

Herbal Teas Used For Weight Loss

Why is tea preferred?

- Side effects of the drugs
- High cost of the drugs
- Prescription requirement for medication/ease of access to herbal tea
- Belief that herbs are safe
- Increasing popularity in recent years

Purposes of Use of Plants in the Composition of Slimming Teas

- Diuretic and laxative
- Carminative
- Inhibition of enzymes effective in lipid metabolism
- Regulation of blood sugar level
- Anorectic effect
- Thermogenic effect

Laxative Effect

- F. Sennae
- C. Frangulae
- Flos Sambuci
- Flos Hibisci
- Aloe vera

Carminative Effect

- Fr. Foeniculi
- Fr. Anisi
- F. Menthae

Diuretic Effect

- Stinging nettle
- Corn tassel
- Elder flower
- Chamomile
- Ling
- Fennel
- Green tea
- Rosemary
- Hawthorn flowers
- Cherry stems
- Yarrow
- Liquorice
- Fl. Hibiscus
- Fumitory
- Rose hip

Camellia sinensis (Green Tea)

- Catechins (epicatechin, epicatechin-3-gallate, epigallocatechin ve epigallocatechin-3-gallate), caffeine
 - Thermogenic effect
 - Enzyme inhibitory effect
 - Antilipidemic effect - high amount of tea consumption is required for the effect

Ilex paraguariensis (Mate)

- Dried leaves
- Infusion (1-2 g drug)
- Polyphenolic compounds (chlorogenic acid, caffeic acid, 3,4-dicaffeoylquinic acid, 3,5-dicaffeoylquinic acid), xanthin derivative alkaloids (caffeine, teobromine ve teophylline)
- Weight control
- Hepatoprotective, hypocholesterolemic, diuretic, antioxidant, CNS stimulant

Paullinia cupana (Guarana)

- Seeds
- Caffeine, teophylline, teobromine, tannin
- Anorectic effect
- CNS stimulation, antioxidant, hepatoprotective, diuretic, hypocholesterolemic

Garcinia cambogia (Malabar Tamarind)

- Fruit peels
- Xsanthones, benzophenones, organic acids
- Enzyme inhibitory effect, thermogenic effect, anorectic effect
- Hydroxy citric acid ... responsible for the effect

Panax ginseng

- Roots
- Infusion
- Triterpenic saponins (ginsenosides), polisaccharides
- Reduces the effect of the enzyme pancreatic lipase
- Hypocholesterolemic effect

Trigonella foenum-graecum (Fenugreek)

- Seeds are particularly used as spice
- 0.5 g drug is macerated in cold water for 3 hours / decoction
- Steroidal saponins (diosgenin glykosides), alkaloid (trigonellin), mucilage, flavonoids
- Hypoglycemic, hypocholesterolemic
- Its reducing effect on serum glucose level should be considered in case of the use of hypoglycemic drugs
- Not recommended during pregnant period

Cinnamomum verum (Cinnamon)

- Bark
- Infusion, 2 -4 g drug/day
- Essential oil, diterpene derivatives, mucilage
- Modulatory effect on blood glucose level
- Against loss of appetite and digestive problems

Citrus aurantium (Bitter Orange)

- Pericarpium
- Flavonoids, furanocoumarins, essential oil
- Lipolytic, anorectic
- Synephrine ... active component
- Safe option instead of the use of *Ephedra* sp.
- Pure substance may cause serious side effects

Kombucha

- A drink of Northwest China (Manchuria) origin
- Infusion prepared using tea leaves is left fermentation with symbiotic bacteria or a yeast «mother/mushroom»
- The content of the tea is variable
- Black tea and sugar use is preferred
- Sold as tea or as culture
- It consists of 2 layers, a thin membrane layer on it and a sour liquid tea part under it
- Organic acids, sugar, vitamin B-C, amino acids, hydrolytic enzymes, ethanol, tea phenols, metabolites of yeast and bacteria

Kombucha

- Weight loss, modulation of appetite
- Detox effect, hypocholesterolemic, hypotensive, antiinflammatory, antimicrobial
- Not recommended during pregnancy and lactation periods
- Reported adverse effects: allergic reaction, nausea, vomiting, gastrointestinal complaints
- FDA and Kappa Lab. reported its safety due to the results of microbial ve biochemical tests conducted

Toxic Effects of Teas Used for Weight Loss

- Hepatotoxicity
- Long term use of laxative and diuretics ... liquid and electrolyte loss
- Toxic effect of heart and muscles
- Hypokalemia ... weakness in lower extremity muscles
 - ... asphyxia
 - ... disruption of gastric motility (bloating, cramps, nausea, vomiting)
 - ... heart block syndrome, ventricular fibrillation

Toxic Effects of Teas Used for Weight Loss

- Hypocalcemia ... neurological defects
 - ... weakening of the contractility of the heart muscle
- Hypomagnesemia ... Symptoms due to alterations in CNS and neuromuscular system (fatigue, anorexia, irritability, disorientation, depression, cramps etc.)
- Hypophosphatemia ... neurological symptoms nörolojik bulgular (fatigue, tremor, decreased deep tendon reflexes)
 - ... decrease in blood cells (decreased O₂ carrying capacity of the blood, bleeding)
- Use of Aloe vera, Cortex Frangulae, juniper, licorice, sage, senna is not recommended during pregnancy period

An Example of a Slimming Tea in the Market

- Sennae leaves
- Fennel
- White birch leaves
- Cortex Frangulae
- Raspberry leaves
- Rosehip
- Stinging nettle
- Juniper fruit
- Yarrow
- Marigold
- Elderberry