



# Top Herbs to Burn Fat and Support Weight Loss Efforts

Herbs to burn fat and lose those extra pounds naturally? Discover how herbs can help you [loss Weight](#) more quickly.

**OneHealth™**  
By Dr. Shikha Sharma



## SIMPLE TIPS AND HERBS TO **BURN FAT**

1. Mindful Eating
2. Incorporation of Fat-Burning Herbs
  - Triphala
  - Guggul
  - Ginger
  - Cinnamon
  - Garcinia Cambogia
  - Trikatu
3. Drink Enough Water
4. Yoga and Meditation
5. Optimize Digestion

