



BEDTIME DRINKS THAT BURN BELLY FAT

Posted on February 23, 2021 by Ann Marie

As we grow older, our metabolism isn't as fast as it was before. Trust me, you're not the only person who struggles with losing unwanted belly fat! I do, too. There are many of us out there who want to get rid of the extra flab, but always have a hard time doing so.

Sometimes, diets and exercises don't help either. With a hectic and busy life schedule, you cannot always insert such strenuous routines anymore. So the best way to help burn belly fat is through these helpful drinks! These miracle drinks help burn fat even when you are in deep slumber.

Aloe Vera Juice

Aloe vera has calming properties that help you sleep. Some studies also show how aloe vera boosts the body's metabolism.

It may increase the calories you burn as well as reduce the fat accumulation in the body – particularly on your belly.

What You Need:

- 1 aloe vera leaf
- 2 cups water

Preparation:

1. Cut 1 aloe leaf and wash it properly.
2. Using a pair of kitchen scissors, cut the thorny sides from both sides of the leaf. Remove the outer layer of the aloe leaf using a sharp knife. Make sure to remove all the green and yellow parts in the leaf as these are all toxic.
3. Scoop the aloe gel from the leaf. The color of the gel must be clear and white without any hint of green or yellow. So make sure that you do not scrape at the rind.
4. Put 2 tablespoons of the aloe gel in a blender. Add 2 cups of water.
5. Blend the mixture until desired consistency is achieved.
6. Pour in a glass and drink.

It is best to take ½ to 1 cup of aloe juice before bedtime. Do not over consume aloe as it may lead to diarrhea.

Turmeric Milk

The combination of turmeric and milk may sound a little off.

But hey, it's a great drink for losing belly fat while sleeping!

Milk has calcium and proteins needed for a good night's sleep, while turmeric boosts metabolism

and aids in digestion.

It's very easy to prepare too!

What You Need:

- 1 cup of milk of your choice (I prefer almond milk)
- ½ tsp turmeric powder
- 1 cinnamon stick (optional)

Preparation:

1. Boil milk in a saucepan and add the turmeric powder. Reduce heat and simmer for 3 minutes.
2. Remove from heat and transfer to a glass. Drink hot or warm for the best result. You may or may not add cinnamon sticks for taste.

Drink the milk just before you go to bed. If you are lactose intolerant, then you can replace milk with buttermilk. Buttermilk has lower lactose levels than regular milk. Most people with lactose intolerance can tolerate it.

Parsley, Cucumber, and Lemon

These three ingredients have amazing benefits to the human body on their own. But combining all of their powers will result in a flat belly in no time!

What You Need:

- 1 small cucumber, peeled and diced
- Parsley, enough as tolerated
- ½ tsp lemon juice
- ½ cup water

Preparation:

1. Mix all ingredients in a blender.
2. Blend until all ingredients become juice. Check for taste, and add more water as necessary.
3. Transfer to a glass and drink fresh.

Drink the concoction every night after dinner for better sleep.

Apple Cider Vinegar

ACV is well-known for its many health benefits, one of which is weight loss. It helps lower down fasting blood sugar levels.

So if you can tolerate the taste of ACV, then drinking this at night will surely help burn your belly fat.

What You Need:

- 1 tsp ACV
- Warm water

Preparation:

Mix ACV with warm water. Drink it before bed.

Since drinking a lot of water can keep you up at night to go to the washroom, it is best to keep the water level to a minimum.

Dandelion Tea

Dandelion may be a weed, but it has liver-cleansing properties. A clean, healthy liver helps balance sugar levels to prevent blood sugar fluctuations, which cause insomnia. Additionally, dandelion contains potassium.

It helps the body release urine to minimize water weight and prevent bloating. Thus, leading to weight loss.

What You Need:

- 10 dandelion flowers
- 1 cup water

Preparation:

1. Boil 1 cup of water in a saucepan.
2. Place dandelion flowers in a cup and cover with boiling water.
3. Steep for 20 minutes, and strain.

While drinking the tea helps burn your belly fat, make sure that you give enough time between your sleep and washroom break. So drinking it an hour or two before hitting the bed is highly-advised.

Ginger Tea

Ginger is one of the best teas after a heavy meal. It improves digestion as it helps wash away toxins and waste from your body.

Consequently, aiding in effective weight loss and burning of belly fat.

What You Need:

- ½ tsp grated ginger
- 1 cup water
- 1 tsp honey

Preparation:

1. Boil water in a small saucepan and add ginger once boiling.
2. Reduce heat to a simmer. Simmer for 5-10 minutes depending on how strong you want your ginger tea to be.
3. Strain the drink and add a teaspoon of honey.

While some people may argue that ginger is not good to drink before bedtime, it is naturally caffeine-free. Drink the tea after your dinner and it'll help you snooze off well while burning your belly fat too.

Grapefruit and Pineapple Smoothie

Whenever you're tired of the usual teas and juices, why not make a smoothie?

Studies show that people who eat grapefruit daily reduced their waist size! It also contains an antioxidant that aids in sleep called lycopene.

Meanwhile, pineapple contains melatonin. Your body needs melatonin to maintain a regular circadian rhythm.

The yellow fruit is also a good source of fiber and improves digestion leading to weight loss.

What You Need:

- 1 grapefruit, peeled and sliced
- 2 cups pineapple, fresh or frozen
- ½ cup milk
- 1 tbsp chia seeds

Preparation:

1. Blenderize all ingredients on high for 60 seconds or until desired consistency is achieved. You can add more ice or milk depending on the texture you want.
2. Transfer the drink into a glass and enjoy!

You can add more ingredients if you want to. Some even add ginger and lemon to their smoothies! Drink this at least thrice a week an hour before bed.

Pineapple Juice

Now if you want a more convenient approach to bedtime drinks that burn belly fat, then I suggest a simple pineapple juice.

Don't get the store-bought juice though as they are often laced with artificial sweeteners and preservatives.

It is best to freshly squeeze out the juice from the fruit itself just before you drink it.

What You Need:

Pineapple chunks

Preparation:

1. Add pineapple chunks into your fruit juicer and follow the operator's manual on how to take out the juice.
2. Drink and enjoy.

Pineapple fruit juice makes a wonderful drink every night at bedtime. You can keep the unused portion in a refrigerator for 24 hours.

Strawberry Smoothie

Several studies suggest that strawberries help in the production of adiponectin and leptin.

These two hormones help enhance metabolism and burn fat in the process. On top of that, it also contains vitamin C and melatonin, which promote better and healthy sleep.

What You Need:

- 3 cups strawberries, fresh or frozen
- 1 ½ cup milk of choice
- 1 tbsp raw honey (add more to taste)

Preparation:

1. Place all ingredients in a blender and cover.
2. Puree everything until smooth or desired consistency is achieved.

You can drink the smoothie every night an hour or two before bedtime.

Chamomile Tea

Despite being a mild sedative, chamomile still aids in sleeping and relaxation. Chamomile also supports weight loss as it manages carbohydrate digestion, glucose level, and sugar absorption.

What You Need:

1 tsp dried chamomile flowers

1 cup water

Preparation:

1. Boil water in a small saucepan. Remove from heat once boiled.
2. Add chamomile flowers and steep for 5-10 minutes.
3. Strain to a cup and drink.

Drink the tea 45 minutes before bedtime. You can drink this every night too!

Why struggle with belly fat when you can burn it even when you are sleeping? These healthy and easy bedtime drinks that burn belly fat are there to help!

You may also like:

[20 Slimming Herbal Teas](#)

[Erratic Blood Sugar? Never Eat This Veggie](#) (Video)

[How to Make Medicinal Kombucha at Home](#)

[How To Make A Fat-Burning Tincture](#)

[What Happens If You Eat Cabbage Every Day?](#)

Comments



Bobbie - 2022-06-10 16:24:52

Will this help with my stomach and bloating?



The Lost Herbs - 2022-02-08 15:05:13

Hi Denise, Thank you for your comment. Please check your personal email for a message regarding your question. Many blessings and good health!



Brown Denise - 2022-02-07 02:16:46

I bought the book and I never have received my book



James - 2022-02-04 02:31:50

How-do, I have your book and I love herb, when I was young my dad would make dandelion wine, I love making my own tea but I have to strain the herbs after making the tea or am I not suppose to.



Antonio - 2021-08-24 04:14:07

Hi, couple of my like minded friends have bought your book, dk you have a franchie for the book because i'd likr to promote/sell for you. Antonio



Antonio - 2021-08-24 04:09:24

Hi, i find your book fasinating, couple of points, atm i am making one of your morning drinks, celery,cucumber and melon, have'nt seen bebifit yet, but i'm it will come, instead of water i've started to use kefir, is that ok?



Warnez Patti - 2021-08-09 17:34:12

Just a reminder that aloe has latex in its skin. So beware if you have allergic reactions. If ingested could be bad



Lanette weese - 2021-03-15 20:39:52

Hi this is Lanette Weese not jeffery. i do have a question tho. how much pineapple juice do I drink at bedtime to help with weight loss?



The Lost Herbs - 2021-03-15 10:32:25

Hi Jeffrey, Thank you for purchasing "The Lost Book of Herbal Remedies". Please check your personal email. I have sent you an email with your order details.



Jeffrey Ly - 2021-03-15 09:32:23

Hi, Nicole, I have ordered my The Lost Herbs on digital just wondered that it comes with a hard copybook as well, I could love a hard copybook. Thanks, Jeffrey



The Lost Herbs - 2021-03-02 14:47:32

Hi Richard, Grapefruit juice and the actual grapefruit can affect the way your medicines work, especially if you have high blood pressure or arrhythmia. For example, if you drink a lot of grapefruit juice while taking certain statin drugs to lower cholesterol, too much of the drug may stay in your body, increasing your risk for liver and muscle damage that can lead to kidney failure. So yes, as @Psalm mentioned earlier if you are taking certain heart, cholesterol, blood pressure, etc. meds you can have a severe interaction with grapefruit. God bless!



The Lost Herbs - 2021-03-02 14:44:19

Hi Steve, Dried fruits are highly nutritious. One piece of dried fruit contains about the same amount of nutrients as the fresh fruit. By weight, dried fruit contains up to 3.5 times the fiber, vitamins, and minerals of fresh fruit. However, there are some exceptions. For example, the vitamin C content is significantly reduced when the fruit is dried. Maybe it will not be as easy to make a smoothie with the dried fruits but you can definitely have them as a healthy snack. Eating dried fruit has been linked to an increased intake of nutrients and a reduced risk of obesity. God bless!



Veronica - 2021-03-02 13:40:24

Thanks for this !!!! Excellent; will try a few



Richard - 2021-03-01 18:59:46

I am taking medication for heart, diabetes, blood pressure will any of this cause me problems.



The Lost Herbs - 2021-02-26 16:13:58

Ji Kristen, For one cup of Aloe Vera Juice, one medium-sized leaf should be fine. These days many food stores sell organic aloe. If you want to grow your own aloe vera, plant them in a cactus-potting soil mix. Make sure that the pot has plenty of drainage holes. Aloe vera plants cannot tolerate standing water. Aloe vera plants need bright light, so they do best in the south- or west-facing windows. God bless, Claude



The Lost Herbs - 2021-02-26 16:03:08

Hi Lanette, Thank you for your comment. The article is about "Bedtime Drinks That Burn Belly Fat", that's why it was mentioned the pineapple juice or smoothie. There are plenty of ways to enjoy this juicy yellow fruit. You can grill slices and serve them with meat or as a tasty side, or of course, snack on bite-sized pieces. No matter how you prefer to eat it, pineapple is infused with a variety of nutrients and enzymes, which combine together and aids in boosting metabolism. God bless!



Lanette weese - 2021-02-26 04:20:27

I bought the book don't wish to subscribe at this time can you answer my question please



Jenny Maughan - 2021-02-26 01:51:40

Great information! Thank you and God bless you!



Steve Galchutt - 2021-02-26 00:16:14

Does dried pineapple or strawberry work or are the fragile elements lost in drying process? I dehydrate lots summer's fruit for later uses.



Lanette weese - 2021-02-25 23:54:07

Why can't I just eat a certain amt of pineapple a nite why just the juice??



The Lost Herbs - 2021-02-25 08:51:34

Hi Dawn, Thank you for your comment. You can use ground cinnamon as well. God bless!



Dawn - 2021-02-25 02:45:07

For the Turmeric Milk, does it have to be a cinnamon stick or can ground cinnamon be used?



The Lost Herbs - 2021-02-24 08:35:19

Hi Steve, You can drink more than one, but I suggest first to try each for a few days and see which one works best for you. It depends from person-to-person. Some respond well to a drink, while others do not. God bless!



The Lost Herbs - 2021-02-24 08:34:08

Hi Psalm, Thank you so much for this reminder. It is very important for us and for our readers. We really appreciate it. God bless!



The Lost Herbs - 2021-02-24 08:33:04

Hi Ryan, Yes, you can add a little bit of honey. God bless!



The Lost Herbs - 2021-02-24 08:31:44

Hi Thomas, It depends from person-to-person. Some respond well to a drink, while others do not. I suggest that you should try each for a few days and see which one works best for you. This is a trial-and-error depending on how these drinks are perceived by the body. And it depends as well on your taste preferences. God bless!



Raeanne Pond - 2021-02-24 08:29:24

I already do the ACV every day and losing a pound a day. Drink after every meal. Will try bedtime too!



Psalm - 2021-02-23 21:11:50

Reminder that if you are taking certain heart, cholesterol, blood pressure, etc. meds you can have a severe interaction with grapefruit... check with your local pharmacist.



Epenesa Teo Jennings - 2021-02-23 19:17:26

Many options! Thank you will try tonight.



Steve Colley - 2021-02-23 18:26:38

How many of these can/should you drink before bed time, can you do more than one?



Ryan Stohldrier - 2021-02-23 17:04:46

I love chamomile tea, but I prefer it with some kind of sweetener. Would it be counterproductive for me to drink chamomile tea with honey (thinking of weight loss)?



Kristen Oberhauser Bishop - 2021-02-23 16:09:55

These are great! I have one question- All my also plants are tiny. How BIG should this leaf be> I have asthma and acid reflux . When the woodstove gets my asthma going, the reflux kicks is. That aloe juice at the store helps the acid reflux so much- I never considered the plants. But how much gel is needed. or how do I get my aloe to grow big?



Thomas Selby - 2021-02-23 15:08:29

Do they all work the same, or do a couple of these work better than the rest?



Alicia - 2021-02-23 13:20:31

Great recipes! Will try Grapefruit And Pineapple Smoothie tonight.