

《想减秋膘吗？五种有助于减肥的饮品》

Top 5 drinks that help you lose weight

If you have decided to lose the extra pounds, then you surely know that the only way to do that is by combining workouts with a healthy, balanced and nutritious diet. However, there are some types of drinks that will speed up the fat burning and help you lose weight quicker than you normally would, and here you will find 5 of the most efficient ones:

1. Detox Juices

Detox juices are certainly your most trustworthy allies in your battle against the extra pounds – you can easily make them in your kitchen, either entirely out of fruits or vegetables or by combining these two. Citrus fruits are known to have a powerful detox capability, therefore if you are looking for foods to help you purge all the toxins that have gathered inside you over the months then you must certainly include them in your detox juice. High-fiber root foods such as ginger, carrots or apples are also highly recommended for these juices, as they are known to also support the correct functioning of your digestive tract, not to mention the wealth of antioxidants that they deliver to your body.

As you may know already, antioxidants are essential as they protect your body from the negative effects of the free radicals that can wreak havoc on your health if you allow them to. One eight ounce glass of detox juice per week will certainly keep all these problems far away from you! These juices have a double benefit – while they help your body get rid of the toxins, chemicals and all the dangerous substances that have accumulated inside your intestines, they also help you lose weight in the fastest and most natural way. One thing is for sure, though: all those who want to shed pounds yet stay healthy at the same time must go through at least one or two detox sessions throughout the course of a year.

2. Vegetable Juices

Vegetable juices, on the other hand, can also benefit your weight loss efforts in the long run and it is a known fact that the most suitable type of veggies for weight loss are the cruciferous ones. No matter if you juice them alone or you use them in conjunction with other fruits, these veggies (cabbage, kale, broccoli or cauliflower) will be your most efficient fat fighting weapon, and there is no better way to keep all the toxins away. Another notable benefit of the vegetable juices is that in addition to helping your body fight free radicals and keeping you healthy, they will also balance the hormone levels in your body and prevent the hormone disruptors from interfering with the normal hormone levels. Cruciferous veggies are very rich in natural phytonutrients that are perfect for reducing the overall amount of body fat, for reducing inflammation and controlling the blood sugar levels, for balancing the hormone levels, boosting your metabolism as well as providing a thorough general detoxification.

3. Green Tea

Green tea has been used for hundreds of years due to its numerous benefits, and weight loss is just one of them – although green tea alone will only help you lose a few pounds, it will certainly serve as a great addition to your diet in the long haul. No matter if you do not have the time or you do not like to workout on a regular basis, drinking one cup of tea per day will deliver all the antioxidants you need and it will also help you burn fat at a faster pace, by boosting the metabolism. These teas are perfect for burning more calories as well as for increasing your overall energy levels and for suppressing your appetite. As a matter of fact, this is exactly the main mechanism of action of these teas as they help you shed the extra pounds by suppressing your appetite, thus decreasing the amount of food you would normally consume on a daily basis. Green tea is very popular among the Japanese people, and it is said to also help you reduce stress and relax better.

4. Fruit Juice – Cranberry And Pear

Fruit juices are delicious, easy to prepare and very rich in nutrients, vitamins and minerals – besides this, there are literally hundreds of different fruits you can choose from and pear and cranberries are only two of the most delicious, most efficient and most sought-after ones given the fact that they contain high amounts of vitamin C. Not only will the cranberry and pear juice help you lose weight by boosting your metabolism (your body's natural fat burning machine), but it will also increase your overall energy levels and deliver your body all the essential vitamins and proteins that it so much needs. At the same time, it is a known fact that the cranberry juice is essential for preventing various infection of the bladder, such as the infection with the E-coli bacteria. Pears, on the other hand, add magnesium, potassium as well as phosphorus to your fruit juice and they are essential for a healthy lifestyle, not to mention that they are very rich in Vitamin C and Calcium, the latter being particularly important for keeping your bones healthy and strong.

5. Black Coffee

Last, but not least, it is a known fact that if consumed with moderation, black coffee can have a plethora of health benefits – not only does it contain antioxidants that fight off free radicals and lower the risk for certain types of cancer, but it can also reduce the risk for diabetes as well as heart disease. At the same time, caffeine is perfect for boosting your metabolism and for increasing the number of calories you have burned. Be careful, though, because if you want to lose weight by relying on black coffee you will have to consume it without any milk or sugar, as any sweetener can increase its calorie count!

To conclude, these are the top 5 most efficient drinks that you should embed in your diet if you want to lose weight quickly and naturally, without resorting to any pills or supplements that may have side effects.

