

# HERB STOP

## June Highlight



### Build A Healthy Body And Lose Weight

The ideal way to lose weight is slowly but surely. Natalie is 5 feet tall and used to carry 202 lbs. She also has a heart condition, was experiencing migraines, anxiety, panic attacks, shortness of breath and wheezing, feeling always tired she had no motivation to do anything (even if it was something fun), experienced irregular and painful menstrual cycles, swelling, bloating and to top it off, an immense feeling of failure / low self-esteem. Slimming diets and diet supplements were not an option for her because of her medical condition, but she was anxious to improve her health. Natalie decided to take the bull by the horns. After a little research and information gathering she came up with her own program. Within 2 months she lost 42 lbs and continues to lose 1-2 pounds a week. All of her health issues either improved or disappeared! What exactly is she doing? Here is what she says:

“My weight loss and increased well-being was attributed to a variety of things. My best friend was the calorie counter at [www.calorie-count.com](http://www.calorie-count.com). There was an article on [www.livescience.com](http://www.livescience.com) which explained that out of 5,000 people that were able to lose 30+ lbs and keep it off, were those who calorie counted. I find calorie counting is incredibly easy to maintain. I can eat almost anything I'd like, which didn't limit me to the “I can't have this” problem. It's all about portion control. Exercise, stretching and toning were also key components to my weight loss. In addition, keeping an eye on my energy levels was very important. This is an important step, you don't want to damage your body, just whip it into shape! To boost my overall weight loss program I took the following herbal formulas:

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### The Herb Stop's Herbal Vitamin

This formula contains every nutrient you need to survive, except carbohydrates. Nutritious without the expensive calories!

#### Slim & 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 as well as enhancing elimination. Slim & Fit is a formula I took to help my body become more efficient in absorbing nutrients, which gave me more energy. With this increased energy I became more active. Physical activity burns off calories and enhances elimination. !

#### Sublingual Spirulina

Sublingual spirulina is a highly concentrated sub-lingual, non-synthetic vitamin B-12. According to Dr. Ritchason, ND, spirulina contains 250 % more B-12 than liver. Spirulina is generally known to be a highly concentrated nutritive food and 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. Dr. Ritchason, ND, mentions in his book “The Little Herb Encyclopedia” spirulina being the highest source of beta carotene, four times the protein of beef (good for vegetarians) and 26 times the calcium of milk.

#### Sea Veggies

I also took sea veggies to speed up my thyroid (a gland responsible for metabolism), such as kelp, dulse or bladder wrack.

#### Green Tea

Later on in my routine I started taking green tea capsules. This seemed to also pick up my metabolism and alkalize my body. When the body is slightly alkaline you feel fantastic and lose weight!

#### Slim Tea

To control my appetite I also drank one cup of Slim Tea before meals. If I did not have time to brew tea I simply took 2 Slim Tea capsules instead.

**Important:** If you are really tempted to gorge yourself in food, make steamed broccoli and cauliflower (I've used a whole head of each before!!!) and put spices on top, such as basil, paprika, garlic, etc. (NO SALT OR BUTTER). Cut a small 1 inch cube of cheese, grate and sprinkle that on top. This is a really low calorie meal and I guarantee you won't be able to eat the whole thing!!!