

9 Best herbal teas for weight loss



There is no wonder why tea has been a popular drink amongst people for thousands of years now. It is not only delicious to drink but also beneficial for your health. Drinking tea, especially herbal teas, helps to reduce obesity and therefore is an excellent addition to any [weight loss plan](#). When you replace the sugary soda drinks with herbal tea consumption you will immediately notice weight reduction. Along with that, the herbs have additional benefits such as preventing strokes, arthritis, tooth decay and many more such diseases. Here we have a list of 9 different herbal teas that can help in shedding weight.

Star anise tea: digestive troubles like upset stomach, diarrhoea, nausea and other such problems can be cured by star anise fruit of a small evergreen anise tree (*Illicium verum*), which is native to China. A cup of tea made with the entire pod simply by steeping it in hot water can cure almost all digestive issues and also help in boosting the metabolism, which indirectly helps in losing weight.

Peppermint tea: this tea again helps in improving digestion and thus aid in burning more calories. You can make a light, refreshing tea with peppermint leaves and drink it either hot or chilled.

Green tea: green tea contains the chemical EGCG, which helps in enhancing the metabolism process of the body. Thus drinking around three cups help in melting the extra body fats. Along with EGCG, green tea also includes antioxidants, which again boost metabolism and help shed those extra pounds.

Rose tea: rose tea is a blend of fresh roses and a bud of tea and is found to have therapeutic effects. Not only does it clarifies toxins from the body and beautifies the skin, the majority of vitamins in it including vitamin A, B3, C, D and E act against infections, improves digestion by preventing constipation and thus help in losing weight.

Oolong tea: this semi-fermented tea is known to have a stronger effect than green tea in losing weight as it melts the extra body fat, reduce bad cholesterol, and prevents obesity. Having two cups of this herbal tea daily can [help you in weight loss](#).

Chickweed Tea: chickweed is one of the most effective herbs known for helping with weight lost. It is rich in potassium which helps with food cravings. A cup of chickweed tea assists your body to burn more fats.

White Tea: this herbal tea is a great for weight loss because of its EGCG (Epigallocatechin Gallate) content, which is a kind of fat absorption blocker. It promotes the metabolism of your body and is recommended to drink with meals.

- **Bilberry Tea:** This herbal tea helps to reduce hunger cravings. It contains antioxidants and healthy levels of Vitamin C, which helps in balancing blood sugar and also cleansing the digestive tract of impurities, extra foods, and fats making it an excellent weight loss beverage. Having two cups a day is recommended for losing weight fast.