

WEIGHTLESS

Ingredients Profile & Scientific References

By Dr. Scott Treadway

**#1 TRIPHALA**

Triphala or “three fruits” is a combination of the myrobalan family of fruits commonly eaten in Asia. Triphala is a traditional remedy for deep digestive cleansing and balancing and one of the most important traditional herbal formulas for efficient digestive functioning.

Triphala helps to deep cleanse on the micro-level including the villi hairs of the intestines. Clean intestines are necessary for proper nutrient assimilation and consequent good healthy weight management. Also, a clean digestive system allows for better digestion of foods and absorption of foods and, therefore, healthier satisfaction with less bulky or nutrient deficient meal portions.

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* Scientific validation of the ethnomedicinal properties of the Ayurvedic drug Triphala: A review. [Chinese Journal of Integrative Medicine](https://link.springer.com/journal/11655) December 2012, Volume 18, [Issue 12](https://link.springer.com/journal/11655/18/12/page/1), pp 946–954.
* [Pratya Phetkate](https://www.hindawi.com/91271898/), [Tanawan Kummalue](https://www.hindawi.com/17313407/), [Yaowalak U-pratya](https://www.hindawi.com/32756961/), and [Somboon Kietinun](https://www.hindawi.com/64362589/). Significant Increase in Cytotoxic T Lymphocytes and Natural Killer Cells by Triphala: A Clinical Phase I Study. Faculty of Medicine, Thammasat University, Pathumthani 12121, Thailand.

**#2 MORMODICA CHIRANTIA**

Mormodica chirantia or Bitter Melon is a traditional food used in the balancing of blood sugar and has been used historically for pre-diabetic conditions or advanced blood sugar imbalance conditions.

Studies have shown that Bitter Melon may help reduce fat and by balancing blood sugar levels, stabilizing insulin and helping to prevent over-eating. Bitter melon contains enzymes that break down fat into free fatty acids.

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* [Baby Joseph](https://www.ncbi.nlm.nih.gov/pubmed/?term=Joseph%20B%5BAuthor%5D) and [D Jini](https://www.ncbi.nlm.nih.gov/pubmed/?term=Jini%20D%5BAuthor%5D). [Asian Pac J Trop Dis](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4027280/). Antidiabetic effects of Momordica charantia (bitter melon) and its medicinal potency. 2013 Apr; 3(2): 93–102.Interdisciplinary Research Centre, Department of Biotechnology, Malankara Catholic College, Mariagiri, Kaliakkavilai - 629153, Kanyakumari

**#3 SHILAJIT**

Shilajit is known historically as the “Destroyer of Weakness” the herbal ingredient, Shilajit, contains over sixty trace minerals and is used for anti-fatigue purposes in traditional medicine. Shilajit has naturally occurring Fulvic Acid and Humic Acid to help support general strength and vital health.

Shilajit is often used traditionally for blood sugar balancing which may help to prevent hunger issues.

In traditional medicine Shilajit is considered a panacea herbal remedy since it has so many positive benefits for supporting good health, strengthening and general vitality.

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**#4 AMYLASE**

Amylase is an important digestive enzyme that helps to breakdown carbohydrates in the digestive system. Good digestion is a fundamental key to healthy weight management.

**#5 BERBERIS ARISTATA**

Berberis aristata herb contains naturally occurring berberine which has been linked to the control of blood sugar balancing and anti-diabetic actions

In two studies to measure weight it was noted that obese people (one with metabolic syndrome, the other being ‘otherwise healthy’) who consumed berberine had weight loss of roughly 6-13% over just 3 months. Diet was not recorded during this time, but berberine seems to have anti-obese effects.

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**#6** **CARDAMOM**

Cardamom is a traditional spice used historically for good digestion, water retention conditions and, thereby, lowering of blood pressure. Good digestion and elimination of excess water retention is important for heathy weight management.

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**#7 PROTEASE**

Protease is a natural enzyme as found in the digestive system that is used by the body to break down protein containing foods. Lack of protease enzymes can lead to poor digestion, weight gain and accumulation of excessive waste for elimination as a body burden.

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**#8 GUGGUL**

Guggul OR Commiphora mukul is a traditional herbal remedy for the maintenance of healthy weight management, activation of thyroid functions and a balance of metabolism.

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**#9 BOERHAAVIA DIFFUSA**

Boerhaavia diffusa or Purnarnav is a traditional herb used for healthy digestion and balancing of the digestive system and is also acts as a mild diuretic.

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**#10 TRIBULUS TERRESTRIS**

Tribulus terrestris is a traditional herb used as a mild diuretic.

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**#11 TURMERIC**

Turmeric or Cucuma longa, a natural traditional culinary spice, can help to reduce edema and inflammation associated with over-weight conditions. Turmeric is naturally anti-inflammatory.

In a study, it has been shown to modulate the metabolic activities in the white adipose (fat) tissues that prevent angiogenesis. This in turn results in [decreased](https://www.ncbi.nlm.nih.gov/labs/articles/19297423/) fat accumulation.

Curcumin has also been found to decrease the size of adipose tissues, i.e. lower fat accumulation in over-weight patients. The body measurements of these patients [showed](https://www.ncbi.nlm.nih.gov/pubmed/26592847) significant reduction of fat.

Moreover, it has been [observed](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3982000/) that turmeric along with sulphur can prevent fat deposition and improve the lipid profile of blood and liver in over-weight individuals.

Turmeric blocks fat cells from forming and expanding:

In a study at Tufts University called “Curcumin (main ingredient in Turmeric) Inhibits Adipogenesis in 3T3-L1 Adipocytes and Angiogenesis and Obesity in C57/BL Mice” in 2009

They found the following:

“We investigated the effect of curcumin, the major polyphenol in turmeric spice, on angiogenesis, adipogenesis, differentiation, apoptosis, and gene expression involved in lipid and energy metabolism in 3T3-L1 adipocyte in cell culture systems and on body weight gain and adiposity in mice fed a high-fat diet (22%) supplemented with 500 mg curcumin/kg diet for 12 wk.” Findings: “The curcumin suppression of angiogenesis in adipose tissue together with its effect on lipid metabolism in adipocytes may contribute to lower body fat and body weight gain. Our findings suggest that dietary curcumin, present in turmeric, may have a potential benefit in preventing obesity.”

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