



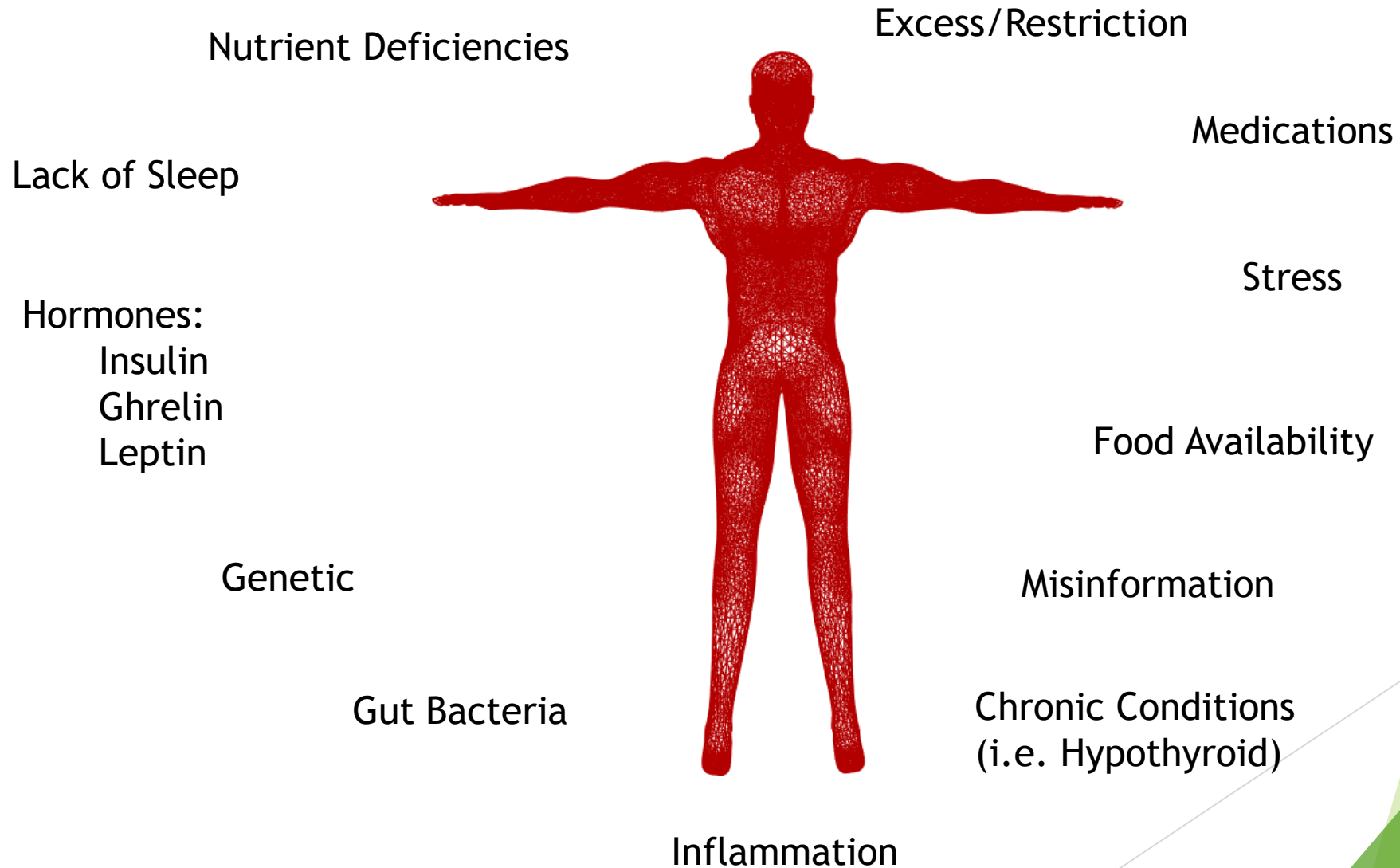
Herbs and Weight Loss

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There is no one-size-fits-all approach to health.

Weight loss is not as easy as “calories in and calories out.”

Contributing Factors to Weight Gain



Insufficient Evidence and No Long Term Safety Trials

African
Mango

Green
Coffee Bean

Yerba Mate

Garcinia
Cambogia



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White
Kidney Bean

- High caffeine, adverse reactions, abuse/misuse - not recommended for long-term, healthy weight loss. \$\$\$
- High concentrated doses

Herbal Medicine Approaches to Weight Loss

Digestion
And
Gut Health

Inflammation

Balance
Blood Sugar

Detoxification

Stress
Management

Balance Blood Sugar

- ▶ Blood sugar triggers insulin
 - ▶ Insulin pushes sugar in cells
 - ▶ Negative-feedback loop causes excess to be stored as fat
 - ▶ Over time, leads to insulin resistance - constantly storing sugar as fat as opposed to using it for energy.
 - ▶ Insulin resistance leads to further complications such as leptin resistance
 - ▶ Leptin is the hormone for fullness and satisfaction.
 - ▶ Leptin resistance - body doesn't hear fullness cues.
- ▶ Cinnamon (1)
 - ▶ Improves insulin resistance
 - ▶ Reduces fasting glucose
 - ▶ Improves cholesterol markers
 - ▶ Fenugreek
 - ▶ Manages cholesterol and blood sugar
 - ▶ Cumin/Black Cumin Seeds (2)
 - ▶ Lowers blood sugar
 - ▶ Protects beta-cells and pancreas

(1)Aggarwal B. B. (2010). Targeting inflammation-induced obesity and metabolic diseases by curcumin and other nutraceuticals. *Annual review of nutrition*, 30, 173–199. <https://doi.org/10.1146/annurev.nutr.012809.104755>

(2)Choudhury, H., Pandey, M., Hua, C. K., Mun, C. S., Jing, J. K., Kong, L., Ern, L. Y., Ashraf, N. A., Kit, S. W., Yee, T. S., Pichika, M. R., Gorain, B., & Kesharwani, P. (2017). An update on natural compounds in the remedy of diabetes mellitus: A systematic review. *Journal of traditional and complementary medicine*, 8(3), 361–376. <https://doi.org/10.1016/j.jtcme.2017.08.012>

Digestion and Gut Health

- ▶ Stimulating digestion (3)
 - ▶ Fennel
 - ▶ Ginger
 - ▶ Cayenne
- ▶ Promotes fat and cholesterol breakdown and stimulates digestion (3)
 - ▶ Chamomile
 - ▶ Dandelion Root
- ▶ Stimulates digestion and motility (3)
 - ▶ Licorice
 - ▶ Catnip
 - ▶ Peppermint
- ▶ Anti-inflammatory (Soothing to inflammatory bowel conditions)
 - ▶ Marshmallow
 - ▶ Slippery Elm

Adaptogens and Stress Response

▶ Adaptogen Herbs (3)

- ▶ Rhodiola
- ▶ Ashwagandha
- ▶ Ginseng
- ▶ Holy Basil
- ▶ Licorice

▶ Calming Herbs (3)

- ▶ Lemon Balm
- ▶ Lavender
- ▶ Chamomile
- ▶ Valerian
- ▶ Passionflower

Anti-inflammatory and Antioxidant

- ▶ Turmeric (4)
 - ▶ Anti-inflammatory
 - ▶ Improves glucose markers
 - ▶ Lowers cholesterol
- ▶ Ginger
 - ▶ Reduces fatty liver
 - ▶ Reduces blood sugar
 - ▶ Reduces inflammation
- ▶ Capsaicin (Chili Pepper)
 - ▶ Improves insulin resistance
 - ▶ Improves glucose tolerance
 - ▶ Reduces liver fat
- ▶ Black Pepper
 - ▶ Antioxidant
 - ▶ Enhances Turmeric benefits
- ▶ Anise
- ▶ Clove

Weight loss and Detoxification

- ▶ Toxins accumulate in the adipose tissue (fat deposits)
- ▶ Some people experience worsening of symptoms during weight loss journey
 - ▶ Could be due to break up of toxins recirculating from the blood stream

Don't let companies fool you into expensive products.

- ▶ Herbal Support (5)
 - ▶ Milk Thistle
 - ▶ Aids liver detox, anti-inflammatory, antioxidant
 - ▶ Dandelion Root (Phase II detox)
 - ▶ Diuretic, Anti-inflammatory, restorative to liver and gallbladder
 - ▶ Turmeric and Garlic
 - ▶ Anti-inflammatory
 - ▶ Liver protective (Phase 1 detox)
 - ▶ Cilantro and Parsley
 - ▶ Binds heavy metals
 - ▶ Ginger (Phase II)
 - ▶ Green Tea (Phase I & II)

Free 30 minute Discovery Calls