



The Secret to
More Energy,
Boosted Metabolism,
and Weight Loss
with Herbs

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Ginseng

Panax

ENERGY, STRESS RELIEVER

Ginseng root is grown in North America and Eastern Asia in cooler climates. It is available as a whole root, dried, or sliced. It also comes in capsules, drink mixes, and teas.

It is most commonly used as an energy booster. Historically, it was used in Asia to increase energy and regulate both male and female hormones. The energy effect is similar to caffeine but without the accompanying caffeine crash.

It relieves stress on the central nervous system, which in turn can elevate mood and increase productivity. It can help with blood pressure regulation, as well as blood sugar levels, which both work to increase energy naturally and effectively.

[Find Ginseng Online](#)

Maca

Lepidium meyenii

ENERGY, APHRODISIAC, IMMUNITY

The Maca plant is native to Peru. Studies have been done on the root in the U.S., and it has been shown to be entirely non-toxic with many health benefits. Some people even consider it a superfood.

It has a pleasant taste that pairs well with cinnamon, nutmeg, clove, and other warming spices. It also has more calcium than milk!

It is known to increase energy levels, help balance hormones, strengthen libido, improve fertility in both men and women, bolster the immune system, help memory, and increase mental focus.

[Find Maca Online](#)





Ashwagandha

Withania somnifera

ENERGY, ANTI-INFLAMMATORY, IMMUNITY

Found in India, ashwagandha has long been used in Ayurvedic healing. It is long been used as an immune booster and anti-inflammatory, as well as to increase energy levels. It can help improve memory, learning, and reaction time. In some cases, it has been known to help depression, as well as stabilize blood sugar and lower cholesterol.

As if that weren't enough, it is also used to enhance libido and sexual stamina.

Traditionally, ashwagandha is consumed in a cup of warm milk, but you can also buy it in capsules for your convenience.

[Find Ashwagandha Online](#)

Ginkgo Biloba

Ginkgo biloba

ENERGY, ANTI-INFLAMMATORY

Ginkgo Biloba originates in China from one of the oldest tree species on earth. It is one of the longest known natural remedies, and is even prescribed by doctors in Germany as a treatment.

Many parts of the ginkgo tree can be used, including the seeds and extract made from its leaves.

Ginkgo Biloba is used to help improve memory and cognitive function, fight inflammation, increase circulation, elevate mood, relieve stress, increase energy, alleviate asthma, and has even been used to treat ADHD and dementia. It is also a powerful antioxidant.

[Find Ginkgo Biloba Online](#)





Herbs & Spices

BOOST METABOLISM & LOSE WEIGHT

Studies have shown that the following herbs & spices are known to boost metabolism and assist in weight loss. In addition, some even aid in digestion and have anti-inflammatory properties.

- Turmeric
- Cayenne
- Black Pepper
- Cinnamon
- Cumin
- Ginger
- Garlic
- Dandelion
- Sage

[Find High-Quality Herbs & Spices](#)

Always consult your doctor before consuming herbs, especially if you are currently taking prescription medication, pregnant, or breastfeeding.