

**“HOW TO GET RID OF BELLY FAT,
WITHOUT EXERCISING USE THESE 11
HOME REMEDIES”**



By

Murray Ruxton

www.howtogetridofbellyfatwithoutexercisingusesthe11homeremedies.com

“HOW TO GET RID OF BELLY FAT, WITHOUT EXERCISING USE THESE 11 HOME REMEDIES”

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This report does not guarantee nor imply guaranteed weight loss. Results are dependent on your own efforts and experience. There is no guarantee that you will lose weight using the techniques and ideas presented in this report. Weight loss potential is entirely dependent on the person employing these techniques and ideas. Your level of success in attaining the required results depends on the time you devote to the ideas and techniques mentioned. Since these factors differ according to individuals, we cannot guarantee your success nor are we responsible for any of your own actions.

UK & USA Vocabulary: I live in South Africa but was born in the UK. A large number of our customers are based in the USA, UK and worldwide. When reading through this course you'll find me using UK spelling for some words and USA spelling for others. I try and keep away from country specific examples, however I'll always try and cover all bases (that's an American term!) You'll see me use holiday & vacation interchangeable and the same with other words such as check (USA) & cheque (UK). However, some will always have different descriptions such as pavement (UK) & sidewalk (USA). I sell to a worldwide market and as such try and adapt where possible; I make no apologies for mixing up the spelling of certain words such as humour (UK) & humor (USA) or Favour (UK) & Favor (USA). How a word is spelt will not diminish the powerful information in this report or its ability to help you create a very profitable online business.

“HOW TO GET RID OF BELLY FAT, WITHOUT EXERCISING USE THESE 11 HOME REMEDIES”

INTRODUCTION

What is Belly Fat?

Belly Fat has many names.....such as Beer Belly, Pot Belly, Abdominal Fat or simply Fat.

Whatever it's called you just want to **Get Rid of It.**

You also want to be able to do this in the **comfort of your home** without having to exercise.

So, here's what I did, I spent many an Hour on the Internet, at Book Stores reading Magazines and Books, speaking to friends about what was relative to the research that was required. What I found that there is an abundance of products available, but what I have done is to make it as easy as possible for you and picked products that you may already have in your Pantry or they are easy to purchase, also I took into consideration how easy they would be to use or prepare.

The Remedies are split into 2 Categories 54% Drink and 46% Food and are all capable in helping you **Get Rid** of that Belly Fat as they contain Antioxidants, Flavonoids that help Speed up Metabolism in turn helping you burn all the excess fat so you can **Get Rid** of your Belly Fat and have that **Flat Stomach.**

Can I tell you what will be the best Remedy for you, no, but what I can tell you is now that you have them in your hands the **sooner you get started the sooner you will see the Results**

Whilst researching I was hoping I would find an ancient Recipe, alas that was not to be, however, what I did find out was....

- ❖ What comes out of the Tap is a great benefit....
- ❖ Evergreen Shrubs native to Asia can help with weight loss...
- ❖ A "Wonder Berry" 1 of only 3 Fruits Native to North America

So, let's not waste any more time and find out what lies ahead.

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“Water is Life”

Flat Tummy Water:-

This is good old “Mother Natures” water with a twist.

- ❖ **6 Cups Filtered Water** **1 Sliced Lemon**
- ❖ **1 sliced Cucumber** **1/3 Cup Mint Leaves**

- Put all of this into a Jug, place overnight in the Fridge and Drink during course of the day enjoy and repeat.

Benefits: -

Rich in Vitamin 'C', Citric Acid (HCA) a “Fat Burner” and Pectin Fiber (gives you feeling of fullness)

- Research has shown that [polyphenol antioxidants](#) found in lemons significantly [reduces weight gain](#) in mice that are overfed in order to induce obesity. While the same results need to be proven in humans, anecdotal evidence is strong that lemon water supports weight loss. Whether this is due to people simply drinking more water and feeling full or the lemon juice itself is unclear.
- Water can be really helpful for weight loss. It is 100% calorie-free, helps you burn more calories and may even suppress your appetite if consumed before meals.
- However, Water is just one, very small piece of the puzzle.
- Medically reviewed by [Natalie Olsen, RD, LD, ACSM EP-C](#) on December 10, 2018 — Written by Annette McDermott

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“Wonder Berry Has to Be 100%...”

Cranberry Juice:-

Only use Fresh/Frozen cranberries to make your 100% cranberry juice.

- ❖ **8 Cups Fresh/Frozen Cranberries** **8 Cups Water**
- ❖ **½ Cup Fresh Orange Juice** **½ Cup Fresh Lemon Juice**

- Add the cranberries and water to large pot. Bring up to boil, turn down the heat, cover pot and simmer for 25 mins.
- Sieve cranberry mixture through a fine food mill, add the lemon and Orange Juice stir and mix well.
- Place a fine meshed Sieve over a bowl, to create a thicker juice gently pass the cranberry mixture through sieve, remove solids and then repeat process. Place bowl in Fridge and serve when cold.

Benefits: -

Rich in Vitamin 'C'/Rich in Organic Acid (see below) a Natural source of Antioxidants /It Fights free radicals (Bad Atoms) & Lipid (fat) peroxidation.

100% cranberry juice will detox your liver and boost your metabolism so that your body can target belly fat.....Cranberry juice digests these lymphatic wastes and helps you reduce fat.

- **Weight Loss:** Cranberry juice is rich in organic acids, (organic compounds with acidic properties) which have an emulsifying effect on the fat deposits in our body. So, it is good for people who want to shed those extra kilos.
- **Meenakshi Nagdeve** last updated - April 25, 2019 medically reviewed by **Vanessa Voltolina (MS, RD)**

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“Forget Your Slimming Shakes”. Try...

Ginger Tea:-

Brew yourself a Cup as Follows: -

- ❖ **2 Inches Ginger Root** **2 Tsp Organic Lemon Juice**
- ❖ **4 Cups Filtered Water** **1-2 Tsp Honey**

- Chop the Ginger, add to the Boiled Water let it sit for 5 minutes with lid on, and then add Honey and Lemon Juice. This can be taken Hot or Cold

Benefits: -

Ginger Burns Fat/is Healthy/Brings down appetite/regulates blood sugar/Natural Digestive Enzymes (see below)

- Ginger is not only a natural digestive aid that helps with nausea and an upset stomach, it is also thermogenic; which means it increases your body's temperature to let it burn fat more efficiently. ... Stress causes weight gain, so ginger helps prevent this. Drinking ginger tea daily can really help with losing belly fat.
- Ginger is extremely versatile, and can be added to food or even made into a tea. But what many people don't know is that ginger can promote weight loss by activating the metabolizing and helping to burn fat. Yep, you could lose five pounds in fat and much, much more with this amazing drink. <http://watchfit.com>
- I found this comment and I thought this is exactly what we are looking for to help us fight the Belly Fat and get that Flat Stomach.

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Amy Graham

- I just started drinking ginger tea with lemon a little honey and I've lost 4 lbs. so far. If you want it to work for you make it work for you just like anything. I have lots more energy and yeah, I have to pee a lot because it does detox your system. I will continue to use this and thanks for the advice!

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“Put some color into your life”

Green Tea:-

Brew and pour into a Glass Cup, sip Tea and Enjoy.

Benefits: -

Best Antioxidants (Catechins) helps to lose weight/Full of Caffeine known for its fat burning Powers when consumed in reasonable amounts/Detoxifier.

- Flat Belly Drink: Green Tea
- Besides reducing your risk of cancer and heart disease, green tea benefits the whole body and contains catechins; antioxidants that studies show can help reduce belly fat. Mind and Body Published July 13, 2012 Last Update October 28, 2015
- Subcutaneous fat lodges under your skin, but you may also have significant amounts of visceral fat, also called belly fat. Several studies on green tea catechins show that although the weight loss effects are modest, a significant percentage of fat lost is harmful visceral fat (belly fat) ([25](#), [26](#), [27](#)).Healthline Written by Kris Gunnars, BScon October 15, 2018

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“Yes, Those Weeds from the Garden”

Dandelion Tea:-

Brew a Cup as follows: -

- Be adventurous and harvest the Flower and Leaves preferably when they are young, after washing let them steep in hot water for 15-20 minutes, strain and enjoy
- Or use 1 Tsp of dried dandelion leaves in a cup of boiling water simmer for 10 minutes, then strain out the leaves. Squeeze 2 tablespoons of lemon juice into the tea and add some honey for a sweetener.

Benefits: -

Medicinal Properties/Helps improve Digestive system and contribute to losing Fat/Gives you that I feel full trick, so you will eat less.

You can use both Flower and the Leaves.

- A [recent Korean study](#) suggests that dandelion could have similar effects on the body as the weight loss drug Orlistat, which works by inhibiting pancreatic lipase, an enzyme released during [digestion](#) to break down fat.
- Some of your belly fat is probably water retention. Dandelion herb can help with this. Dandelion is a natural diuretic, which means it makes you urinate more. This is good because it flushes our toxins and extra water from your body, especially from your belly.

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“The Black Dragon”

Oolong Tea:-

Brew yourself a Cup as Normal, sip Tea and enjoy.

Benefits: -

This tea is also packed with the Best Antioxidants (Catechins), which help to promote weight loss by boosting your body's ability to metabolize lipids (fat)

- A study in the *Chinese Journal of Integrative Medicine* found that participants who regularly sipped oolong tea lost six pounds over the course of the six-week time period. That's a pound a week!
- The polyphenolic compound found in oolong tea is may be positively linked to controlling the metabolism of fat in the body and reducing obesity. In a 2009 study published in [2] *The Chinese Journal of Integrative Medicine*, 102 overweight or obese people who drank four cups of oolong tea (the brew from four 2 gram tea bags) lost weight. Twenty-two percent lost more than 3 kg (between 6-7 lbs.) of weight. Moreover, all participants show a remarkable decrease in their total cholesterol and triglyceride level

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“Small but Powerful”

Chia Seeds:-

Chia Seeds are small versatile seeds that can be sprinkled on meals, such as Oats/Eggs/Desserts/Smoothies and Sandwiches, with breakfast being the most important of the day.

Benefits: -

Antioxidant and they is Rich in Fiber/Protein/Omega3 –Fatty Acid- all great allies for losing weight.

- Don't be fooled by the size — these tiny seeds pack a powerful nutritional punch. If you are a vegetarian or vegan and don't eat fish, chia seeds are something you should be consuming.
- Chia seeds are also high in antioxidants, calcium, iron, and lots of fiber too. They help keep you full longer. 2 Tsp equivalent of 10 grams of Fiber, which equates to 40% of recommended daily intake

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“Some Like It HOT”

Cayenne Peppers:-

You can eat hot peppers raw, cooked, or dried. Habanero peppers have the most amount of capsaicin, but cayenne pepper is great too. You can add these peppers to your soups, stir fries, and other dinner dishes of your choice.

Benefits: -

When Peppers are eaten the body goes into Cool Down mode burning Calories Faster and it also increases your Metabolism.

- The great thing about cayenne is that it is so easy to incorporate into meals. Spice up a salad, some [quinoa](#) pasta, or soup with a pinch of cayenne, and you'll increase your body's [thermogenesis](#). Cayenne contains [capsaicin](#), which has been shown in studies to enhance burning of belly fat. // [shop.solluna.com](#)
- Capsaicin affects your body's energy usage by increasing your body's heat production, or thermogenesis. Typically, thermogenesis occurs in respond to cold, during which your body burns fat to produce heat and increase your body temperature. However, thermogenesis is also induced when capsaicin binds with the heat receptors. A study published in the “American Journal of Clinical Nutrition” in 2009 found that daily consumption of capsinoids improved abdominal fat loss and fat oxidation. Since cayenne peppers contain capsaicin, they can increase fat burning [and promote belly fat loss](#). **Healthfully** By Maria Hoven; Updated July 18, 2017

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“The Brown Dust on Your Coffee”

Cinnamon:-

The best way you can use it is to sprinkle the Cinnamon powder onto meals such as Yoghurt, Smoothies and Oatmeal.

Benefits: -

Helps body to use Carbohydrates, controls your blood sugar levels and speeds up your Metabolism

- Don't hold out hope for the Cinnabon Diet just yet. But a study published in the journal *Metabolism: Clinical and Experimental* suggests that cinnamaldehyde, a chemical compound that gives **cinnamon** its flavour, may possibly potentially help **fat** cells **burn** energy. Nov 22, 2017
- Cinnamon has been shown to reduce some of the bad effects of eating high-fat foods. This can help in an overall weight loss plan. Its effect on blood glucose levels can also help your body ultimately lose weight.
- They concluded that the cinnamaldehyde stimulated the metabolism of the fatty visceral tissue, suggesting that **cinnamon** could be **useful** in reducing **belly fat**.
- It's important to note that cinnamon alone will not lead to long-term weight loss. But it might be beneficial to add cinnamon to your healthy diet and exercise plan to help you reach your weight loss goal. One teaspoon of cinnamon does contain 1.6 grams of fiber, which can help you reach your daily fiber goal and increase a feeling of fullness at meals. Reviewed by [Natalie Butler, RD, LD](#) Last reviewed Wed 26 October 2016 Medical News Today

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“Our Smelly Friend”

Garlic:-

It's recommended that you Chew on 2/3 slices of Garlic in the Morning then have your Flat Tummy water, or have Hot Water with crushed Garlic and Lemon juice.

Benefits: -

Boosts your Metabolism, boosts your energy levels so as to burn those calories. Is an Appetite suppressant that makes you feel fuller for longer. Miracle food for burning Fat.

- A study published in the Journal of Nutrition, there is an association between garlic and fat-burning. The compounds in it are known to stimulate the fat-burning process.
- Kavita Devgan, a nutritionist at Delhi's nutrition website on food and nutrition, said, eat 2/3 slice of garlic on empty stomach every morning, drink a little later, lemon juice. It will work twice as fast as possible to reduce your stomach fat. Moreover, it will make the body's circulation easier.

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“French Sour Wine”

Apple Cider Vinegar:-

One easy method is to use it with olive oil as a salad dressing. It proves particularly tasty with leafy greens, cucumbers and tomatoes, or you can simply mix it with water, the amount of apple cider vinegar used for weight loss is 1–2 tablespoons (15-30 ml) per day, and it’s best to spread this out into 2–3 doses throughout the day, and best to drink it before meals.

Benefits: -

Gives you that feeling of fullness and you end up eating fewer calories in turn leads to weight loss/Belly Fat loss (11, 12).

- A study in 175 people with obesity showed that daily apple cider vinegar consumption led to **reduced belly fat** and weight loss
- Those who consumed 1 tablespoon (15 ml) of vinegar per day had the following benefits
 - Weight loss:** 2.6 pounds (1.2 kg)
 - Decrease in waist circumference:** 0.5 in (1.4 cm)
- This is what changed in those consuming 2 tablespoons (30 ml) of vinegar per day:
 - Weight loss:** 3.7 pounds (1.7 Kg)
 - Decrease in waist circumference:** 0.75 in (1.9 cm)
- This is one of a few human studies that have investigated vinegar's effects on weight loss. Although the study was fairly large and the results are encouraging, additional studies are needed.

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SUMMARY

Congratulations you have taken the positive step towards **Getting Rid of Your Belly Fat** and Now that you have the tools on how to lose your **Belly Fat without exercising**, what are you waiting for?

The sooner you start the process the sooner you will start to feel the results, not only in losing your Belly Fat but in your wellbeing in general but remember continuity is very important in your Goal of **losing that Belly Fat** and just maybe you could consider moderate exercise, expand on eating healthy to achieve that **Figure** you so desire. But, for the time being, if you can't muster the willpower to do so, these methods should work.

Note: The content, including the suggestions, is purely for educational purposes only and should not be construed as professional medical advice. Always consult your doctor or a dietician before starting any weight loss method.

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RESOURCES FILE

Just to make it easier for you I have added a few On-line stores from around the World so no matter where you are you can source products from them if you so wish.

TEA

- ✚ <https://www.adagio.com>
- ✚ <https://shop.numitea.com>
- ✚ <https://www.teahaven.com>
- ✚ <https://fullleafteacompany.com>
- ✚ <https://www.solsticeteatradars.com>

- ✚ <https://www.elmstocktea.com.au>
- ✚ <https://leaftea.com.au>

- ✚ <https://www.adagiotea.co.uk>
- ✚ <https://www.theteamakers.co.uk>

CRANBERRY JUICE PURE 100%

- ✚ <https://www.amazon.com/Lakewood-Cranberry-Juice-32-Ounce-Bottles>
- ✚ <https://www.shoplakewoodorganic.com>
- ✚ <https://jet.com>

TEAS/CHIA SEEDS/CINNAMON/GARLIC/CAYENEE PEPPERS

- ✚ <https://www.starwest-botanicals.com>

TEAS/CHIA SEEDS/CINNAMON/GARLIC/CAYENEE PEPPERS/APPLE CIDER VINEGAR/CRANBERRY JUICE 100%

- ✚ <https://www.walmart.com>