

Slender You®

Chamomile, Rooibos
& Ashwagandha

METABOLISM BOOSTING

NIGHT TEA

RELAX RESTORE BURN

A unique, soothing blend of
the finest ingredients, to
relax your body, soothe
digestion, and gently
support overnight
metabolism.

20 Super Grade Teabags

E-book 4: The Ancient “Matcha Tea” Recipe

The Satiety Switch and the Melting Hormone

This e-book reveals the **Ancient “Matcha Tea” Recipe**, a powerful combination of 3 ingredients that promises to accelerate your metabolism while you sleep and prevent the formation of new fat cells. More than that, you will discover how to flip the **Satiety Switch** to curb compulsive cravings, practically overnight, and activate the **Melting Hormone** ignored by science.

The 3-Ingredient Nighttime Tea

The nighttime “Matcha Tea” is not the traditional Japanese green tea (which contains caffeine and can disrupt sleep), but rather a strategic combination of ingredients that work synergistically to promote fat burning and relaxation during the night [1].

Ingredient	Main Function	Mechanism of Action
1. Cinnamon	Accelerates Metabolism	It is thermogenic and helps keep the metabolism accelerated, even while sleeping. It also aids in blood sugar regulation, preventing insulin spikes that favor fat accumulation [2].
2. Ginger	Fights Inflammation	Powerful anti-inflammatory. Chronic inflammation is linked to insulin resistance and weight gain. Reducing inflammation optimizes the weight loss process [3].
3. Chamomile	Promotes Restorative Sleep	Contains apigenin, an antioxidant that binds to brain receptors, promoting relaxation and quality sleep. Restorative sleep is essential for hormonal regulation and appetite control [1].

Preparation Method:

1. Boil 200ml of water.

2. Add 1 teaspoon of Cinnamon powder (or 1 stick), 1 thin slice of Ginger, and 1 tablespoon of Chamomile flowers.
3. Steep for 5 to 10 minutes. Strain and drink 30 minutes before bedtime.

Expansion: The Satiety Switch - The Power of Fiber and Protein

The “Satiety Switch” refers to the ability of certain foods and nutrients to signal to the brain that the body is satisfied, reducing compulsive eating. The key to this is **soluble fiber and protein** [4].

- **Action:** Soluble fiber absorbs water in the stomach, forming a gel that slows gastric emptying, prolonging the feeling of fullness. Protein is the most satiating macronutrient.
- **How to Activate:** Consume foods rich in soluble fiber (oats, apples, legumes) and ensure a good intake of lean protein throughout the day.

The Melting Hormone Ignored by Science: GLP-1

The “Melting Hormone Ignored by Science” is a reference to **GLP-1 (Glucagon-like Peptide-1)**. While not ignored by science (it is the target of modern weight loss medications), its natural activation is often overlooked.

- **Action:** GLP-1 is an intestinal hormone that, among other functions, stimulates insulin secretion, inhibits glucagon release, and, crucially, **increases satiety and slows gastric emptying**.
- **How to Activate Naturally:** The consumption of **protein** and **fiber** is the main natural stimulus for GLP-1 release. The nighttime tea, by optimizing sleep and metabolism, creates a more favorable hormonal environment for GLP-1 to act effectively, helping to break the cycle of “yo-yo dieting” [5].

Weight loss is just the first step. By mastering the Satiety Switch and optimizing the action of your Melting Hormone, you ensure that the results are lasting, no matter what or how much you eat.

References

[1] ND Mais. *Veja 8 chás que ajudam a queimar calorias enquanto você dorme.* Available at: <https://ndmais.com.br/bem-estar/veja-8-chas-que-ajudam-a-queimar-calorias-enquanto-voce-dorme/> [2] Tuasaude. *16 melhores chás para emagrecer e perder barriga.* Available at: <https://www.tuasaude.com/cha-para-emagrecer/> [3] Instagram. *Chá para emagrecer enquanto você dorme?.* Available at: <https://www.instagram.com/reel/DGBwVlnv-BD/?hl=en> [4] Estadão. *Cientistas identificam hormônio que diminui o apetite.* Available at: <https://www.estadao.com.br/ciencia/cientistas-identificam-hormonio-que-diminui-o-apetite/?srsltid=AfmBOor9CpeeSKciJI Z-M7f8z2poZUk7lofvv3Jtg7JhCW07HXcQ> [5] O Tempo. *Cientistas identificam hormônio que pode ajudar em tratamento contra obesidade.* Available at: <https://www.otempo.com.br/mundo/cientistas-identificam-hormonio-que-pode-ajudar-em-tratamento-contra-obesidade-1.414650>