

~ A Healthier You ~

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Magnolia soulangiana

Conquering obesity naturally!

Excessive weight and obesity lead to approximately 280,000 preventable deaths in the United States each year. Some serious complications, which can result from being over weight are:

type 11 diabetes, coronary heart disease, and high blood pressure.

However, there are some natural products that can help in the battle of weight loss. They may also provide other benefits, such as lowering cholesterol, increasing energy, improving glucose metabolism, and improving moods.

Organic Grapefruit Concentrate: This is one of nature's richest sources of antioxidants, bioflavonoids, enzymes and fiber. It is high in pectin, a soluble fiber that helps to lower blood cholesterol. The combination of pectin, seeds and peel of the whole grapefruit, inhibits enzymes in the intestinal tract, which are responsible for the conversion of carbohydrates into storable fats. Research confirms that grapefruit decreases the risk of heart disease by reducing high cholesterol and atherosclerosis. Grapefruit pectin also lowers blood sugar levels in diabetics by reducing

carbohydrates that enter the blood stream, which lessens the amount of sugars being absorbed - it prevents sudden blood sugar spikes.

Blueberry Leaf Extract: Contains both chlorogenic and caffeic acids, which help to reduce glucose absorption in the intestines, decrease glucose synthesis in the liver, speed up the rate of glucose metabolism, and reduce total cholesterol and LDL levels.

The 'long-lived' Caucasians of Russia have traditionally taken medicinal teas infused with leaves of the blueberry plant, as a self treatment for diabetes and hypoglycemia.

Magnolia Extract: Originally used in Chinese herbal formulas during the Shanghan Lun eras (220 A.D.), Magnolia bark is still a popular ingredient in numerous patented Chinese herbal remedies, which are used for digestive system disorders, abdominal bloating and discomfort. It is a cholesterol lowering agent and contains naturally occurring perilipin inhibitors, a key factor in weight loss.

Rhododendron caucasicum: Contains high amounts of polyphenolic antioxidants, which inhibit the action the lipase enzyme, which interferes with fat metabolism. It has a profound antioxidant effect in the entire body.

Rhodiola rosea: Is a powerful anti-stress, mood and memory enhancing herb the nickname 'ginseng alternative'. It is said to be more effective than St. Johns Wort, Ginkgo biloba and Panax ginseng as a phyto-medicine for regulating hormone sensitive adipose lipase in obese people, while it mobilizes fatty acids from the adipose tissue.