



If you find it difficult to lose weight, herbs can be of great help. For centuries, herbs have been used as a natural remedy for everything from a common cold to losing weight. Because every body and lifestyles are different, one type of herb may work better for one person and not for another person. Herbs can increase metabolism, reduce the appetite and more.

### Herbs for Weight Loss

Many different herbs have been used throughout time as weight loss remedies. Alfalfa, corn silk, dandelion, juniper, yarrow, parsley, and uva ursi are commonly known for their **diurectic** properties which is useful for excess water retention.

Green tea, cayenne, cinnamon, and guarana have long been known as **thermogenic herbs**, making your metabolic rate boost, while bladderwrack and hawthorn berry supports the adrenal glands and improves thyroid function.

Certain herbs can actually trick the body into thinking that they're full and suppress the appetite while the herb speeds up the body's metabolism. Others, like buchu and uva-ursi, **remove excess fluid from your body** but only as long as the herb is taken regularly. If stopped suddenly, the weight will return quickly.

**Cayenne**, which brings your metabolism up at a healthy level, is just one of those. Some other safe herbs that can help you lose weight are:

**Gallium aperine**, a plant that grows wild in many parts of the world, was traditionally used as a lymphatic cleanser and a diuretic. It helps to clear toxins from the body, clear skin and rid the body of other conditions that are caused by toxins built up in the body.

**Garcinia cambogia** has been incorporated for centuries in Ayurvedic medicine as a natural appetite suppressant but has only lately gotten tons of media attention as a weight loss supplement.

Garcinia cambogia acts as a natural weight loss remedy because **it inhibits fat storage**, or lipogenesis, causes the appetite to be suppressed, boosts metabolism, and lowers glycogen production in the liver. It seems to stamp down the enzyme that turns carbohydrates into fat.

Commonly known as a **dandelion**, *Taraxacum officinalis* is known for stimulating the digestive system and liver. Rich in vitamins, it was first mentioned by Arabian physicians in the tenth and eleventh centuries and has been used for liver problems in India for a long time. It has been known and used as a diuretic because of its suppression of sodium to be absorbed.

**Curcuma longa** was traditionally used in Indian medicinal techniques because it was beneficial to the stomach, stimulating digestion. *Curcuma longa*, also known as turmeric, was considered in Indian Ayurvedic medicine to be cleansing for the entire body. Recent research shows that this herb is beneficial to the liver because it stimulates the flow of bile which has the job of **breaking down dietary fat**.

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