



BARIATRIC

Coffee

Bariatric Coffee

Welcome to Bariatric Coffee — the bedtime fat-burning secret that turns your evening routine into a powerful metabolic reset. This isn't just coffee. It's a precisely formulated blend of natural thermogenic compounds that work in synergy with your body's overnight repair process to accelerate fat burning while you sleep.

Why Nighttime is Your Secret Fat-Burning Window

Most people don't realize that **70% of human growth hormone (HGH) is released during deep sleep** — and HGH is your body's primary fat-burning hormone. While you sleep, your body shifts into repair and regeneration mode, breaking down stored fat for energy.

The problem is that poor sleep, high cortisol, and metabolic sluggishness interrupt this process. Bariatric Coffee is designed to optimize every stage of your sleep cycle for maximum fat burning — so you wake up lighter, leaner, and more energized.

<p>70%</p> <p>of HGH released during sleep</p>	<p>8hrs</p> <p>Optimal sleep window for fat burning</p>	<p>40%</p> <p>More fat burned with optimized sleep</p>
---	--	---

The Key Ingredients

■ The Base — Quality Coffee

Use a high-quality, dark roast coffee as your base. The caffeine activates thermogenesis and increases metabolic rate by 3-11%. Chlorogenic acids in coffee also reduce fat absorption from meals eaten earlier in the day. Use decaf if you are sensitive to caffeine at night — the other ingredients carry the metabolic effect.

■ Cayenne Pepper (Capsaicin)

Capsaicin raises body temperature and activates brown adipose tissue — the type of fat that actually burns calories for heat. Studies show it can increase overnight calorie burning by up to 120 calories. Just a pinch is enough to activate this thermogenic cascade.

■ MCT Oil (1 tablespoon)

Medium-chain triglycerides bypass normal fat digestion and go directly to the liver where they are converted to ketones — instant fuel for your brain and metabolism. MCT oil taken before sleep keeps your body in fat-burning mode throughout the night without disrupting sleep.

■ Cinnamon (Ceylon)

Ceylon cinnamon stabilizes blood sugar overnight — preventing the insulin spikes that tell your body to store fat instead of burn it. It also has thermogenic properties and improves insulin sensitivity, making your body more efficient at using fat as fuel.

■ Ashwagandha

Added to reduce cortisol levels at night. High cortisol during sleep is the primary reason the body stores belly fat instead of burning it. Ashwagandha's adaptogenic effect calms the nervous system and creates the optimal hormonal environment for overnight fat burning.

■ Raw Honey (half teaspoon)

A small amount of raw honey replenishes liver glycogen, signaling to your brain that food is available and preventing stress hormones from rising during the night. This keeps your sleep deep and your fat-burning hormones working at full capacity.

THE RECIPE

Bariatric Coffee — Your Bedtime Formula

Prepare this 30–60 minutes before bed. The combination of ingredients works with your body's natural overnight repair cycle to maximize fat burning during sleep.

■ Ingredients — 1 Serving

Ingredient	Amount	Notes
Dark roast coffee (or decaf)	1 cup (240ml) brewed	Strong brew preferred
MCT oil	1 tablespoon (15ml)	Odorless, flavorless
Ceylon cinnamon	1/4 teaspoon	Ceylon only — not cassia
Cayenne pepper	Tiny pinch (1/16 tsp)	Start small, adjust to taste
Ashwagandha powder	300 mg (1/4 tsp)	KSM-66 preferred
Raw honey	1/2 teaspoon	Do not exceed — small amount only
Vanilla extract (optional)	2-3 drops	Pure, not artificial

■■■ Preparation Steps

Brew your coffee

1

Brew one strong cup of dark roast coffee. If sensitive to caffeine, use a high-quality decaf — the other ingredients carry the thermogenic effect.

Add MCT oil

2

Add 1 tablespoon of MCT oil to the hot coffee. Use a small blender or milk frother to blend for 20 seconds — this creates a smooth, creamy texture and prevents the oil from separating.

Add cinnamon & cayenne

3

Stir in the Ceylon cinnamon and the tiny pinch of cayenne. These are your key thermogenic activators.

Add ashwagandha & honey

4

Add the ashwagandha powder and half teaspoon of raw honey. Stir until fully dissolved.

Add vanilla (optional)

5

If using vanilla, add 2-3 drops and stir. Drink warm, 30-60 minutes before bed.

What to Expect

**Night
1-3**

Deeper, more restful sleep. Many women report waking up feeling lighter and less bloated even after the first night.

Week 1

Visible reduction in belly bloating. Clothes start fitting slightly looser around the waist. More energy upon waking.

**Week
2+**

Consistent fat loss — especially belly fat — as the thermogenic and hormonal effects compound. Average reported loss: 2-4 lbs per week when combined with Jelly Burn.

While you sleep, your body works. Give it the right fuel and watch the transformation unfold.

◆ **BARIATRIC COFFEE** ◆