

Weight Loss Guide

Natural, Herbal & Holistic Fat Loss Blueprint

Welcome





Losing weight shouldn't feel like punishment. At DrSpice Organics, we believe in **gentle, plant-powered weight loss**. This guide focuses on healing the gut, reducing inflammation, burning fat, and resetting your natural body rhythms — all using food and herbs.

Key Principles of Herbal Weight Loss





- ✅ **Start with Detox** – Cleanse the liver and colon first
 - ✅ **Boost Metabolism Naturally** – With warming herbs like cayenne and ginger
 - ✅ **Balance Hormones** – Especially insulin, cortisol, and estrogen
 - ✅ **Eat Mindfully** – Slow down and reduce overeating
 - ✅ **No Starvation** – Eat real, healing foods that keep you full
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7-Day Sample Meal Plan

Day 1

-  *Morning*: Warm lemon water + cayenne
-  *Breakfast*: Oatmeal with chia, banana & cinnamon
-  *Lunch*: Brown rice + sautéed managu + avocado
-  *Evening*: Hibiscus tea + baked sweet potatoes

Day 2

-  *Morning*: Moringa water + apple cider vinegar
-  *Breakfast*: Green smoothie (spinach, pineapple, ginger)
-  *Lunch*: Grilled fish + boiled pumpkin + garlic greens
-  *Evening*: Chamomile tea + fresh fruit

(Repeat pattern with variations through Day 7)

Fat-Burning Herbal Products (Recommended)

Product	Use
FatBurner Tea	Activates fat metabolism
Gut Cleanser Tea	Reduces bloat & improves digestion
Liver Reset Capsules	Supports liver detoxification
Appetite Control Powder	Curbs cravings & overeating

 Available at: drspiceorganics.com/shop

Weight Loss Mindset Shifts

- Eat **3 full balanced meals** — no skipping
 - Drink **2.5–3L** of warm water daily
 - Do **brisk walking** for at least 30 mins daily
 - Sleep by **10 PM** to support fat-burning hormones
 - Don't rely on shortcuts — herbs + habits = lasting results
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Long-Term Maintenance


After the initial plan:


- Use **herbal teas 3x weekly** for balance
 - Practice **intermittent eating (12 hr break)** at night
 - Keep sugar & fried foods at a minimum
 - Prioritize sleep, hydration, and greens
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Contact DrSpice

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“You don’t need to starve. You need to heal.”

— *DrSpice Organics*