

## **Simple De-Bloat, Re-Charge Drink** from a friend

This beverage is especially beneficial for boosting the energy levels and relieving the stomach bloating at the same time.

1 cucumber

1 lemon

1 tablespoon of aloe vera juice

1 tablespoon of grated ginger

a bunch of either cilantro or parsley

half a glass of water

Mix all the ingredients in a food processor and then drink it.

### **Fat burning properties of every ingredient:**

Cucumbers are very powerful fat-burning tool. They are the most important ingredient in every weight loss program. Parsley and cilantro, being low in calories, but abundant in antioxidants, minerals and vitamins, are highly beneficial for treating bloating and water retention.

Ginger is an amazing metabolic booster and it is highly efficient in preventing constipation. This ingredient is able to burn the stubborn belly fat while you sleep. Aloe Vera juice is very beneficial for the weight loss process. Lemon juice can effectively stimulate the flushing out of the toxins built up in the body.