

The Science Behind Solstic Slim

Solstic Slim is a new kind of weight-loss supplement that targets weight loss in four different ways. First it helps increase metabolism (which is your fat burning thermostat). Second, it helps control cravings between meals by reducing hunger. Third, it stimulates the body to use the fat storage it has as an energy source. Fourth, Solstic Slim helps signal the body to stop storing energy as fat. Used as part of the 4X4 weight loss program that includes exercise, proper diet, other Nature's Sunshine, Solstic Slim can help you achieve your weight loss goals and "Let the Real You Show Through."

Caralluma

- Edible succulent plant from the cactus family
- Much like Hoodia has been used in the deserts of Africa to stave off hunger, Caralluma has been used in India during times of famine
- Thought to block activity of several enzymes involved in fat storage
- May help increase the number of calories burned from fat
- May help reduce appetite
- One randomized, placebo-controlled clinical trial demonstrated Caralluma reduced appetite and waist circumference significantly more than placebo when taken for a two month period (1)
- Another study included 22 people (7 in a control group taking a placebo and 15 in a group taking caralluma extract). In the caralluma group, 15 people lost between 1 and 9 pounds. Additionally, those taking caralluma lost between inch and 3 inches around the waist and an average of 1.82 inches off the hips. There was no significant weight loss among people taking a placebo, and some actually gained weight. Both studies found the supplement to be safe. (2)

Damiana

- In one study, damiana was given in combination with yerba mate. The combination resulted in significant delays in gastric emptying, reduced time to perceived feelings of fullness, and significant weight loss over a 45 day period (3)
- Damiana is thought to act specifically on increasing the time food stays in the stomach to promote fullness (1)
- Damiana may help maintain healthy levels of blood glucose (4)

Yerba Mate

- Used traditionally for mood enhancement, to reduce fatigue, and promote weight loss
- In one study, yerba mate was given in combination with damiana. The combination resulted in significant delays in gastric emptying, reduced time to perceived feelings of fullness, and significant weight loss over a 45 day period (1)
- May inhibit obesity due to high-fat diets by decreasing fat storage and increasing thermogenesis (5)
- May increase fat oxidation (6)
- Naturally contains several bioactive compounds intricately involved in maintaining a healthy weight

Green Tea

- May help maintain healthy levels of blood glucose (7,8)
- May enhance exercise-induced changes in abdominal fat (9)
- May help increase thermogenesis fat oxidation (10)
- Has been studied and used extensively as a weight loss ingredient for many years
- A trial conducted at Fudan University of Shanghai China, supports existing evidence of green tea's effect on body weight, body fat mass, as well as the distribution of fat. The study monitored 182 moderately overweight subjects who were given green tea every day for 90 days. The authors concluded that consumption of green tea over a 90-day period helped reduce body weight, body fat mass and waist size in moderately overweight individuals.

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