

The powerhouse mix that gets you summerready

Your courage wanes as you step onto the scale. Don't despair! The answer to your waistline worries might well lie in your refrigerator.

Ah, to cuddle up in front of a roaring fireplace with hearty soups, buttered bread, maybe another helping of chocolate lava pudding. You might as well enjoy another instant cappuccino, too.

Unfortunately, the many pleasures of winter often turn into perils as the weather starts turning for the better. Your love affair with hot chocolate turns cold and those pesky extra kilogrammes really get under your skin.

You had better come up with a plan fast! But who has time or money for specialised diets and gyms? Don't despair yet! The answer to your waistline worries might lie in your pantry after all.

Ginger, Garlic and Lemon: the powerpack trio

The best way to lose weight, and keep it off, is to eliminate toxins from your body and to keep your liver and digestive system healthy.

In particular, poor digestion hinders weight loss by preventing the body from getting the nutrients it needs to burn fat. This causes a build-up of toxins in the bloodstream that slows down metabolism.

Adding a mixture of garlic, lemon, and ginger* to your daily diet improves your digestive system, speeds up your metabolism and encourages your liver to function optimally. This simple home remedy is practical, healthy, affordable and effective. Best of all, the long-term result is weight loss!

There are also other advantages to this powerhouse mix:

- There is a wide body of scientific evidence to show that lemon, garlic and ginger each offers great potential in the treatment of many microbial diseases, boosting your immune system.
- Lemon is a digestive aid and helps the body to eliminate toxins.
- Ginger brims with powerful anti-inflammatory and antioxidant effects and can lower the risk of infections.
- Garlic has anti-cancer, anti-fungal and anti-septic properties.
- Lemon helps to eliminate uric acid, thereby reducing inflammation and pain in joints.
- In clinical trials, it has been shown that garlic lowers bad cholesterol and increases good cholesterol levels.



- Studies suggest that eating at least 10 g of garlic per day may reduce the risk of colon, prostate and stomach cancer.
- Ginger eases indigestion, vomiting and nausea.

Mix it up!

Here's how to put the magic ingredients to use and cook up your powerful potion.

Ingredients:

3-4 fresh garlic cloves – chopped, grated or minced

1 teaspoon fresh ginger – peel, then grate or mince

3 pieces of dried astragalus* root (optional)

By participating in HealthPrint's 12-week BMI support programme, members with a BMI of more than 30 also qualify for a dietician consultation as part of their additional insured benefits.

- _____
- 2 teaspoons cinnamon chips or 1 small cinnamon stick (optional)
- _____
- 4 cups boiling filtered water
- _____
- 1 organic lemon, juiced
- _____
- 2 tablespoons honey
- _____

Instructions:

- _____
- Prepare garlic and ginger – peel, chop/ grate.
- _____
- Boil water in a saucepan or tea kettle.
- _____
- In a heat-proof glass container, add chopped garlic, grated ginger, astragalus root and optional cinnamon chips.
- _____
- Carefully pour boiling water into the heat-proof glass container.
- _____
- Cover with lid and steep for 30 minutes.
- _____
- Strain with a fine mesh strainer into a mason jar or glass container.
- _____
- Add the juice of 1 lemon and sweetener of choice to the garlic-ginger mixture.
- _____
- Serve immediately or store in the refrigerator for later.
- _____
- Drink 1-4 cups daily.
- _____

Of course – and you already know this – no magic mix will replace an active lifestyle. Combine your powerhouse mix with a healthy dose of exercise. As

a Medihelp member, you are halfway there, because HealthPrint members enjoy FREE participation in all Medihelp-sponsored running and cycling events. By participating in HealthPrint's 12-week BMI support programme, members with a BMI of more than 30 also qualify for a dietician consultation as part of their additional insured benefits.

*As with any herb or supplement, ginger may interact negatively with medication. Side effects from consuming ginger may occur if you consume vast quantities of ginger. (Side effects tend to be more prevalent if you consume more than 4 g of ginger per day.) If you are on medication or pregnant, please talk to your doctor before consuming ginger. Both ginger and astragalus root should not be taken if you are using blood-thinning medicine such as warfarin. **é**

Sources:

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