

How to Make

A Weight Loss Tonic

A Step-by-Step Guide +Recipes



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Edited by Your Health Informer

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SEPTEMBER 10, 2020 BY ELISHA CHHABRA

We all know losing weight is a tough process, especially the belly fat that refuses to go away quickly and takes no time at all to show up. Obesity is a common and serious problem among North Americans and the numbers are rising.

While exercise is one of the best techniques to cut the waistline flab, it is also important to watch your diet. The best approach to weight loss is using a tonic made up of herbs. Herbs are powerful multitaskers. They work at all levels in your body and can fight fatigue, treat overgrowth in your gastrointestinal tract, and boost your metabolism.

Many herbs can increase metabolism and suppress the appetite, naturally helping you lose weight.

Nettle Leaf



Nettle leaf (*Urtica dioica*) is highly nutritive with a great amount of chlorophyll. This herb is an important source of antioxidants and contains a powerhouse of minerals. It is considered a blood purifier and helps the body

to process and flush out toxins from the urinary tract. It flushes the kidney and bladder to soothe and prevent urinary tract infections (UTIs).

Nettle leaf also has an immense amount of plant chemicals called polyphenols that help treat chronic diseases such as diabetes, obesity and heart disease.

Siberian Ginseng Root



Siberian ginseng root (*Eleutherococcus senticosus*) is often called an “adaptogen”. It is a powerful herb that strengthens the body and increases general resistance to daily stress. Stress contributes to abdominal weight gain and an imbalance of blood sugar levels.

Siberian ginseng root helps balance blood sugar levels, contains antioxidants that protect you from free radical damage, and improves the body’s ability to process toxins. Ultimately, it brings the body back to a state of homeostasis (i.e. natural balance).

Warning:

As with any health preparation, natural or not, it’s not a good idea to take too much.

Any concerns about your health and supplementation with herbs or diet should be done in consultation with your physician and a holistic health

care provider, especially if you have any medical conditions or are taking medication.

Senna Leaf



Senna leaf (*Senna alexandrina*) produces a laxative effect so helps in weight loss routines to detox and cleanse.

It relieves constipation by stimulating bowel movements and also serves as a fungicide.



Dandelion Leaf

Dandelion leaf (*Taraxacum officinale*) is rich in vitamins A, C, and K, and is also a moderate source of calcium (Ca), potassium (K), iron (Fe), and manganese (Mn). It acts as a diuretic and increases urine output.

It neutralizes acid and free radicals in the blood and therefore is the best herb for blood purification; it helps the liver to stay healthy. It also improves appetite, soothes minor digestive ailments, and relieves constipation.

Marshmallow Root



Marshmallow root (*Althaea Officinalis*) is one of the most mucilaginous herbs. It is used to treat digestive, respiratory, and skin conditions.

It is highly nutritive and acts as a diuretic as well as having antioxidant properties.

It helps the body flush out toxins and cleanses the kidneys and the bladder. It protects the body from damage caused by free radicals. It also has the potential to treat digestive conditions like constipation, heartburn, and intestinal colic.

Slippery Elm Bark



Slippery elm bark (*Ulmus rubra*) is demulcent, so it is capable of soothing the lining of the stomach and intestines. It has many of the same mucilaginous properties as marshmallow root.

It soothes the lining of the urinary tract, helping to alleviate painful and irritating symptoms. It increases the flow of urine and eliminates waste from the body. It is considered to be the best herb for gastroesophageal reflux disease (GERD).

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Papaya Leaf



Papaya leaf (*Carica papaya*) has antioxidant and blood sugar lowering properties. It has a unique compound called papain that helps alleviate uncomfortable digestive symptoms by breaking down larger proteins into smaller, easy to digest proteins and amino acids.

It inhibits pancreatic lipase and contributes to weight loss. It also helps reduce inflammatory conditions such as skin rashes, muscle aches, and joint pain.

Cinnamon Bark



Cinnamon bark (*Cinnamomum verum*) has antibiotic and anti-fungal properties. It supplies excellent flavor and enhances the sweetness in your food.

It increases insulin sensitivity and decreases blood sugar levels. It helps boost metabolism and reduces your appetite.

It consists of fiber which makes you feel full and signals to your body that mealtime is over.

Ginger Root



Ginger root (*Zingiber officinale*) is loaded with nutrients and bioactive compounds. It has anti-inflammatory, antiviral, antibacterial, and other medicinal properties.

It acts as a laxative and assists the body in the removal of excess toxins. It helps the body to expel gas and provides relief from any discomfort. It helps alleviate nausea and vomiting, as well as acting as a flavoring agent.

Fennel Seeds

Fennel seeds (*Foeniculum vulgare var. dulce*) provide antioxidant, anti-inflammatory, and antibacterial effects.



They are a good source of fiber and vitamin C and they also contain mineral manganese (Mn), which is important for enzyme activation, metabolism, and blood sugar regulation.

It suppresses your appetite, relieves constipation, and assists with other digestive problems.

How To Make A Weight Loss Tonic

The best way to consume all these herbs to reduce weight is by making a concentrated tonic, and then portioning off and further diluting the tonic as you need it.

Flat Belly Medicines and supplements (US Tested and Made by FDA registered Facilities):

(1) This Nurtures naturally more fat-burning and flat belly tightening

[>>> Watch testimonials](#)

(2) With This, Two Sips After Dinner May Suffice to Flatten & Tighten Your Belly Almost Overnight

Warning: *Too Much Weight Loss for Women/Men Over 30 years Old Was Reported*******

[>>> Check It Out, Watch What People say](#)



Recipe:

- - 2 tablespoons of nettle leaf
 - 2 tablespoons of Siberian ginseng root
 - 1 tablespoon of senna leaf
 - 1 tablespoon of dandelion leaf
 - 1 tablespoon of marshmallow root
 - 1 tablespoon of slippery elm bark
 - 1 tablespoon of papaya leaf
 - ½ a tablespoon of cinnamon Bark
 - ½ a tablespoon of ginger root
 - 1 teaspoon of fennel seeds
 - 2 cups of apple cider vinegar

Try to use fresh leaves but if it's not possible then you can use dried leaves

Method To Prepare The Tonic:



1. Measure each herb listed above and put it all in a jar.
2. Add the apple cider vinegar and make sure all of the ingredients are covered. Lay a piece of parchment paper over the rim of the jar. Then screw the lid tightly in place.
3. Let the mixture sit in a dark, cool place to infuse for 2-4 weeks. Shake once daily or whenever you remember it.
4. Pour the contents into a muslin or cheesecloth-lined colander over a stable pot. Let it drain for 30 minutes, then gather the corners and twist to wring out as much goodness as possible.
5. This concentrated tonic can be stored in the fridge and makes enough for approximately 4 – 5 weeks (see below for usage).



Take 5 ml of the tonic and dilute it in 10 ml of water. Stir well before drinking. Take 2 – 3 times per day for at least two months. For best results, use concurrently with exercise and wise food choices.

Herbal tonics are a potent selection of herbs known to deeply restore, tone, and invigorate multiple body systems. An herbal tonic is a solution or preparation of one or many herbs known to holistically promote health, as well as be a medicinal source not only to the body but to the mind and spirit as well.

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Recommended Product:

Okinawa, An Ancient Japanese Tonic Melts 54 LBS Of Fat

[>>>> Click and Order Okinawa Here:](#)

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