

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herbs that Heal *and* Help Shed Pounds



There are several herbs that contain compounds that synergistically increase the body's basal metabolic rate, which can increase the burning of calories and fat. These herbs can be incorporated into your life as supplements, teas, or foods to help you in your goal to lose weight alongside *exercise*, the Mucusless Diet and the Three-Day or Extended Herbal Cleanse.

Take a look at the herbs listed below you might even be able to find in your own yard, kitchen, or community. See how they can assist your body with weight loss and begin enjoying what they can do for you!

Dandelion: (Fat loss) Aids fat metabolism by helping the function of the liver. Dandelion acts as a tonic and stimulant by aiding the body's main cleansing organ in function and strength to remove toxins from the body. Dandelion is also known for its great effects on the pancreas, which aids in the body's use and regulation of sugars, and it assists the body in increasing the flow of bile, the fluid that aids in the physical digestion of lipids (fats) in the small intestine.

Hawthorn Berries: (Heart) Under conditions of stress, the heart often "works overtime" such as with the condition of excess weight and its all-too-common companion, arterial plaque. Hawthorn berries can help in treatment of high or low blood pressure. It is also anti-spasmodic, and soothing to nerves, especially in nervous insomnia. By promoting a healthy heart, hawthorn berries can improve the circulation of nutrients, cellular oxygenation, elimination of blood impurities, stress relief, and effective rest, which are all powerful agents in the weight loss process.

Cayenne: (Blood & Vitality) Great metabolic stimulant and is a fantastic aid in circulation of blood, speeding the delivery of nutrients and oxygen to cells. Cayenne is also a great gastric and digestive stimulant assisting assimilation and elimination in the body. Cayenne will also increase vitality and activity; two vital components of healthy weight loss.

Ginger: (Digestion) Stimulant and a 'catalyst' herb, bringing the other herbs in a formula into the abdominal area. Ginger is a powerful digestive aid, helping the body actively break down and utilize nutrients from food.

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Kelp: (Essential Minerals) Wealthy source of essential minerals, a particularly great source for iodine, and a great aid to the Thyroid. In Dr. Christopher's Herbal Syllabus he says of Kelp, "With little common sense of dieting, Kelp alone can reduce [overweight] people to more normal proportions... It has been found that there is a definite connection between the amount of energy available and our iodine intake."

Dr. Christopher incorporated these herbs into several combinations supportive of weight loss, such as the Adrenal Formula, Metaburn, and Thyroid Maintenance Formula.

To purchase these formulas find an herb shop we recommend at www.christopherwebsites.com.

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