



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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Top 10 Spices & Herbs to Boost Metabolism and Aid Weight Loss

Courtesy of CNN Health

- 1. Cinnamon**- This sweet treat reduces blood sugar & LDL cholesterol. Studies show cinnamon can boost metabolism and increase insulin levels, lowering the chance of pre-diabetes.
- 2. Dandelions**– Dandelions cleanse the body and slow down digestion, making you feel full longer. Dandelions also rank in the top four vegetables of nutritional value (According to USDA).
- 3. Cumin** - Cumin helps the digestive process and production of energy while boosting the immune system. It may also help those with asthma, arthritis, kidney disease and colon cancer.
- 4. Ginseng** - Some forms of ginseng can speed metabolism and boost energy. Panax ginseng in particular has weight-loss properties, according to research from the University of Maryland.
- 5. Cayenne** - This spice brings heat with its main ingredient, capsaicin, that helps burn fat and suppress appetite. Cayenne pepper increases metabolism, causing the body to burn more calories, according to research from Purdue University.
- 6. Ginger** - Studies show that this spice can suppress appetite, aid digestion, remove toxins and raise the temperature of the body to boost metabolism. Who knew ginger had so many powers?
- 7. Black Pepper** - This common household ingredient can boost metabolism through its main component -- piperine. Not only does black pepper improve digestion, it also helps burn fat at a faster rate. In fact, black pepper can "potentially burn as many calories as walking for 20 minutes," according to research from the University of Oklahoma.
- 8. Cardamom** - Cardamom boosts metabolism and is low in saturated fat. It can also promote healthy digestion, according to Kathleen Brown and Jeanine Pollak, in their book "Herbal Teas".
- 9. Mustard** - Mustard is actually a great weight-loss tool. Researcher from England's Oxford Polytechnic Institute say one teaspoon can speed up the metabolic rate by almost 25%.
- 10. Turmeric** - This bright orange powered spice, commonly found in India, helps break down fat and regulate the body's metabolism. Turmeric can also help reduce the chance of diabetes, according to research from a Columbia University.

