

Metabolic stimulant:

## Artichoke: as a Culinary Fat Burner?

Artichoke maybe known to you as a tasty ingredient used in quite a lot of culinary dishes. However, the plant, still cultured around the Mediterranean, is able to do much more: It promotes the digestion, can lower the cholesterol value and helps against flatulence. Also the artichoke will stimulate the metabolism. On the other hand, by decreasing it, can also support the purification.

How the plant looks at its best



## Metabolic stimulant: Artichoke was a favorite in old

The artichokes, known as the gourmet's vegetable, stands above all in Italy, Spain, and France. Gastronomically they are quite high on the list. They are distinguishable by their slightly bitter taste which is due to the high proportion of bitter substances – about six percent. Originally they come from North Africa. However, around the Mediterranean they have also been cultivated for hundreds of years. Thus, the Romans already knew how to use the artichokes for help in digesting after luxurious gormandizing. Meanwhile this delicate edible plant has been very thoroughly investigated and one estimates them to be of much more value, than just being served on the plate.

Numerous studies have been documented with reference to their medical effects. Especially as a **digestive aid and metabolic stimulant**, for which they have made a name for themselves.

Moreover, it should not be forgotten that artichokes contribute to the increase of toxin removal. Hence, they are also very well suited in a Detox diet. In this aspect, it is a matter of eliminating the accumulated toxic materials from the body. Here they neutralize “free radicals”, and in addition act as a pro-biotic to also promote the “good bacteria” that belongs in the body.

## Are there any side effects?

In general, none are to be expected. Except if you are allergic to rag weed, daises, marigolds, or chrysanthemum blossom plants, then you should pay attention. Technically, Artichokes are thistles, not vegetables. People who suffer from these allergies might also have a bad experience with artichokes. Also with gallstones, gallbladder conditions, or liver disease, you should stop consumption. Care with pregnancy and children: Because there are still no studies that have confirmed that they are harmless; in any of these cases you should clarify with your doctor before taking it.



## What Effects do the Artichokes have?

As Artichokes stimulate the metabolism, they are used for weight loss. This is partly correct, only partially because you should not expect a miracle. If you expect to lose tens of kilos overnight only with the help of Artichokes, you are wrong. However, the plant can be quite supportive over a long period of time. For one thing is true, with the ability to stimulate the metabolism, a weight reduction can be achieved permanently. In this case, Artichokes are the ideal helpers. However, active sports and a healthy diet should not be forgotten. This delicious Mediterranean plant can do much more. Thanks to the bitter substances that stimulate the gastric secretions and support digestion. This contributes to a clear improvement of bloating, nausea, belching, and heartburn.

## What Artichokes Improve:

- Feeling of Fullness
- Belching
- Pain in the upper abdomen
- Bloating
- Heartburn
- Nausea
- Cramp – dissolving properties
- Digestion

Since the production of bile juice is stimulated, there is also an increase of fat burning. In addition, artichokes can also improve cholesterol levels. The “Bad” LDL cholesterol is lowered, and in turn the “Good” HDL cholesterol increases. Resulting in, an optimal HDL, LDL Cholesterol ratio. This is therefore, so important, as with increased blood fat levels which contribute to the risk of stroke, myocardial infarction, and atherosclerosis that significantly increases.



## How do you consume artichokes properly?

How can all of the described effects be best achieved? Does it mean, eating every now and then artichoke vegetables? In general, different preparations are offered:

For discomfort in the stomach and bowel area, eating the artichoke petals works especially well. There are dry essences, in capsules, tea and fresh pressed plant. The big advantage of these compared with the "normal" artichoke vegetable, which is ordinarily served on our plate, is that a large part of the ingredients still exists. Moreover, they can easily be taken without complication.

The **reVita CINARA BEAUTY COCKTAIL Artichoke Extract**, which is taken with water, before breakfast is highly recommended.

If you are a passionate tea alcoholic, you can also use the dry artichoke petals by pouring hot water over them. Simply leave for ten minutes to infuse and then strain off. The tea should be drunk before the meals.

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<http://www.balancebeautytime.com/ernaehrung/stoffwechsel-anregen-artischocke>

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