

Effective Herbal Weight Loss Methods

Obesity is one of the major problems now a days the reasons being many. Maintaining healthy life by using herbal products is called as Herbal life. Herbal life products contain herbal components and help in losing weight. The genuine herbal weight loss combined with exercise can definitely help in getting rid of excessive weight.

Herbal products are prepared from the leaves, stems, roots, bark, buds and flowers of plants. They are taken in their natural form or refined into tablets. When compared with other weight loss products, herbal products are more effective and less in calories. Herbal products are rich in taste. Herbal products help in losing weight in a very short span of time without any risk and there are no restrictions in diet.

Some of herbal medicines manufactured for weight loss are:

Ephedra: This is a stimulant, which suppresses the appetite. Small amounts can be taken but it is not recommended for diabetic or heart patients.

PPA (PHENYL PROPANOL AMINE HYDROCHLORIDE): Researchers say that it improves weight loss when taken with a low calorie diet. FDA has approved it with a warning on their labels.

Herbal teas: The ingredients, which promote weight loss, are locus plant, ginseng, buchu leaves and papaya. Herbal teas are growing in popularity.

Amino acids (CARNITINE): This enhances the burning of fat. Since it has calories, it increases the calorie intake also.

Fucus vesiculosus: This is a sea vegetable having iodine, potassium, iron, magnesium and calcium. Since it contains iodine, it helps in thyroid hormone production to maintain metabolism in our body.

Gallium Aperiine: This is a diuretic and lymphatic cleanser. It is used to clear the body of toxins.

Garcinia Cambogia is a natural appetite suppressant and boosts metabolism.

Taraxacum Officinalis has a rich source of vitamins like A, D, C and B and minerals, iron, magnesium, Zinc and manganese.

Glycolrhiza Glabra is a tonic stimulant for the digestive system.

Erythrea Centauriumis is an excellent purifier of blood and a general tonic

Pauline Cupani boosts energy levels

Curcuma Longa was used three thousand years ago as a treatment for obesity

Zingiber Officinalis stimulates energy production and improves digestion

Herbals are most popular dietary supplements. Weight loss can be achieved through correct diet plan, regular exercise and brisk walk. Herbal products not only help in weight loss but are also good in taste. Herbal life products are less expensive compared to other weight loss pills. Herbal weight loss program is easy to follow and can fit into any schedule. Exercise is not a must to lose weight with the herbal weight loss program.

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About the Author

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