

## Losing Weight? - Go Herbal

These days, there is a great need for overweight Americans to lose those excess pounds. Being healthy would not only lead them to have a healthier lifestyle but it will also literally lighten their load, and improve their overall well-being.

There is a long list of dieting options available. There are exercise programs, exercise machines, dietary supplements, dietary food and drinks, diet pills - there are even soaps which claim to help you lose pounds while you bathe.

One other available option to shed off those unwanted pounds is to go herbal.

Herbal weight loss products have been in great demand for people who want to lose weight the natural way. However, when you take herbal supplements to lose weight, you would have to wait for a longer time for the results because of the more subtle effects of medicines which came from plants and natural herbs.

Here are some herbal weight loss options that you might want to consider:

### 1. Herbal weight loss products

There are a lot of herbal weight loss products available in the market now. You can check out the Internet and you will find a lot of herbal weight loss pills and products.

Be careful, however, as there are some products which claim to be safe and natural because they are herbal, but some actually have side effects because of non-extensive research on the effects of these products.

Senna. This is an herbal laxative. Senna is a main ingredient in weight loss teas, and it works by stimulation the colon. The downside effect of this herb is dehydration. It can also lead to colon problems and can become addictive. Some people, when addicted, are unable to perform bowel movements without it, so watch out.

St. John's wort. This supplement increases the production of a chemical in the brain. If not used properly, it may cause eye and skin sensitivity, mild gastrointestinal distress, fatigue and itching.

Although a lot of herbal products claim to be safe and natural, it is better to scrutinize the ingredients and research about the effects of the product itself before going for these herbal dietary pills.

### 2. Organic food.

In Wichita, Kansas, organic food has found its way to more homes and restaurants. Organic food devotees believe that consuming organic goodies help their bodies as well as the environment.

A person who buys organically raised eggs and vegetables claim to be healthier, and they are not spending money on doctors and prescriptions as these keep them healthier and away from the hospital. This could also be an option for weight watchers, as organic food is known to be kinder to your weight than chemically-processed food products.

### 3. Green Tea.

Studies show that intake of green tea, or green tea extracts burns extra calories. Also, green tea with caffeine can increase fat burning by up to 40% thereby reducing fat.

This is one good option for those who want to lose weight. In a study done, people who took green tea were found to lose 2 to 3 times more weight than those who did not drink green tea.

These results show that green tea is a natural product for the treatment of obesity. Thus, it also makes for a healthier dietary option, not to mention the good effects that it has on the body as compared to caffeine. A cup of tea gives an immediate energy lift without the side effects of caffeine.

### 3. Caffeine.

Coffee provides an energy boost to increase fat burning. Caffeine also provides a likelihood to be active, which in turn increases your rate of calorie burn.

### 4.

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Hospitals reported by the sides meet Fangfengtongsheng St. casual treatment of obesity in patients with solid, the defense has to Astragalus daily soup, Fangfengtongsheng St. scattered all five grams, six months after the weight from 69 kg reduced to 67 kg, abdominal circumference from 100 cm to 85 cm. Total cholesterol from 341 to 148, triglyceride by 288 to 78, non-fat and fatty acids from 0.25 to 0.75 liters. Indications of strong muscle obesity.

### 2.n

Indications simple obesity.

Hospitals reported that clinical observation of 50 cases, 48 cases symptoms improved, weight loss, efficiency more than 90%, the characteristics of such slimming proprietary Chinese medicine is less side effects, the effect of a more stable, taking more convenient. Facts have proven that the role of either proprietary Chinese medicine slimming Huashi diuretic, Huoxue Quyu, Jianpi Xiaoji, line-by-four large, integrated Qingshenjianfei on the 1st of the above formula is the mechanism from four areas, it results significantly .

### 4.n

Daily served bag ,80-100 degrees Celsius brewing water per day 2-3 times, and sooner or later suits, may sooner or later serving bag, and even served three months. Indications simple obesity.

Hospitals reported that the 50 cases of obese patients taking, obviously slimming 32 people, or 64 percent, weight loss is not significant in 4 people, or 8%, the total effective rate was 72%; invalid (weight loss less than two kilograms) 14, accounting for 28% effective in cases of weight loss of 15 kg in 1, 10 kg to Bozhe three, five kilograms more than eight people, four kilograms more than nine people, 3.5 kg more than seven people, 2.5 kg more than four people, the average reduce the 4.94 kilograms.

### 5. Real Xiaopi Pill

Zhishi 15 grams, Honokiol 10 grams, dangshen 15 grams, Atractylodes 10 grams, Poria 10 grams, licorice 10 grams, Seeds of Brassica alba 10 grams, Semen Raphani 15 grams, Zexie 10 grams, Hawthorn 30 grams, Shouwu 30 grams, Rhubarb 15 grams.n

Day one, each fried 200-300 ml, serving at 2-3 times. Three months for treatment. Indications hyperlipidemia of obesity.

Hospitals reported three cases of patients, male two cases, female 1 cases. Age 50-57 years old. Measuring abdominal circumference 90-96 cm, blood cholesterol were higher than 320 milligrams per cent, triglyceride greater than 140 mg per cent. Medication from February to April, reducing 17-18.5 cm abdominal circumference measurements, the minimum blood cholesterol values of 150 mg per cent and a maximum value of 200 mg%, glycerol casein acid were less than 140 mg per cent.

#### 6. Tang also Tong

Huajiao 30 grams.n

Honokiol 15 grams, liquor Army 7.5 g, Qingpi 15 grams, Cangzhu 15 grams, Banxia 15 grams, cloud-ling 15 grams, Shell 15 grams, Seeds of Brassica alba 10 grams, coke Chinese quince 15 grams. The clothes one, and sooner or later the clothes once a course of treatment a month. Wet-sheng, head of obesity spleen deficiency disease.

### About the Author

From [www.americanchronicle.com](http://www.americanchronicle.com):

Metabodrene 356 available at Supplements To Go delivers effective real herbal weight loss. Metabodrene 356 proprietary blend of 10 mg of ephedra.

LeanCare is a completely natural weightloss herbal remedy for losing weight. LeanCare herb benefits, research, side effects.

Unlike prescription weight loss products, carb blockers and appetite suppressants, alternative herbal therapies can be used with a greater.

Herbal life products help in losing weight in very less period and they also help in losing pounds of fats without.

Made with only American organically grown herbs and American wild harvested herbs the organic colon cleansing and herbal weight loss products.

Natural Herbal Supplements, acne treatment, colon cleanse, male enhancement, breast enlargement, hemorrhoids treatment, hoodia gordonii.

Herbal weight loss. Free Newsletter. Stay updated, sign up for our free newsletter to receive useful tips. Full Name Email Id.

Hoodia Gordonii Hoodia Diet Pills, Hoodia, weight loss pill a natural appetite suppressant, is earning attention as a potentially powerful.

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