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# **Burn More Bodyfat With Spices**

[ Editor's Note: Fitness author Jon Benson shared this letter with me and gave me permission to share it with you.  
]



It's the spice of life.

Food that is. Or opinions. I guess there is a lot of things that are officially "the spice of life."

I think spices are the spice of life.

I have a new-found love of spices since hanging around a killer healthy-food chef for the past week.

Wow oh wow... I had no idea.

And hey -- I'm helping her put her recipes into to a book that will be out soon.

I'll send you all a video of this woman doing her thing too in a week or so... prepare to be blown away.

Back to spices:

Not only can spices save an otherwise boring healthy meal.... turns to find out spices can help you burn more bodyfat.

The January 2006 issue of The Journal of Physiology and Behavior cited numerous studies on several spices that increased thermogenesis in the body.

Thermogenesis is simply heat -- and since a calorie is a unit of heat, guess what?

More thermogenesis = more calories burned = Less bodyfat.

Pretty cool stuff this thermogenesis.

In fact thermogenesis is the foundation of my upcoming handbook "The Radical Fatloss Blueprint." Out in late February.

I'm giving this book away for free for 21 days to anyone who owns a copy of "[The Every Other Day Diet](#)."

The book comes out in late February... and it is... well, radical.

Up to 21 pounds in 21 days.

But you can only do it for 21 days. Fair deal, right?

If you want the book for free, make sure you have "Every Other Day Diet" so I can send it to you the last week of February.

Get EODD here --

[Every Other Day Diet](#) <--- more thermogenesis, less bodyfat

For now, here's the spices that work the best to help you burn bodyfat:

1. Capsaicin, the compound gives red chili pepper its heat, increased energy via heat expenditure by up to 23% after ingesting it at breakfast.
2. Black Pepper increases body heat (thermogenesis) by bonding to TRPV1 receptors in the brain.
3. Turmeric has both anti-cancer and pro-thermogenic support. Best of two worlds if you ask me.

Combine these three spices: Red chili pepper, black pepper and turmeric, and use them liberally (as you can handle them) on your lunch and dinner meals.

Just be careful not to overdo the spices, otherwise you'll end up with more heartburn than fatburn.

I'll be including FAR more powerful ways to burn bodyfat radically in "The Radical Fatloss Blueprint" -- and you can get your copy free the last week of February if you own Every Other Day Diet.

Get it here --

[Every Other Day Diet](#) <--- more thermogenesis, less bodyfat

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