



GREEN TEA:

Tea is the most widely consumed beverage in the world, second only to water. Hundreds of millions of people drink tea around the world, and studies suggest that green tea has many health benefits. Green tea may be useful for the following health conditions:

Atherosclerosis: Population-based clinical studies indicate that the antioxidant properties of green tea may help prevent atherosclerosis, particularly coronary artery disease.

High cholesterol: Research shows that green tea lowers total cholesterol and raises HDL ("good") cholesterol.

Cancer: Clinical studies have shown that both green and black teas help protect against many cancers including pancreatic, stomach, skin, bladder, breast, ovarian, lung and colorectal.

Control blood sugar: Green tea has been used traditionally to control blood sugar in the body and regulate glucose in the body.

Weight Control: Clinical studies suggest that green tea extract may boost metabolism and help burn fat. The healthful properties of green tea are largely attributed to polyphenols, chemicals with potent antioxidant properties. In fact, the antioxidant effects of polyphenols appear to be greater than vitamin C. The polyphenols in green tea also give it a somewhat bitter flavor.

GERANIUM OIL:

ImproveS Mood and ReduceS Stress: Used for centuries because of its wide range of healing properties and benefits. Geranium oil has natural anti-depressant and stress relieving properties. uplifts mood and also helps to calm anxiety and nervous tension brought on by stress.

Anti-Aging: Geranium oil can work to slow the signs of aging in cells called oxidation. It aids in the tightening of skin and helps to prevent it from becoming loose and wrinkled. Working in conjunction with the underlying collagen, geranium oil can keep the skin looking younger and smoother, free of fine lines.

Anti-Bacterial: Geranium oil can work to prevent infections throughout the body via its antibacterial properties. It can help to prevent microbes from attaching to damaged tissue or wounds, which can then lead to certain types of diseases and permanent organ damage. If applied directly to the wound, geranium oil can work to protect it while the immune system does its job.

GARCINIA CAMBOGIA (Mangosteen Oil)

Used for centuries to make meals more filling. The active constituent in this herb is called Hydroxycitric acid or HCA and is gaining a reputation for assisting weight loss through appetite suppression and by reducing the body's ability to form adipose(fatty) tissue during times of overeating. Inhibits the body's ability to convert carbohydrates to fats. This leads to an increase in glycogen in the liver, which sends a message to the brain indicating satiety, and in turn reduces appetite.

Carnitine (L-carnitine)

Helps the body turn fat into energy. Produced by the body in the liver and kidneys and stored in skeletal muscles, heart, brain and sperm. Reduces oxidative stress and improves performance. Especially helpful for the heart. Angina, Heart Attack and Heart Failure. Studies have shown that oral Carnitine reduces fat mass, increases muscle mass, and reduces fatigue. All of these effects may contribute to weight loss. Erectile Dysfunction: Propionyl-L-carnitine may help improve male sexual function and may significantly improve the effects of Viagra in those with Diabetes.

A healthful,natural supplement to help with weight loss. Take one a day or as needed.