



Cellu-Smooth with Coleus

Fat burning herbal formula for cellulite and fatty deposits

Many women struggle with unsightly deposits of fat around the thighs, hips, buttocks and upper arms, commonly known as cellulite. Men can also develop areas of fat deposition that are difficult to burn off. Cellu-Smooth is a formula designed to improve circulation to these areas of the body, enhance fat metabolism, and aid in weight loss.

Cellu-Smooth has a protective effect against free radical damage, and benefits both the skin and the circulation. It has also been used for cartilage damage and during pregnancy. Cellu-Smooth contains the following ingredients:

Bladderwrack

A native of the North Atlantic oceans, bladderwrack is an edible seaweed which is high in iodine. It can contain up to 0.1% iodine and is beneficial for the thyroid gland. Iodine is needed throughout the body to help emulsify and burn fats, especially in the thyroid gland. Bladderwrack helps to boost metabolism, thereby aiding weight loss and the burning of fats in the body. As an added benefit, Japanese studies have shown that consuming large amounts of iodine-rich seaweeds in the diet is very effective in preventing breast cancer.

Rhodiola Extract

A native of the harsh Russian climate, rhodiola has been extensively researched as an adaptagen. Adaptagens were first discovered in Russia and have the capacity to reduce the output of stress hormones such as cortisol in the body. Cortisol contributes to muscle breakdown and weight gain. Also known as golden root, rhodiola has been shown to help mobilize fat from adipose tissue. It is effective in increasing strength and stamina, enhancing mood, memory and sexual energy.

Milk Thistle Concentrate

Milk thistle is best known for its hepatoprotective abilities. It contains silymarin, which has been scientifically proven to protect the liver against a wide variety of environmental toxins. Milk thistle also helps the liver detoxify, increases bile secretion (which helps digest fats) and reduces blood cholesterol. The liver is a very impor-

tant organ for processing fats in the body and fat deposits often contain toxins which need to be broken down by the liver. So, liver support can be very important in breaking down fatty deposits in the body.

Ginkgo Concentrate

Ginkgo contains flavonoids, tannins, lignans and essential oils which improve circulation to all parts of the body. It also shows evidence of protecting the body from free radical damage. Improving blood flow to tissues helps with the breakdown of fat.

Rhododendron

Most of the relatives of this plant (azaleas and rhododendrons) are toxic, but this particular plant has been safely used in Russia and China for hundreds of years as a tea. It is consumed regularly by residents of the Republic of Georgia, well known throughout history as some of the healthiest and leanest people in the world. It is a powerful anti-oxidant which can help prevent free radical damage to the skin and tissues.

The plant inhibits lipase enzymes which break down fat for absorption. This reduces fat absorption. Research in the USSR also shows that it has anti-inflammatory, anti-viral and cardiovascular enhancing properties.

Coleus

Coleus forskohlii has numerous effects on circulation. It relaxes smooth muscle, dilates blood vessels and reduces blood pressure. It also increases levels of cyclic adenosine monophosphate (cAMP) which assists the body in dilating arteries. Coleus enhances thyroid function, which aids in burning fat in the body.

Dosage: Use one capsule two to three times daily with plenty of water. Use the Cellu-Tone essential oil blend topically at the same time to enhance the effectiveness of this formula.

Warnings: Not recommended for pregnant or nursing women or for children under age 6.

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