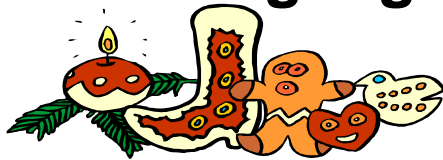


HERB STOP

December Highlights



Holiday Feasting Without Gaining Weight

How can we avoid the weight gain during the holiday season without feeling deprived and miserable? Though it may seem impossible to avoid all those rich and delicious foods, here are ways you can share in the fun without increasing your waistline:

- All things in moderation! Use this approach to all things during the holiday season.
- Drink lots of water or tea to flush out toxins and help decrease appetite.
- Stay active to burn off calories. My grand-ma use to tell me: "After eating stand-up or walk one thousand steps".

In addition, the following herbs and herbal formulas may help you avoid weight gain:

Slim and Fit©

Most people gain weight and build fat tissues because they do not metabolize and use nutrients effectively. Food stays in the body too long and turns into fat. (Meat usually stays in the digestive system for about two weeks.) Therefore, it is important to increase the body's absorption rate. The herbs in Slim & Fit© may help your body absorb nutrients more efficiently, increase your energy levels and give you a wonderful sense of well-being.

Slim "Tea"©

If eating too much is your dilemma, then Slim "Tea"© in tea or capsule form taken before a meal may be helpful. The herbs in this formula are known to enhance metabolism/digestion/absorption of nutrients, stop sugar cravings and block sugar absorption. Eat slowly and chew your food at least 20 times. It takes the brain 20 minutes to realize the stomach is full.



Digestive Bitters©

Do you feel tired and sluggish after a meal? This formula may energize your digestive system as well as all other systems. Taken before meals it may curb appetite slightly as well as lessen the desire for sweets.

Bojenmi Tea

This is a traditional weight reducing Chinese green tea blended with other herbs to maximize nutrient absorption, dispel fats, phlegm, and excess water. My friends say that if they drink a cup before meals they eat less!

Alkalizer Tea and After Dinner Tea©! !

The secret is that if we can keep the body in an alkaline state we stay in our ideal weight range and never gain weight. Both teas have shown to be alkalizing, therefore enhancing weight loss. Also, people like to drink either teas to reduce indigestion and acidity in the body.

Nature's Zymes©

Enzymes from herbs help us break down our foods more efficiently, increase absorption and the elimination of waste.

Spirulina

Spirulina is a highly concentrated nutritive food. People take spirulina before meals to curb appetite. They eat less, feel nourished and energized, because again, the brain has recognized that the body is nourished.

Sea Veggies©

Seaweeds are known to be the best remedies for people who are overweight, or gain weight easily due to a low functioning thyroid/metabolism.

Gymnema



Enjoy your sweets! Gymnema has shown to block sugar absorption by fifty percent. People take it before a high sugar/carbohydrate meal for its sugar blocking action.

Colon Tonic©

Effective elimination is crucial for preventing weight gain. The herbs in Colon Tonic© are known to cleanse the digestive system, and stimulate peristalsis.

