



'Thermogenics' is a scientific term that literally means 'production of heat'. Thermogenic foods help the body produce heat, which can help your body burn excess weight that is stored as fat.

HEALTH TIP #9 – THERMOGENIC SPICES, SEASONINGS AND FOODS

"Foods that burn fat are frequently referred to as thermogenic foods. By eating thermogenic foods, you are also able to boost your metabolism, which causes your body to break down fat more easily..." Michelle Zehr www.livestrong.com

- **Hot Peppers** - Hot and spicy peppers have thermogenic properties, which stimulate your metabolism.
- **Garlic** - Garlic is beneficial for your heart, as well as for weight loss. Eating a little bit of garlic each day can help your body reduce unhealthy fats as well as lowering your cholesterol. Garlic also has an anti-bacterial property which can help rid your body of toxins.
- **Ginger** - It is supremely versatile, you can add it to most dishes, even drinks and it burns fat really well.
- **Parsley** - It is believed that parsley does wonder to the circulatory system, keeps your bloodstream working smoothly and is a fat burning food.
- **Berries** - These treats are exceptionally good as it cuts back the absorption of calorie, causing no additional craving and sacrificing no nutrition.
- **Cabbage** - Known as the vegetable for longer life, cabbage has high concentration of fiber which is a big bonus point in the game of weight loss.
- **Lemons** - A small amount of lemon, a simple tablespoon, in your soup, salad or even water is enough to cut back your cravings. It also helps keep your insulin levels stable.
- **Brussel sprouts** - They have thermogenic properties and are loaded with minerals and vitamins, which in turn raise your metabolic levels.
- **Broccoli and Cauliflower** - In addition to their thermogenic properties, these tasty vegetables taste good while also carrying lots of calcium.
- **Green Tea** – Whether hot or cold, green tea has some weight loss benefits. This fat-burning effect may be caused by catechins, the polyphenols found in green tea. Catechins can decrease fat absorption, increase thermogenesis and suppress the appetite.
- **Apple Cider** - It is well known for its weight loss ability, therefore anyone with a goal to shed some pounds will add apple cider or apple cider vinegar to their menu.
- **Mustard** - If you are not exactly a fan of hot peppers, mustard is a perfect alternative. What's more, any meals cooked with mustard give the dish thermogenic properties, too.
- **Cinnamon** – Beyond its wonderful scent and even better taste, cinnamon offers potential benefits that include lowering blood sugar and creating a thermogenic burn, which raises metabolism and reduces body fat.
- **Vinegar** - Known for its use in the treatment of metabolic disorders, acid based flavor aids like vinegar are perfect natural way to increase the rate of your metabolism.
- **Water** – Ice cold water helps keep you well hydrated while your metabolism kicks into high gear trying to warm your body up.



Consider making this 'healthy change for a healthier you'!

To Your Health,

Karen Mastrogiovanni, the Health Pastor

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