

HOW TO USE BAKING SODA TO GET RID OF BELLY, ARM, THIGH, AND BACK FAT

Indeed, Baking soda is in every kitchen as well as it also has variety of uses. It's commonly known to possess properties that proved to be effective amazing on maintaining good health .

Luckily, we're going to present you in this article the correct way to use baking soda to eliminate fat. Baking soda has proved to help in removing belly, back, arm and thigh fat due to alkalizing and digestive compounds it contains.

Here Are 3 Baking Soda Recipes To remove Fat :

Recipe 1 :

++ INGREDIENTS :

- ° 1 tsp. baking soda
- ° 1 lemon
- ° $\frac{1}{2}$ glass water

++ PREPARATION AND USE :

First dissolve baking soda in $\frac{1}{2}$ glass water & add lemon . And make sure to stirring very well until all ingredients mix .

You must absolutely consumed every day 21 min before possess breakfast for top results.

#Recipe 2:

++ INGREDIENTS :

- ° 2 tablespoons apple cider vinegar

- ° 1 glass of water
- ° 1/2 tsp baking soda

++ PREPARATION AND Utilize :

Like in previous recipe, blend all ingredients in a glass water & stir well.

Make sure to consume on an empty stomach before breakfast .

Recipe 3:

++ INGREDIENTS :

- ° 2 lemons
- ° 2 cups water
- ° 1 cup strawberries
- ° 1 fresh mint leaves
- ° 1 teaspoon baking soda

++ PREPARATION AND Utilize :

Blend ingredients well until they mix . Consumed it 2 times every day.

In a nutshell, Fight excess weight and fat by trying these recipes, and please avoid sugars and flour and do some light exercises for best results.