



DIY ONION JUICE TO BURN BELLY FAT

Posted on July 25, 2022 by Crissy Joshua

Onions have been cultivated for more than 5,000 years researchers believe. Onions were an object of worship in Ancient Egypt because the Egyptians saw eternal life in them due to their circle within a circle structure. In India, onions have been used in medicine to improve digestion and treat the eyes, heart, and joints. Today, onions are found in most cuisines and used to add flavor and spice.

Onions are also helpful when it comes to weight loss and burning belly fat. We're going to look at how they support these and find out what are the other medicinal benefits of the humble onion. There are three main types of onions so I'll explain the differences between them later but I'm going to use red onion in the juice recipe later on. You can choose to use any onion though.

Health Benefits and Types of Onions

Let's look at how onions can burn belly fat and help with weight loss to begin with. Onions are rich in a flavonoid called quercetin. This flavonoid has an anti-obesity property. It helps burn calories and burn belly fat. Onions also contain soluble viscous fiber which keeps you feeling fuller for longer and less prone to snacking or at least not so much, which will reduce calorie intake. Soluble viscous fiber slows down the process of your food moving through your body and that's how it achieves this effect.

Besides quercetin's ability to help burn belly fat and calories, it also has a host of other health benefits. It reduces inflammation in the body which helps to protect against many common and serious diseases. It can reduce bladder infection symptoms. It can lower blood pressure (systolic). It also reduces asthma symptoms by relaxing the airway muscles.

Onions are also great sources of certain nutrients including calcium, iron, magnesium, potassium, and folate. Onions are also rich in B vitamins which help with red blood cell production and these vitamins can also boost your metabolism.

Some other great health benefits that onions provide are:

- Help to control blood sugar levels which is especially important for people with diabetes or prediabetes
- Increase bone density which can help prevent osteoporosis
- Lower the risk of developing certain types of cancer thanks to the flavonoids and sulfur compounds
- Help prevent stomach ulcers by inhibiting the growth of certain bacterias

The Three Main Types of Onions

There are red, yellow, and white onions and each has its own unique appearance and taste. Yellow onions are the most popular type in America as they're usually what's called for in cooking recipes.

White onions have a milder taste than yellow onions and can be used in cooking or raw in sandwiches or on salads. Red onions have a beautiful bright color and are the mildest of all three so typically used raw although they can be used in cooked dishes e.g. roasted vegetables.

Yellow onions with their strong flavor make many people cry when cutting them. The reason is down to their high sulfur content. As you cut the flesh of an onion enzymes release sulphuric compounds that turn into a mild solution of sulphuric acid as it interacts with the dampness of your eyes.

The outside of a yellow onion is brown and yellow but the inside flesh is white. White onions are white inside and out, whereas red onions aren't so much red as a deep purple on the outside and white and purple on the inside.

I'm using red onions for this recipe for two reasons: they contain the highest level of quercetin and they're easier to consume raw. While all onions contain quercetin, red has the most and white the least. If you have a favorite onion or are growing some in your yard feel free to use any. However, it's a very punchy juice even using red onion and I'm someone that loves strong flavors so I think yellow would be difficult to drink.

Who Shouldn't Eat Raw Onions?

Despite having their many wonderful health benefits, not everyone should eat raw onions and hence should steer clear of this juice or any recipe where onions aren't cooked. You probably already know if raw onion doesn't agree with you but side effects that many people experience include heartburn, stomach cramps, and gas. This may even happen with cooked onions for some people. Onions are also high in FODMAPs and should be avoided by people with IBS.

How to Make This DIY Onion Juice

I'm going to show you how to make this onion juice for one serving. If you use the quantities below then each juice will have approximately 86 calories (64 calories are from the honey). You can of course swap out the honey for a sweetener of your choice.

Ingredients

- ½ a red onion
- 1 tablespoon of honey (or sweetener of your choice)
- 15 oz of water (450 ml)

Utensils

- Blender
- Chopping board
- Sharp knife

Method

1. Cut the ends off your onion and peel the thin paper-type layer off the outside of your onion. You want to peel as few layers off as possible because quercetin is most highly concentrated in the outer three layers. Then cut your onion in half and cut one of these halves into smaller slices.
2. Add these slices to your blender or NutriBullet (or equivalent) and add a splash of water.
3. Blend for a minute or so until your onion pieces have blended. Then add the rest of the water and honey and blitz it again for 20 seconds or so.
4. Your juice is ready. You can strain it but remember that the quercetin is in the outer layers which is what usually remains as small pieces floating around so for maximum benefit gulp the whole juice down.

It's recommended that for fat burning you take this on an empty stomach, the first thing in the morning. If you know this will give you a stomach cramp then do have some food first. You can have one a day unless you experience any unpleasant side effects. You can double the quantities in this recipe so you use the whole onion and store half of the juice in an airtight container in the fridge for the following morning.

You may also like:

[**Bedtime Drinks That Burn Belly Fat**](#)

[**Add This "Unusual Nutrient" to Coffee or Tea, to Effortlessly and Fully Empty Your Bowels Every Single Morning**](#) (Learn More)

[**What Happens if You Drink Cranberry Juice Every Day?**](#)

[**Summer Juices That Keep You Fit**](#)

[**3 Mistakes That Are Making it Hard for You to Lose Weight**](#)

Comments



Herman - 2022-08-11 10:53:44

I incorporate onions in almost every meal. I like your article, but I believe that if you eat a diet rich in fatty meats and vegetables and cut out ultra-processed foods you will feel amazing. Onions are an item my former doctor put on the avoid list along with every other favorite food and drink of mine and said I should take PPIs for the rest of my life. I refused to accept this and found a cure to GERD and for what I was told was IBS. The cure, and I mean cure, is as simple as taking an HCL supplement and/or with vinegar in your diet - it turns out that as you age your stomach doesn't produce enough acid and you need a simple supplement taken with every meal. I encourage your readers to research this as it has changed my life to be highly healthy eating fatty meats and everything contrary to what doctors have told me. If you choose to listen to doctors prescribing a do not eat list and PPIs for the rest of your life, you will live in misery and a weakened health state exacerbated by not being able to digest food effectively and it will suck the life out of you.



The Lost Herbs - 2022-08-03 13:26:41

Hi Donna, If you don't experience any side effects (e.g. heartburn, stomach cramps, and gas) from raw onions, or have IBS, you can continue taking this as long as you like. Many blessings and good health!



The Lost Herbs - 2022-08-03 13:25:57

Hi Sylvia, This will depend on a couple of factors: how much and what type of exercise you do each day, and what else is in your diet. But you should notice straight away that you feel fuller for longer due to the fiber and snack less. Many blessings and good health!



George Hubbell - 2022-07-29 13:53:30

Downright UNappetizing to say the least! I do like onions...especially green onions (tops and all) in a salad, but "onion juice?"



Ellen Nieuwland - 2022-07-28 04:26:13

I find it depends on the state of your metabolism and the amount of (un)beneficial bacteria in your gut. If the state of your gut is not all together very healthy then it might be useful to focus on that first and then turn to remedies like these. If only for the smell effect coming from your pores. It can make you smell like you have eaten raw sulphur if onion (or garlic for that matter) doesn't really agree with you.



Kimberly J Nicholas - 2022-07-25 12:28:18

Hello! I am wondering if there is side effects to this like body odor from consuming raw onion? Also is this recommended for everyday consumption? Thank you Kim



Donna - 2022-07-25 11:41:45

How long do we take this before it might be considered too much?



Sylvia - 2022-07-25 11:24:35

For how many days in a row or how long does this needs to be done before results are seen?