

April Highlights



Do You Want to Lose Weight?

Before you start taking those standard popular weight loss herbs, ask yourself, how did I gain this extra weight? Are there physical, emotional, mental or even spiritual issues hidden behind my extra weight that I am so unhappy about? What is my perfect weight?

The 7 Most Popular Herbs To Help You Lose Weight

The following herbs address key factors in weight control such as reducing appetite, improving digestion and metabolism.

- **Bladder wrack** is known to be the best remedy for excess weight. Where obesity is associated with thyroid trouble, this herb may be very helpful.
- **Cinnamon** is known for its thermogenic properties used in weight loss formulas.
- **Garcinia** may be helpful in controlling appetite and burn fat via thermogenesis, supplying the body with more energy. Research has shown that Garcinia triggers fatty oxidation in the liver, preventing excess carbohydrates from turning into fat.
- **Green Tea** is known to be a valuable antioxidant and also to increase the burning of fat for energy.

- **Gymnema** has a molecular structure similar to that of sugar. It can block the absorption of dietary sugar intake. Good for people who gain weight by eating lots of sugar or carbohydrates. When you put a few drops of Gymnema on your tongue, and 30 seconds later eat something sweet, you will not taste the sugar!
- **Mustard** has thermogenic properties.
- **Triphala** is considered in Ayurveda to cleanse and rebuild the entire digestive system, if taken regularly for one year. Triphala is supportive in weight management, especially when the extra weight is around the hip area.

Bojemni Tea

My friends tell me that drinking Bojemni tea on a daily basis has helped them reduce and maintain their weight. Bojemni is known to be a weight reducing herbal tea that maximizes nutrient absorption, dispels fats, phlegm, excess water, and removes atherosclerotic plaque in the blood vessels, reducing high blood pressure and lessening the chances for heart disease and stroke.

Loving The Way I Look

Living Vibrational Essences can encourage you to see your body in a more positive way.

Synchronicity©

Do you sometimes feel out of sink with your body or your mind with your emotions? For example, people who are overweight or don't like how they look, are emotionally incompatible with their own body. When they attempt to diet they oftentimes sabotage themselves, simply because they are out of sync. What they mentally want to do, where they are emotionally, and their physical being, is not aligned. This essence creates compatibility between mind, emotion and body, therefore, what your mind wants you to do, your body responds to it, and you are emotionally motivated to do that. This essence makes you more of what you believe, externalizing internal belief systems.

Fat Attack Massage Oil for Dieters

Mix the following essential oils into 2 tablespoons of Almond oil: 5 drops Petitgrain, 10 drops Lime, 5 drops Juniper, 10 drops Basil.

- *The Complete Book of Essential Oils & Aromatherapy* by Valerie Ann Worwood.