



**Garlic:** Garlic helps in prevention of heart disease including atherosclerosis, high cholesterol, and high blood pressure.<sup>[1]</sup> A Czech study found that garlic supplementation reduced accumulation of cholesterol on the vascular walls of animals.<sup>[2]</sup> Another study had similar results, with garlic supplementation significantly reducing aortic plaque deposits of cholesterol-fed rabbits.<sup>[3]</sup> Another study showed that supplementation with garlic extract inhibited vascular calcification in human patients with high blood cholesterol.<sup>[4]</sup>

**Garcinia Cambogia:** Products in the weight loss realm are directed towards taking in fewer calories or stimulating faster burning of calories. Unlike plant based central nervous system stimulating products found in weight loss formulations, such as Ephedra, Garcinia Cambogia has an enhanced calorie burning action as it does not stimulate the central nervous system. It is an ingredient which alters the lipid and carbohydrate metabolism. A recent book does cite data on safety and human clinical experience.<sup>[5]</sup> A number of studies have shown that Garcinia Cambogia, significantly reduces fatty acid synthesis in the liver and adipose tissue of laboratory rats, while decreasing weight gain in various lean and obese rat experimental models.<sup>[6]</sup>

**Trigonella Foenum-Graecum:** Trigonella Foenum-Graecum is Kasuri Methi, is used as vegetable in various eatables. Fenugreek seeds contain protein, vitamin C, niacin, potassium, and diosgenin (a phytoestrogen compound that seems to mimic the effects of the hormone estrogen). Research has shown that the seeds can inhibit cancer of the liver, lower blood cholesterol levels and also have an antidiabetic effect<sup>[7][8]</sup>. The seed and leaves are anticholesterolemic, anti-inflammatory, antitumor,

[1] . <http://www.umm.edu/altmed/articles/garlic-000245.htm>

[2] Sovova M, Sova P. [Pharmaceutical importance of Allium sativum L. 5. Hypolipemic effects in vitro and in vivo.](#) Ceska Slov Farm. 2004 May;53(3):117-23.]

[3] Durak A, Ozturk HS, Olcay E, Guven C. [Effects of garlic extract supplementation on blood lipid and antioxidant parameters and atherosclerotic plaque formation process of cholesterol-fed rabbits.](#) J Herb Pharmacother. 2002;2(2):19-32.

[4] Durak I, Kavutcu M, Aytac B, et al. [Effects of garlic extract consumption on blood lipid and oxidant/antioxidant parameters in humans with high blood cholesterol.](#) J Nutr Biochem. 2004 Jun;15(6):373-7.

[5] M. Maheed, R. Rosen, M. McCarty, A. Conte, D. Patil, and E. Butrym, *Citrin® - A Revolutionary, Herbal Approach to Weight Management*, New Editions Publishing, Burlingame, California, 1994.

[6] A.C. Sullivan and J. Triscari, *The American Journal of Clinical Nutrition* 30(5): 767-776, 1977

[7] Chevallier. A. *The Encyclopedia of Medicinal Plants* Dorling Kindersley. London 1996 ISBN 9-780751-303148

[8] Chiej. R. *Encyclopaedia of Medicinal Plants*. MacDonald 1984 ISBN 0-356-10541-5

carminative, demulcent etc<sup>[9]</sup>. The seed yields strong mucilage and is therefore useful in the treatment of inflammation and ulcers of the stomach and intestines.

**Spirulina:** A 2007 study<sup>[10]</sup> found that 36 volunteers taking 4.5 grams of spirulina per day, over a six week period, exhibited significant changes in cholesterol and blood pressure: (1) lowered total cholesterol; (2) increased HDL cholesterol; (3) lowered triglycerides; and (4) lowered systolic and diastolic blood pressure.

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<sup>[9]</sup> **Grieve.** *A Modern Herbal*. Penguin 1984 ISBN 0-14-046-440-9

<sup>10</sup> [Torres-Duran, Ferreira-Hermosillo, & Juarez-Oropeza. \(2007\). Antihyperlipemic and antihypertensive effects of Spirulina maxima in an open sample of mexican population: A preliminary report. Lipids in Health and Disease. 6, 33](#)