

Fat-Burning Herbs That Melt Away the Fat

I found this article in the Jan. 1, 1997 issue of Woman's World. I hope it is useful to you.

You've cut the fat and sugar from your diet. You've read food labels and measured portions. And you've exercised regularly. But don't you wish there was an easier way to shed those excess pounds?

There is, experts say: adding certain herbs to your diet can control your appetite, cut calories and melt away fat effortlessly. They're a dieter's secret weapon. Here's how to put them to work for you:

Garcinia Cambogia

Cooks in India have long prized this small orange fruit (also known as Malabar tamarind) as a spice that makes meals more satisfying and filling. And recently, researchers discovered it also melts fat! Garcinia Cambogia contains a chemical compound called hydroxycitric acid (HCA), similar to the citric acid in lemons and limes. When researchers at the Roche Research Center in New Jersey fed HCA to mice, the mice gained less weight and loss body fat.

HCA is said to decrease weight gain by inhibiting lipogenesis, the metabolic process that converts the carbohydrates we eat into fat. Instead, carbohydrates are converted into a form of glucose called glycogen, which decreases appetite. HCA also turns up our body heat, so we burn more fat. Raw garcinia cambogia is too acidic to eat, but you can find HCA made from garcinia in health food store diet formulas. A common dosage is 250mg., three times daily. It works best if taken one to two hours before a meal.

Gymnema Sylvestre

If a sweet tooth is sabotaging your diet, gymnema sylvestre is for you. Another exotic Indian herb, it helps conquer cravings by dimming the tastes of sugar, dietitians say. Nutrition researchers report that gymnemic acid resembles glucose, a type of sugar.

Drinking a cup of gymnema tea (available at health food stores) before a meal coats your tongue with the substance, tricking your taste buds into finding real sugar bland. The effect last two to three hours, and dieters who have used it report that it reduced their desire for sugary, fattening snacks like doughnuts and cake.

Dandelion

This pesky weed is a dieter's friend, aiding digestion and cutting back on snack attacks. Dandelion leaves prompt the release of enzymes that break down carbohydrates, so our bodies are less likely to store them as fat.

Dandelion has also been shown to help regulate blood sugar. That's good news for dieters because swings in your blood sugar level can lead to cravings and fatigue.

Dandelion tea is available in health food stores. Experts suggest drinking three cups a day or taking the herb in pill form.

Ginger

If you like the way ginger tastes, you'll love what it does for your waistline. Studies show ginger turns our body heat and causes us to burn fat more readily.

Sprinkly on a teaspoon of ground ginger or add a tablespoon of fresh grated ginger to stir-fries or soups. Or sip one to three cups of ginger tea each day (available in health food stores). If you're

pregnant, you should consult your doctor before taking these or other herbs.--**Laurie Aesoph**

ADDITIONAL INFORMATION FROM OTHER SOURCES:

Yerba mate has many great nutritional properties and medicinal benefits! This is called the fat burning tea. It comes from South America and has been consumed there for eons.

Yerba mate contains chlorophyll, iron, trace minerals, calcium, potassium, sodium, magnesium, and vitamins B5, C, and E (rich in vitamin C). Yerba mate does not contain caffeine as many will tell you. It contains a stimulate called mateine. Mateine acts like caffeine but is not habit forming. Mateine also helps to reduce blood pressure where caffeine helps to raise the blood pressure.

Mateine is also a smooth muscle relaxant which can help in the bronchial tube area, thus helping with asthma.

If you look at the ingredients panel of many of the diet aids on the market you will see yerba mate or ((Ilex paraguarensis) which is the Latin name. Mate burns fat! It will help to curb the appetite plus burn fat. WINNER! WINNER! Many body builders are using yerba mate because of its thermogenic properties.

Mate has another secret! It helps to boost the effectiveness of other herbs and its taste is a rather alfalfa type herb taste. Since the taste is mild it will blend well with other herbs. Now you can add more nutrition and fat burning properties to your other teas.!

This is the fun part, blending different herbs with mate. We tried the lemon myrtle with yerba mate and it was a smooth lemon herb taste. What a great antibacterial tea! and it would make a great plant fertilizer and anti fungus treatment for your plants.

We tried the mate with clove cinnamon and orange peel! That was good.

If you want to give your teas a powerhouse of nutrition , this would be the herb to add to it!

Bitter Orange:

The strongest energy & fat burning herb available without a prescription required. Bitter Orange helps your body permanently increase the rate at which your metabolism burns calories and fat. Synephrine is the primary active alkaloid (properties) in Bitter Orange. Synephrine stimulates your body's adrenal gland promoting effective fat burning, appetite suppression and natural energy. The other active alkaloids in Bitter Orange perfectly balance the herb, which prevent any long term damage or risk to your central nervous system, heart rate or cardiovascular system.

White Willow Bark:

Greatly enhances Bitter Orange and Yerba Mate by breaking down your fat cells so they are easily burned away. The synergistic effect of combining Bitter Orange, Yerba Mate and Willow Bark is the most effective way to metabolize fat into usable energy. Willow Bark also shortens recovery time after exercise and is an boosts your immune system.

Apple Cider Vinegar:

Contains an acidity content that literally eats away at your body's fat cells. It also contains properties that lower your cholesterol levels, which enable the fat to be burned quicker and more easily. This fat is transformed into energy.

PAGE

PAGE 1