



Ginseng is a powerful adaptogen with benefits for weight loss.

formation of fat as well as delay the absorption of fat in the intestines which can also lead to weight loss.

Caralluma Fimbriata

Caralluma Fimbriata is an edible cactus that grows in India and is used in preserves such as chutneys and medicinal products. It is believed to contain anti-oxidants and chemical compounds to reduce appetite and is commonly taken as food.

It is sometimes taken as an extract in doses no greater than 1,000 mg. daily for up to 12 weeks.

Caralluma is believed to work by increasing serotonin levels, a neurotransmitter that directly affects appetite.

Gymnema Sylvestre

Gymnema sylvestre is an herb that is often used as a natural remedy to help reduce weight. Though it may also benefit those looking to

lose weight as it contains a compound known as gymnemic acid, which can reduce the perceived sweetness of food to reduce sugar cravings.

Green Coffee Bean Extract

Green Coffee Bean Extract is commonly found in many weight loss supplements.

It was all the rage several years ago and is made from coffee beans that haven't been roasted. The coffee beans are high in chlorogenic acid, which is thought to have an effect on weight loss.

One study found that consuming green coffee reduced body mass index and belly fat in participants, even with no changes in the amount of calories consumed.*

Consuming the herbs and spices with food can help make a difference in weight loss but don't go overboard. Stick to one tablespoon a day and consume nutrient rich whole foods.

If you are taking herbs in supplement form, stick to the package instructions for the recommended dosage. system, balancing hormones, providing energy and stamina as well as other health benefits.

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Certified Nutrition Coach, PN Level 1

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Increase Brown Fat to Burn More Calories

Brown body fat is a type of fat that burns calories and stores energy.

Brown body fat gets activated right before you start to shiver.

Most of us have been taught that fat is something that we want to get rid of and have less of.

Yet having more brown body fat is a good thing.

There is science behind that. A study published in the prestigious journal *Nature Medicine** has linked brown adipose tissue, or healthy brown fat, to protection against several chronic diseases.

It says that brown adipose fat is associated with cardio metabolic health. In other words, it is good for your heart and increased metabolism.

There are ways to activate more brown body fat but first lets look at what it is.

However most of us have a small percentage of brown body fat compared to white fat.

There are actually 3 types of fat in the body.

White Fat

This is the most common fat. White fat stores energy in various places around your body and insulates your organs. Too much white fat leads to obesity.

Brown Fat

Brown fat is smaller than white fat. It stores energy and burns that energy to regulate body temperature. Brown fat burns energy by creating heat right before you shiver in a process known as thermogenesis. Brown fat



also regulates sugar (glucose) and fat metabolism.

Beige Fat

Beige fat is a combination of white and brown fat cells. These fat cells burn calories when they convert white fat to brown fat.

How to Increase Brown Fat

Most of us have a small percentage of brown fat. Athletes who are lean have more brown fat.

You might want to increase the amount of brown fat in your body to lose weight and burn more calories. Here's how in the following steps.

Lower body temperature

You might have seen celebrities who jump into ice cold baths. They may not be doing it to burn more calories but that is one way to increase brown fat.

Taking a cold shower or ice bath activates

the body to produce more brown fat.

Add Iron to Your Diet

Brown fat is rich in iron and activated by iron in the diet. Choose foods high in iron like seafood, meat and beans.

Exercise

Exercising activates your body's blood hormone 'Irisin' which tells white fat to burn calories like brown fat. This process creates 'beige fat.'

Herbs

There are herbs that increase calories burned in the body in a process known as thermogenesis.

These herbs also increase brown fat. They include herbs like fenugreek, ginseng, cayenne pepper, cinnamon, oregano, rosemary, basil, peppermint and turmeric. Increasing the amount of these herbs in your diet can lead to more brown fat.

Foods and Supplements

Green tea and fatty acids from fish increase the amount of brown fat burned in the body. Eating the skin of apples and other fruits increase the amount of brown fat burned.

Restricting Calories

Eating less food to restrict calories will increase more brown body fat. A study in the journal Aging Cell*1 found that just a 20% reduction in calories increase brown fat and reduced white fat. This study was done on mice.

People with more brown fat have healthier bodies. They have less chance of developing diabetes, have lower cholesterol, healthier hearts and are generally leaner. So look for ways to increase brown fat in your body.

*<https://www.nature.com/articles/s41591-020-1126-7> *1 <https://pubmed.ncbi.nlm.nih.gov/30920127/>



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Gymnema Sylvestre Reduces Cravings for Sweets

Gymnema sylvestre is a plant used in Ayurveda that is known for helping people cut back on sweet foods.

Gymnema sylvestre is a perennial vine that grows in tropical regions of India, Africa and Australia. The plant is also known as Australian cow plant and periploca of the woods.

The Hindi term for Gymnema sylvestre is gurmar, which translates to ‘sugar destroyer.’

That’s because gymnema leaves contain a compound known as gymnemic acid that suppresses the taste of sugar.

This is how it can help people cut back on sweet foods, which can help them to eat less of these sweet foods and lose weight.

Suppressing the sugar taste is also thought to be useful in treating diabetes.

The plant is believed to lower sugar cravings and reducing the rate at which sugar and fat are absorbed into the body. This double action can help treat diabetes, obesity and high cholesterol.

Controlling Cravings and Appetite

Studies have shown that Gymnema’s ability to suppress sweet taste can reduce cravings for high sugar foods. This usually occurs within 30 seconds of consuming gymnema sylvestre and the effects can last up to two hours.

One of the key challenges faced by people trying to lose weight loss is controlling their cravings and appetite.

By blocking the sugar receptors on the taste buds, Gymnema sylvestre can help reduce cravings for sugary and high-calorie foods, ultimately supporting weight loss efforts.

Blood Sugar Regulation

Stabilizing blood sugar levels is crucial for maintaining a healthy weight. Gymnema sylvestre has been traditionally used as a natural remedy for diabetes due to its potential to enhance insulin secretion and improve the way glucose is utilized.

Gymnema sylvestre is believed to increase insulin production in diabetics by improving cell growth in the pancreas where insulin is produced.

By supporting healthy blood sugar levels, Gymnema sylvestre may contribute to weight loss and prevent the storage of excess fat.

Metabolism and Fat Burning

Boosting the body's metabolism and increasing burning fat are key ways to achieve sustainable weight loss. Preliminary research suggests that Gymnema sylvestre may play a role in enhancing metabolic function. Studies have shown that it can increase the activity of enzymes involved in metabolizing fat potentially leading to a more efficient breakdown of stored fat.

Reduces Stress and Emotional Eating:

Stress and emotional eating can hinder weight loss progress. Gymnema sylvestre has been reported to have adaptogenic properties. Adaptogens help the body adapt to stress, support immune health, hormone balance and reduce anxiety levels. By promoting a sense of calm and reducing emotional eating tendencies, this can indirectly support weight loss efforts.

Safety Profile

Gymnema sylvestre is generally considered safe, but there are situations in which the supplement should be avoided due to the lack of safety research. *Continued on next page*

We've all seen magazine and internet articles with titles like this:

“The 5-Second Flat Belly Trick!”

Or: 6 Days to a Six-Pack!”

But here's the truth: Belly fat isn't eradicated quickly, nor is being “totally shredded” always the most productive health goal.

However..Some types of belly fat are associated with health risks.

Visceral fat—that's belly fat found deep in your abdomen, surrounding your internal organs—is linked to chronic inflammation, type 2 diabetes, cardiovascular disease, and other metabolic disorders.

(Subcutaneous fat—the padding just under the surface of the skin—is relatively benign.)

Of course, without slicing yourself open (hard pass), you won't easily know what kind of fat your belly harbors.

Luckily, the healthy behaviors that help you lose belly fat for aesthetic reasons will also help you improve your health and re-

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This includes avoiding it during pregnancy or breastfeeding, in children and infants, in people with diabetes (unless supervised by a doctor), before surgery (discontinue use at least two weeks beforehand) and in people with milkweed allergies as the plant's components may similarly trigger a reaction. People taking diabetes medications should also avoid the herb, as there may be drug interactions.

It is also best to avoid the herb in those with liver issues, as higher doses have been known to cause liver toxicity.

duce your risk of disease.

They look something like this:

- * Consume a diet centered around minimally-processed foods. (This makes it harder to overeat, and easier to feel satisfied and meet your nutrition requirements.)

- * Find movement that you like and will do regularly. (Consistency trumps just about everything else.)

- * Eat slowly and mindfully. (Helps improve mind-body awareness so you can more easily eat the right amount for your body.)

- * Practice self-compassion. (Sure, it sounds woo-woo, but it's linked to healthier eating, more consistent exercise habits, and lower rates of anxiety, depression, and perceived stress.)

Not exactly clickbait, huh?

But consider: How many people actually do these things... day in and day out?

Well, statistically-speaking: Less than 3 percent of Americans meet the basic qualifications for a “healthy lifestyle.”

The point: If so few people can do just the basics, how likely is it that they'll be able to do something that's even harder? Especially when they're just starting out?

(Like those advanced, “cutting edge” nutrition or fitness protocols that “celebrity models and Marvel heroes use.”)

The reality...

Fat loss tactics don't need to be complicated. In fact, the “boring” stuff totally works—and is a lot more doable (and certainly more sustainable) than pretty much any “extreme” plan.

For help on losing weight, contact nutrition coach Marilyn Zink at 250-728-1593.

Pineapple Iced Tea

6 tea bags
½ cup sugar or honey
4 cups boiling water
Juice of 3 lemons
Handful of fresh mint
5 tablespoons pineapple juice

This is a great summer drink recipe. It can be made with basic black tea bags or you can try it with herbal tea for a different flavour.

Place tea bags and sugar in a 2 quart pitcher. Add 4 cups of boiling water. Steep for 15 minutes.

Remove tea bags. Steep fresh mint leaves in tea for at least 3 minutes. Remove mint leaves.

Add lemon and pineapple juices. Fill the pitcher with cold water.

Serve over ice and garnish with pineapple and fresh mint leaves.



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