



SF

Herbal “Skinny Formula”

SF, also known as “Skinny Formula,” is a powerful herbal combination specifically designed to support and enhance the body’s weight-control mechanisms. Developed by herbalist and nutritionist LaDean Griffin, SF helps to curb appetite, balance blood sugar levels, reduce food cravings, cleanse the body of toxins, and initiate the burning of fats. The herbs in this formula also work together to increase metabolism and energy and reduce fatigue; they are rich in chromium, fiber, iron, magnesium, manganese, silicon and zinc.

In addition to being useful for weight loss, SF is a great formula for reducing fatty congestion in the liver. It helps to balance both high and low cholesterol, as well as help the body heal from conditions which involve improper metabolism of fats, such as acne, boils, cellulite, fatty deposits and tumors and seborrhea. The formula is alterative, diuretic, laxative, lipotropic and has a mild antiparasitic action.

The following herbs lend their properties to the effectiveness of the formula:

Chickweed contains mucilaginous compounds to absorb bowel toxins and soothe inflamed tissues. Through its emulsifying properties, it also breaks down fat in the body. It has been used historically to dissolve fatty tumors and deposits. With high levels of nutrients like iron, magnesium, manganese, silicon and zinc, it helps to suppress hunger and food cravings.

Gotu Kola is an ancient Ayurvedic remedy that acts as a general tonic to the body. It enhances energy, reduces stress, and improves concentration and memory.

Cascara sagrada bark aids digestion by increasing bile production, promoting friendly bacteria in the colon, and acting as a stimulant laxative. Cleansing helps weight loss by helping the body get rid of toxins stored in fat.

Hawthorn berries increase the efficiency of the heart while lowering blood pressure by dilating peripheral blood vessels. Hawthorn berries also help keep the blood from clotting and are a good circulation maintenance herb to use when dieting.

Licorice root supports the energy producing adrenal glands. More importantly, licorice root helps maintain normal levels of blood sugar (glucose) which reduces sugar cravings and helps with stamina.

Papaya fruit helps digest protein and fat and is an aid in preventing “hidden hunger.” Papaya fruit is often recommended for those with fatty food intolerance, liver disease or bile obstruction. Poor digestion and a lack of digestive enzymes are often involved in weight gain.

Safflower helps digestion and has an effect on reducing acid waste in tissues. It has an ability to help the body metabolize fat as evidenced by Chinese research showing it reducing cholesterol levels and preventing arteriosclerosis. It has also been traditionally used to treat measles and skin rashes.

Fennel seeds improve digestion and reduce appetite. They also act as a diuretic to flush excess fluid out of the body.

Parthenium root acts as a diuretic and a mild immune stimulant.

Dandelion root aids the liver and digestive process. It has a mild detoxifying action both on the digestive tract and the kidneys.

Black walnut hulls help to destroy parasites that may be involved in excessive appetite and intestinal problems. The natural iodine found in this herb helps to feed the thyroid, a master gland involved in burning fat.

Dosage: Take 2 capsules 1/2 hour prior to meals each day. Begin with smaller doses and work up. Can be taken with extra chickweed for best results.

Selected References

The Comprehensive Guide to Nature’s Sunshine Products by Tree of Light Publishing

The Encyclopedia of Medicinal Plants by Andrew Chevallier

Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine Communications

PDR for Nutritional Supplements by Physician’s Desk Reference

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