Top 15 Herbal Home Remedies to Get Rid of Obesity and Fat
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Are you holding yourself back from getting rid of obesity and fat just because it’s a whole world of artificial stuff out there and you don’t know where to start from? Neglecting physical and mental health is inevitable today, which gives us tons of causes of obesity. And when we want a healthy lifestyle, we turn towards doctors and medicines and all the chemicals that can do us more harm than good in the long run. But in these unavoidable situations, who doesn’t wish for medicines and remedies that were easy to obtain, buy, use and get benefitted to the fullest from?

All remedies from around the world propagate various chemicals, artificial weight loss medicines, fat loss surgeries and short term results. In a world that twirls around all of this, it’s a blessing if someone gets their hands on something that is pure, cheap yet extremely beneficial for them! More of natural fat burning foods and supplements. More than anything, it is vital to understand the importance of what “real” products can give you compared to all the fake ones.
To ensure quality products for all your health issues, it’s time you sit and take notice of all the natural things you are surrounded with. Many of your answers are right around you. There probably are excellent herbal remedies for fat and other solutions for what you have been searching. These healing herbs, commonly known as herbal medicines, are pure magic for your weight loss and overall health! These herbs have been around you since hundreds of years. There are lists of herbal supplements that have provided people with the best of health, beauty, body and much more. Camouflaged as everyday plants and herbs in your kitchen, read ahead about these wonderfully benefitting products!
Herbs can be used in every way. From the roots to the stems to the leaves, fruits and flowers too. Apart from the medical properties, we also get some essential oils from them. Usually used after drying these parts up, these natural herbs stay useable for years and beyond.

**Causes of Fat Gain:**

It’s very simple science that the most common and practical reason for a human being to get overweight is overeating. The human body is an intelligently made machine. But it isn’t aware of the effects of obesity. It will keep what it needs and stores the rest for any bad times. Hence, when you overeat, the body stores the extra energy (also known as fat) for times when food can be unavailable to it.

But that’s not it. There are so many other reasons why a person gets fat.

- **Physical issues:** All day desk jobs, no walking, no playing in parks, no gyms, no time for any recreation that involves body work.
- **Mental pressures:** Tensions, Stress, depression, anxiety etc.
- **Chronic health issues:** hypothyroidism, diabetes, and pcos etc.

All the above are silently making people gain tons of weight and simultaneously making them unhealthy and prone to a lot of life-threatening diseases.

**Herbal Home Remedies for Fat Loss:**

If you ever thought of herbal products to be any less effective, it’s time you think again. Products from right inside your kitchen drawers can do wonders for you. It’s unsaid that just one thing never works alone. You need to pair remedies with right actions to get the best results! Having said that, let’s look at how a list of natural remedies can help with fat loss.
Top 15 Herbal Home Remedies for Fat Loss:

We always look for exotic solutions and do not pay heed to solutions which are there right under our nose in our larder. The following herbs can be used very effectively for fat loss. Include these in your diet and experience the amazing results.

**Garcinia:**
This is a fruit found originally in Indonesia and other coastal regions. It’s also known as the Malabar tamarind. The hype is all about the HCA OR Hydroxicitric acid that’s present in the fruit’s rind. It’s believed to block the appetite, control blood sugar and control cholesterol. Experts say it curbs your hunger pangs and helps your body in using all the sugar that’s presently floating in your body. Hence, no storage of any extra calories consumed.

![Garcinia](image)

**Cinnamon:**
This Indian spice, actually a bark of a tree, is used in so many spicy foods, hot coffees and yummy deserts. But it’s not just famous for the hint of flavour it gives. It’s a well-known fat burning spice! Cinnamon is one of the herbs that’s filled with antioxidants and has properties that reduce inflammation in the body. It also helps to lower cholesterol. However, it’s recommended to be taken in only minimal quantities.
Cardamom:

Race up your body's ability to fasten your metabolism with the properties of cardamom. Although this spice is taken in foods, a pinch of this in cup of any of your favourite tea after every meal helps aid digestion well and speeds up the fat burning process.

Ginger:

This root herb too, like, a lot other is knows to satisfy your appetite soon and makes you feel fuller for longer. It’s flavour and smell is loved by lots of people. It’s used in foods, drinks and a variety of fat burning detox recipes. Try ginger today and see your food consumption reducing.
Garlic:

Everyone’s favourite, next in the list is garlic, the herb that enhances every cuisine with flavour! It contains something called allicin which is excellent for fat burning, lowering blood sugar and balancing sugar and metabolism in the body! 5 gloves of garlic every day, and your body will thank you!

Turmeric:

The simplest yet famous of Indian herbs is the turmeric. The yellow coloured magic herb has an active bio-chemical called curcumin. This eases your weight loss process by melting down fat deposits and cuts down on a number of bad stuff happening inside the body like blood clotting, leptin and liver disorders.
Cayenne pepper:

Cayenne pepper, paprika or simple red chilli powder, all have the same properties. These extremely high on chilli and spice herbs will get you gulping water nonstop. If you love spicy food, you are in for a good slimming surprise. Use it crushed, powdered or any form. The results will be the same.

Black Pepper:

Just like the red chillies or green chillies, black pepper has its own spice. Chillies increase your metabolism excellently and thus helps in fat burning. Black pepper corns can be again powdered or crushed or even had whole.
Chia Seeds:

Not too easily available in the local Indian market, chia seeds have been around for a pretty long time now. The best part is chia can be had uncooked. They are so tiny that they do not make you feel as if they need to be cut or cooked. These seeds are full of omega 3 fatty acids. They also contain proteins, essential fats and lots of fibre to keep you full! Great for belly fat reduction.

Flax Seeds:

Another from the best plant based sources are the flax seeds. Very similar to the properties of chia, flax seeds provide a great amount of good fats, fibre, proteins and are great for metabolism.
Hibiscus:

A lot of us may not have heard about this flower and its health and weight loss properties.

The hibiscus is most commonly had in the form of the hibiscus tea. A must try for tea lovers, this one has a mild taste and is extremely low in calories. It satisfies you craving for white carbs and sugars. Hence, aids in weight loss.

Coriander:

The Indian market has abundant spices with extreme health benefits. Coriander, a very common herb used in Indian cooking also is great to get your scale measure low. Helps in digestive process, lowering
the sugar levels and increasing the metabolism process efficiently. It's naturally diuretic and detoxifies every part of your digestive organs. Coriander is usually taken as a drink where it's ground with water and added lemon juice. A must try drink!

Mint:

From the same Indian kitchen herbs family comes mint. Its main function has always been known as help in digestion and nausea. But mint also serves quite a bit in weight loss. It stimulates all the digestive enzymes in the body. Mint is simply remarkable at what it does!
Cumin:

Again, another loved herb is the cumin or the cumin seed. One spoon of cumin each day detoxifies the body and the stanols in cumin help lower cholesterol. Cumin is usually ground and taken in a liquid form as drinks and soups. You can also add in plain food to give it a kick or aroma and taste.

Acai Berry:

The last, but definitely important one is the acai berry. Juice it up, or have it whole, this berry is a purple fruit that’s originally found in Brazil. It’s said to do wonders as an anti-ageing and weight loss fruit. Anti-oxidant, anti-inflammatory and more, makes a lot of people believe in this magical fruit.
Top Home Recipes for Successful Weight Loss:

Try these amazing home recipes for effective fat loss. Just put in a few ingredients and you will have a concoction which will fetch you results you never dreamed was possible! So what are you waiting for? Read on and make these spicy recipes.

Hibiscus Tea (hot):

If you love your piping hot beverages, consider this concoction as an effective fat-burning drink. And what’s more? it is extremely refreshing as well.

Things Needed:

- Dried hibiscus petals- 2 tbsp
- Water- 2 cups
- Honey (optional)- One teaspoon full.

Do This:

- Pour water in a pot and add the hibiscus petals to it.
- Bring to a boil and then simmer for 10 minutes.
- Strain and add honey if needed.
- Enjoy your hot hibiscus tea and lose weight!

(Optional: you can add lemon, cinnamon or ginger to enhance the taste)

Ginger Tea:

Although ginger can be had in many ways, ginger tea is one of the most effective ways to consume this herb.
Things Needed:
- Water- 4 cups
- Ginger (peeled n sliced)- A small 2-inch piece
- Lemon- 1
- Honey- 1 tbsp

Do This:
- Boil the water.
- Add ginger to the hot water and simmer for 5 minutes.
- Remove from the stove and add lemon juice. Strain.
- Add honey as per taste.
- Mix well.

Flax Seeds Podi Spicy Powder:

According to the Indian taste, you can have flax seeds in a podi form. It’s worth trying!
Things Needed:
- Peanuts- 2 tbspn
- Flax seeds- 4 tbspn
- Cumin- one tspn
- Garlic- 4 Cloves
- Salt as per taste
- Dry red chillies- 4

Do This:
- Dry roast all ingredients.
- Grind them all together.
- Your podi is ready.
- Have with a drop of pure ghee or just as it is!

Coriander Detox Water:

This extremely light drink will do more than just one good thing to your body.
Things Needed:
- A bunch of coriander leaves with stems.
- Lemon juice
- Water-4 cups.
- Black salt (optional)

Do This:
- Grind the coriander and water. Squeeze in some lime juice. Detox!!

Cumin Water:

(Jeera water) Another excellent detox drink!
Things Needed:
- Water - 1 glass.
- Cumin - 1tbsp

Do This:
- Boil water.
- Add in the cumin seeds.
- Simmer and steep for 10 mins
- Strain
- Add honey.

Cinnamon Honey Drink:

Almost zero calorie drink to speed up metabolism!

Things Needed:
- Cinnamon - a few sticks
- Water - one cup
- Honey - one tbsp
- Lemon juice.

Do This:
- Boil water.
- Add the cinnamon and steep for 5 mins.
- Strain and add lime juice and honey.

All the above drinks and herbs are excellent for not just weight loss, cutting and melting fat from your body, but also for a number of health benefits and to keep a number of health problems at bay!

To regulate your metabolism, stimulate your digestion and reduce your cortisol production, have at least 2 cups of the above mentioned teas or, anything that you can come up with from all the mentioned herbal home products.

Assimilation of nutrients from all the food you eat is always underestimated. But that is actually the most important part of our health. These healthy herbs are nature’s real food to us, help in assimilation
of nutrients, getting rid of the bad components of your food and make you healthy inside and on the outside.

It’s not rocket science. We are surrounded with nature’s best gifts in the form of foods. Therefore, it is always the best move to rely on these natural remedies and take advantage of them. These help us prevent a lot of health issues and prevention is always better than cure!

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