

Obesity

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A person is considered obese if he or she is 20 percent over the weight that is considered normal for his or her build, sex, age, and height. Fat distribution and medical risk also play a role in determining obesity.

The *herbs* listed below is to be used as a Diuretic. Make into tea

Alfalfa
Corn Silk
Dandelion
Gravel Root
Horsetail
Hydrangea
Hyssop
Juniper berries
Oat Straw
Parsley
Seawrack
Thyme .
Uva Ursi
White Ash
Yarrow

Cayenne (capsicum)- Internal Purposes: Helps with digestion. Good for fat metabolism.

Cinnamon- Internal Purposes: Helps with digestion. Good for fat metabolism. Cautions: Pregnant women should use cinnamon sparingly.

Ginger, Green Tea, Mustard Seed—Internal Helps digestion; good for fat metabolism.