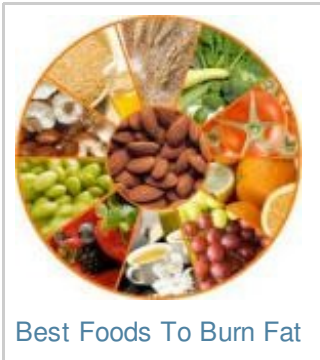


4 Foods to Burn Belly Fat and Lose Weight

Michael Healey March 20, 2014



Strategies to Burn fat and lose weight with 4 fat burning natural foods revealed in new report by Betterdigestion.org.

([Newswire.net](http://www.newswire.net) -- March 20, 2014) Boston, MA -- Health specialists from Betterdigestion.org share four natural foods to improve weight loss, speed up metabolism, and burn more fat in a new report.

The weight loss properties of these specific foods are detailed in the new release; results appeared to improve when foods were consumed as part of a strategic diet and exercise plan. The article demonstrates that there are a number of healthy foods designed to support weight loss; however, fat loss appeared to significantly increase when these four specific foods were included in the diet - especially when consumed in the evening hours and before sleep.

Not only are these foods being recommended as part of a weight loss plan, the four foods detailed in the new article lower blood sugar, the risk of insulin resistance, and are recommended as part of a healthy diet designed to lower risk of type 2 diabetes, heart disease, inflammation, obesity and metabolic syndrome.

The free report, titled the 4 Best Foods To Eat Before Bed shows health conscious people the exact foods that produce results. The 4 Best Foods to Eat Before Bed free report is available for a limited time at <http://betterdigestion.org/Best-Foods-To-Burn-Belly-Fat/>.

An additional report providing information about the importance of lowering blood sugar and fat burning, , titled 4 “Sneaky” Tricks To Lower Blood Sugar, can be downloaded at <http://betterdigestion.org/lower-your-blood-sugar/>.

About: BetterDigestion.org is a new website that was launched in March of 2013 in order to provide premier content for healthy digestion and overall health, specifically by controlling hormones and bacteria found naturally in the body. Recent topics have included Healthy Digestion for Women, Cheat Foods for Fat Loss, Good Bacteria for Food, Hormones for Weight Control, Fat Blasting Foods, Digestive Disorders: Probiotics for Gut Health, as well as several other highly informative articles to help people understand the connection between digestion and overall health.

Source: <http://www.newswire.net/newsroom/pr/00080812-4-foods-to-burn-fat.html>