**Might be worth checking out and trying.  Let me know.**

xo MOM

**http://www.healthyfoodhouse.com/remove-bloated-belly-just-60-seconds-incredible-belly-fat-burning-reci*pe***

Bloated belly problems are more and more common among individuals of all ages.

There is a feeling of discomfort, largeness and inflation which is often mistaken for fatness. According to people’s experiences, bloating feels like a huge balloon inside your stomach, followed by uneasiness and a sense of being overweight.

Although there are many theories on how get rid of a bloated belly, the cure is quite simple. Well-known nutritionist and healthy food author, Cynthia Sass introduced a tonic that is bound to cure bloated belly in no time.

With the minimum of calories and acting as a mighty fat burner, this remedy is more than welcome on the health market. Plus, you get a bunch of healthy nutrients by simply consuming it regularly.

Alongside this, Cynthia Sass also encourages incorporating a weight loss program known as ‘The flat belly diet’. The diet emphasizes the consumption of the Sassy water and enables losing excess fat quickly.

The liquid disallows water retention, and by solely drinking plain water, you won’t get the same effects. With this drink, you will increase the intake of electrolytes, and speed up the organism.

Ingredients:

* 67 oz / 2l water
* 12 small mint leaves
* 1 tsp. freshly grated ginger
* 1 medium-sized lemon, finely sliced
* 1 medium-sized cucumber, peeled and finely sliced

Preparation:

In a pitcher, combine all ingredients together. Let mixture soak for an hour. Once ready, drink 8-10 glasses per day. Plain water drinking is not necessary, since this beverage replaces it well.

In a short time, you will get improved digestion, suppressed appetite and no bloating whatsoever. For a more detailed use, take a look at the video below and learn more:

Source: [www.healthytipsworld.net](http://www.healthytipsworld.net/2016/03/31/how-to-remove-bloated-belly-in-just-60-seconds-with-this-incredible-belly-fat-burning-recipe/)

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