

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 grandma use to tell me: "After eating stand up and walk 1,000 steps."

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

Stay 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. (For example, meat usually stays in the digestive system for about two weeks.)

Therefore, it is important to increase the body's absorption rate. Herbs, such as kelp, ginseng and cayenne combined with some chromium can help your body absorb nutrients more efficiently, increase your energy levels and give you a wonderful sense of well-being. Effective

**Staying Healthy
the Natural Way**



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elimination is crucial for preventing weight gain as well. Buckthorn, rhubarb root, triphala and flaxseed cleanse the digestive system, stimulate peristalsis and elimination.

Garcinia burns off fat

Scientific studies have shown that this tropical fruit, also known as tamarind, suppresses appetite, burns off fat through thermogenesis and prevents the formation of fatty tissues. Garcinia works by slowing down the conversion of excess carbohydrates

into fat, building additional storage of body energy (glucose).

Gymnema is a sugar destroyer

Enjoy your sweets with gymnema. This herb blocks sugar absorption, and therefore, calories. People take it before a high sugar/carbohydrate meal for weight management and to stabilize blood sugar.

Seaweeds speed up metabolism

Kelp, dulse and bladderwrack are seaweeds known to be the best remedies for people who are overweight or gain weight easily mainly due to a low metabolism or low functioning thyroid gland.

Spirulina is a superfood

Spirulina is loaded with easily absorbable vitamins, minerals and trace elements. It is also high in protein, ideal for vegetarians. People take spirulina before meals to curb appetite. They eat less, feel nourished and energized, because the brain has recognized that the body is nourished, not just with calories, but necessary nutrients.

Drink tea

Drinking tea can help burn calories and fat. It's true. Some teas can even boost your energy levels. Studies have shown that people

who regularly drink green tea, four cups or more a day, have less body fat compared to those who don't drink tea regularly. A traditional Chinese tea known as Bojenmi tea is one such green tea, blended with other herbs to maximize nutrient absorption, dispel fat, phlegm and excess water. My friends say that if they drink a cup before meals they eat less!

One of the best kept secrets is that if you keep your body in a slightly alkaline state you can attain your ideal weight and never gain another pound. There are many ways to alkalize the body. One way is to drink teas without sweeteners or cream added. What kind of tea? Do they contain caffeine? How do they taste? How much tea can I drink? For more information about different teas, see www.herbstoponline.com.

The Herb Stop is open Tuesday through Saturday 10 a.m. to 5 p.m.; closed Sundays and Mondays.

For classes, weekend seminars and consultations, visit or call The Herb Stop, 4004 N. Hwy. 87 in Pine. (928) 476-4144. You may also visit the store in Ruidoso, N.M., or the Web site at www.HerbStopOnline.com.

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