

Health enhancing formulations and effortless weight management

http://www.naturalnews.com/042456_honey_weight_management_belly_fat.html

[Marilyn Vine Comment]

One thing not commented on in this article is the fact that we should be drinking quality filtered water which does not contain fluoride. Fluoride inhibits the thyroid from functioning and the body's ability to uptake magnesium which can lead to inflammatory diseases which encompasses immune disorders, cardiovascular, osteoporosis and cancer.

Honey

Source your honey from a reliable source. I have been reading in recent times that much of the honey sold in the supermarkets has been adulterated and is, in fact, not true honey.

Formulations

I believe that the formulas contained below are very good recommendations for people wishing to enhance their health. Instead of using lemons, ginger and cinnamon from the supermarket or the like I would recommend using a good quality grade essential oil. If you are not able to go to this length then I do recommend that you try and obtain products that have been organically grown and are as toxin free as you can possibly obtain.

Cinnamon is a particularly powerful spice and in our house it is sprinkled on porridge and on other foods because of its therapeutic value and in particular it's anti cancer properties.

I have read that in China when people present with cardiovascular problems one of the first recommendations is using ginger.

Using Young Living Essential Oils which are therapeutic grade oils instead of using lemon juice, ginger and cinnamon will enable you to utilise ingredients which have been processed in a quality controlled situation ensuring the safety of the products being used. Depending on where your ginger, cinnamon and lemons are sourced from and how they are grown will dictate the level of toxicity that is contained therein. Please remember that these oils are highly concentrated and you should experiment by only using one drop and increasing until you find the level that suits you.

Please click on this link to find details of [Young Living Essential Oils](#). You can contact me to find out how to access the oils or you can use the [join button](#). You can also check out [more information on this link](#).

I also recommend the following:

Coconut Oil Sluice

First thing in the morning on an empty stomach drink one glass of filtered water. Then place 1 tablespoon of organic coconut oil to which I add a couple of drops of [Young Living Thieves Essential Oil](#) and place in your mouth. Sluice this mixture back and forwards through your teeth for 20 minutes and then spit out. Rinse your mouth out with salt water – either Sea Salt or Himalayan Salt – not ordinary salt. Ordinary household salt contains many additives including aluminium and both the Sea Salt and Himalayan salts (Himalayan commonly referred to as pink gold) are therapeutic grade salts. This is a great way to draw toxins out of your body.

Honey lemon detox

Many have heard of the famous detox with lemon juice and honey that is making the rounds over the Internet. There's a good reason the recipe is such a phenomenal success: it's easy and it works. Even using a scaled-down version of the cleanse is beneficial for enhancing metabolism. Each morning upon waking, drink eight ounces of warm water with two tablespoons of fresh lemon juice and a teaspoon of honey. With this daily ritual, the liver is given a supportive, cleansing boost. And when the liver is functioning properly, we can sustain a healthy weight more easily.

Cinnamon with honey

As simple as it may sound, drinking a mug of warm cinnamon tea with honey is one of the best ways to balance blood sugar, spur metabolism and shed excess weight. Since abdominal fat is sensitive to the compounds in cinnamon, it's an ideal choice if you need to slim down in this region. To make the tea, dissolve half a teaspoon of organic, ground cinnamon in a cup of boiling water. Cover and let steep for 15 minutes. Next, stir in one

teaspoon of honey and enjoy immediately. For optimal results, practice this habit first thing in the morning and away from food.

Hibernation Diet

Who would have guessed that consuming [honey](#) before bedtime could melt away body fat while you sleep? According to British pharmacist Mike McInnes and his son Stuart, a nutritionist, the Hibernation Diet does just that. The duo believe that, when the liver is properly fueled with glycogen in the evening, recovery hormones can do their job during sleep - thereby speeding up metabolism and reducing fat-encouraging stress hormones. *Woman's Day* magazine notes that, if you suffer from any of the following symptoms, your liver may not be properly primed with glycogen:

- Acid reflux
- Disrupted sleep
- Waking to urinate
- Dry throat in the morning
- Night cramps and/or sweats
- Early morning nausea and weakness
- Exhausted upon waking

The Hibernation Diet recommends ingesting a spoonful or two of pure honey before bedtime to rev up [fat](#) utilization, soothe stress response and support nighttime muscle and tissue regeneration.

Gingered honey

Ginger tea in itself is a tremendous metabolism booster, but when combined with honey, it offers a potent elixir for efficient digestion. Drinking a glass of the tea with a teaspoon of honey twenty minutes before a meal will encourage stable blood sugar, optimum digestion and, in turn, favorable calorie utilization and fat burning. To make the tea, peel and grate a one inch chunk of fresh, organic ginger and simmer (covered) in two cups of water. Transfer to a mug and let cool until just warm. Dissolve one teaspoon of honey into the brew and drink promptly. Make sure to consume the grated ginger too for utmost benefit.

Although honey is an astoundingly versatile and beneficial food, it's important to use discrimination when purchasing. Use only the highest quality honey - namely, one that is organic and raw with honeycomb, royal jelly, bee pollen and propolis included. Manuka honey is another excellent option, as it boasts remarkable healing properties.