

The Real Science of WEIGHT LOSS

and Where Herbs Actually Fit In

There is no herb, tea, or “fat-burning” formula that overrides basic human physiology. Sustainable weight loss comes from supporting the whole body with consistent, nourishing habits.



WHAT SCIENCE REALLY SAYS ABOUT WEIGHT LOSS



MODEST DEFICIT

A small calorie deficit works best. Extreme restriction can slow metabolism and lead to muscle loss.



PROTEIN + STRENGTH

Protein helps preserve muscle. Strength training maintains metabolic health.



FIBER + WHOLE FOODS

Fiber supports fullness, digestion, and blood sugar balance.



SLEEP MATTERS

Poor sleep increases hunger, cravings, and the risk of weight regain.



STRESS COUNTS

High stress raises cortisol, which can increase appetite and fat storage.

Calories matter, but hormones, sleep, stress, movement, and nutrients matter too.

HERBS THAT SUPPORT (NOT REPLACE) THE PROCESS



CHICKWEED

Stellaria media

NUTRIENT-RICH + HYDRATING

- High in vitamin C, calcium, magnesium, potassium, and iron
- Gently diuretic and cooling
- Supports digestion
- Adds low-calorie, high-nutrient volume to meals



HOW TO USE: Add to salads, smoothies, soups, or pestos.



THESE HERBS DON'T BURN FAT. THEY NOURISH, SUPPORT, AND HELP THE BODY FUNCTION BETTER.

PURSLANE

Portulaca oleracea

OMEGA-3 RICH SUPERGREEN

- One of the few land plants rich in omega-3 (ALA)
- Contains magnesium, potassium, vitamin C, and antioxidants
- Studied for blood sugar, cholesterol, and inflammation support
- Supports stable energy and metabolic health



HOW TO USE: Great in salads, stir-fries, egg dishes, or sauces.

OTHER HELPFUL HERBS



Green Tea

Contains catechins and caffeine that may support metabolism.



Cinnamon

May support blood sugar balance and healthy metabolic function.



Ginger

Supports digestion and reduces inflammation.



Cayenne

May slightly increase calorie expenditure and circulation.

Use culinary amounts as part of food, not high-dose supplements.

A SIMPLE, GROUNDED APPROACH



Eat real, whole foods

Focus on protein, fiber, healthy fats, and plenty of plants.



Move your body

Include both cardio and strength training.



Add herbs daily

Include nutrient-dense herbs and cooking spices.



Hydrate well

Water, herbal teas, and mineral-rich foods.



Prioritize sleep + stress care

Your body regulates weight best when you are rested and calm.

THE HONEST TRUTH

No herb creates significant weight loss on its own.

But herbs can help you feel more nourished, support metabolic processes, and make healthy choices easier to maintain.

Real change happens through consistent, supportive habits—not shortcuts.



NOURISH YOUR BODY. SUPPORT YOUR SYSTEMS. TRUST THE PROCESS. ♥

Small, daily choices create lasting change.