

# Spices for Weight Loss

## Tips

CINNAMON



Reduces Blood Sugar

CAYENNE PEPPER



Burns Fat

MUSTARD SEED



Boosts Metabolism

BLACK PEPPER



Helps Digestion

GINGER



Hinders Cholesterol Absorption

**ALWAYS** answer  
the Phone Call by  
**LEFT EAR**  
...because using  
the right ear will  
directly affect  
the brain!