

## **“To Health, Long Life & Pleasures! “ Show**

*Hosted by Lillian Zeltser*

### **Lose Your Belly Fat with A Drink**

Get Rid of the UNWANTED BELLY FAT while you enjoy simple and cheap-to-prepare all-natural drinks! As Hippocrates said in the fourth century BC, “If you are not your own doctor, you are a fool!” All three recipes below are designed to combat belly fat (abdominal obesity).

To expedite the result, replace one of your daily meals with any of these three drinks!

**Chass** – an exotic cold buttermilk drink made with yogurt, water, salt, ground black pepper, and ground cumin seeds. Simply mix one cup of plain yogurt with a cup of cold water until smooth, then add a pinch of salt, pepper, cinnamon, and cumin powder (jeera) and stir for three minutes. Then slowly drink it at room temperature or with ice. You can turn this drink into a soup by adding some chopped dill and a cucumber.

**Kahwa** - a flavourful warm drink infused with powdered cinnamon, ginger, and cardamom. Bring two cups of water to a boil, add a pinch of each ground cinnamon, ginger, and cardamom. Simmer for 10-15 more minutes, then strain and, if desired, sweeten with honey. Drink slowly.

**Skinny Chocolate** – this delightful drink is made with cacao powder, cinnamon, and water. Place one heaped teaspoon of cacao powder into a large cup, add ¼ teaspoon of cinnamon, and 2 teaspoons of cold water. Then vigorously stir it into a paste and top up with boiling water. If necessary, add honey or almond milk to suit your taste.

For more effective natural stimulants and aphrodisiacs:

[https://www.amazon.ca/Aphrodisiac-Adventures-Using-Understanding-Aphrodisiacs-ebook/dp/B08N627J8T/ref=tmm\\_kin\\_swatch\\_0?\\_encoding=UTF8&qid=&sr=](https://www.amazon.ca/Aphrodisiac-Adventures-Using-Understanding-Aphrodisiacs-ebook/dp/B08N627J8T/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=&sr=)



*Disclaimer: While most of the recipes in our show have been personally tested by the host or others, the host does not take responsibility for any reaction or impact on any individual. The information is based on the author's personal point of view and is intended for entertainment and educational purposes only. Please consult a qualified healthcare practitioner before using any recipes or advice.*