**Cloves and Linseed Just Use These 2 Ingredients To Empty All Deposits of Fat and Parasites Of Your Body Without Effort**

**  September 8, 2016 | **  [Diet & Weight Loss](http://www.healthyfoodhouse.com/category/diet-weight-loss/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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All you need is are two simple ingredients and you will manage to eliminate all fat  and parasites accumulates in the body!

Numerous experts believe that stored energy is only body fat, so in order to manage to use it properly, and burn fat deposits, you should follow a strict diet. Yet, the process of burning body fat is also affected by other energy reserves, known as glycogen (carbohydrate) and protein (muscle).

In order to alter the way the body uses fats, you need to change the way it uses these deposits of energy.

In the case of constant stress, you may crave for food too often, but this may also be a result of the existence of parasites in the stomach. in the case of excess consumption of sweet foods, the body gets full of mucus, which is perfect for these parasites.

This environment is also favorable for bacteria and fungi. Therefore, you should find a way to naturally eliminate the fat accumulated in the body and remove the parasites. The following natural remedy is extremely effective :

Ingredients:
• 10 grams of dried cloves
• 100 grams of linseed

Method of preparation:

You should grind the dried cloves and linseed and prepare a powder.

Use:

Every morning, for three days, you should consume 2 tablespoons of the powder with a glass of water, or along with your breakfast.
For best effects, take this remedy for 3 days, make a 3-day break, and repeat the procedure.

After a month, you will feel incredible effects, as your body will be clean of parasites and toxins. Note that you should consume the essential minerals and vitamins daily, in order to get the needed energy for the day. In this way, you will feel extremely vital and full of energy!

Source: [www.beextrahealthynow.net](http://www.beextrahealthynow.net/just-use-these-2-ingredients-to-empty-all-deposits-of-fat-and-parasites-of-your-body-without-effort-2/)