ...and... your body begins to burn calories and continues to do so throughout the entire day.

Also, cinnamon plays a role in balancing your cravings throughout the day, by imitating the activities of insulin to regulate blood-sugar levels.

And this process ensures your body is not storing any more fat than it actually needs to.

4. Ginger

Like cinnamon, ginger helps control blood sugar, which prevents the body from storing unnecessary (excess) fat.

In addition, ginger also has the fat-burning (or thermogenic effect) as pepper.



Well, as a matter of fact, a research study showed that dissolving 2 grams of ginger powder in hot water and drinking it with a meal can help you burn up to 43 more calories than drinking hot water alone [6].

This hot ginger drink also seems to decrease levels of hunger and enhance feelings of satiety [7].

So try adding ginger to your foods... or... Infuse boiling water with fresh ginger, ..or... simply add ginger powder to hot water to rev up your metabolism.

5.Black Pepper



Just like chilli peppers, black pepper has metabolism boosting and fat-burning properties.

In fact, this spice (black pepper) has also been shown to block the formation of new fat cells, which can help prevent weight gain in the first place.

Try adding black pepper to just about everything you eat including foods like oatmeal, yoghurt, and the likes.

There you have it; 5 powerful herbs and spices that can increase your metabolism.

Now, alone, the effects of adding these herbs and spices to your food may be quite small. However, to see a dramatic effect, you have to combine with other metabolism-boosting strategies. My main fat shredding guide:

[Supreme-Fat Loss System guide](#) shows you exactly how.

Get the Supreme-Fat Loss System guide here ⇒

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