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Coffee and green tea accelerates a metabolism. Caffeine strengthens palpitation. That is accelerates burning of calories. EGCG has an exciting impact, but excites not heart, but a brain and nervous system. But the effect is, however, the same.

Besides, strictly scientific fact confirmed with the Canadian dieticians is that the combination of caffeine and 90 mg of EGCG three times a day help to lose 25 kcal a day even if you stay in an absolute rest and relaxation condition. Besides, tests on the Canadian military men have shown that the cup of morning strong coffee throughout half-days not only raises endurance, but also increases saturation of blood with oxygen. And it, in its turn, accelerates metabolism process in an organism. In an extract of green tea the natural connected caffeine accelerates a metabolism on 10-16 %, promotes liberation of fat acids from fatty tissues.

Capsaicin is the substance which gives spiciness to pepper and also accelerates a metabolism. A palpitation speeds up and a body temperature rises. Results of probes testify: the portion of a spicy food accelerates a metabolism on 25 %. And throughout 3 hours after you have managed to swallow and get rid this all of a fire in a throat. Light meals seasoned with a red hot pepper will help you to burn more than 305 kcal a day without any efforts. Spicy chips can raise your power level at the most difficult office o'clock — from 3 p.m. and later. In this afternoon the general tone is depressed and metabolism level. The scientific fact is, by the way. The conclusion is simple: a dozen of chips each three hours will not make harm to a working process. Even on the contrary.

Chrome. Accelerates a metabolism, processing fats and carbohydrates, regulates sugar receipt in blood.

Calcium, carbohydrates + cellular tissues. Carbohydrates in a combination with cellular tissues are digested slowly enough. That is they improve a metabolism, supporting insulin level in blood throughout several hours (the working day actually). When insulin level in blood skips an organism perceives it as an alarming sign and starts to accumulate strategic stocks of fat just in case. And if with this indicator everything is all right, speed of a metabolism increases by 10 %, and sometimes even more. Calcium also promotes speedup of metabolism process. As results of probes of the British dieticians testify, sufferers from excess weight which have increased day consumption of calcium to 1200-1300 mg, lost weight twice faster, than those who had usual day norm of calcium.

Grapefruit. A grapefruit improves digestion and accelerates a metabolism that has made its hit of diets for growing thin.

Lemons. Lemon raises immunity, restores a metabolism. It is used at a fever, metabolism infringements, a gastritis. During trainings in a gym just drink simple non hydrated water with a lemon, it is will accelerate a metabolism and a fat combustion procedure.

These days the abdominal fat issue has gained in popularity very much. The matter is that losing [abdominal fat](#) is not only the matter of beauty but also healthy life. Those who are searching how to lose [abdominal fat](#), please go to this site.

Moreover, to achieve the desired results one must use all the means available. And this is where the online technologies might be of great help. Learn to use blogs, thematic forums, search Google and other searching engines for "[get rid of abdominal fat](#)". Sign up for the RSS on this and other blogs. All this will help you to make a wise and nicely balanced decision, and select what you search for the best price on the market.

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