

PLANETARY FORMULAS®

# THE TRIPHALA- GARCINIA PROGRAM™

*CLEANING & NUTRITIONAL SUPPORT  
FOR THOSE ON A DIET*

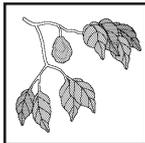
- Deep Herbal  
Cleansing



- Incorporates a  
2000-year-old  
Chinese Herbal  
Formula plus  
the East



- Indian classic  
combination,  
Triphala



- Provides  
Supplemental  
Nutrients
- Supports  
Overall Health  
and Longterm  
Maintenance
- 100% Natural
- Contains no  
stimulants

*Formulated by Michael Tierra, L. Ac., O.M.D.*

## THE HOLISTIC SOLUTION

Finally, a formula that can support — in a holistic, nutritional manner — the efforts of the overweight. Through years of deficient eating practices, individuals may have congested their systems and seek to “re-tune” themselves internally. Planetary’s Triphala-Garcinia Program™ can help in this shift to a weight loss mode, while improving overall health.

Crash diets are notorious both for producing results that are temporary and for being risky to one’s health. They ignore the fundamental cause of obesity, which is imbalance. Imbalance in the diet stems from the excessive intake of calories, and is worsened when these excess calories provide inadequate levels of essential nutrients. Planetary Herbology applies the wisdom of Oriental medicine, with its emphasis on balancing the entire system on several levels at once.

### TRIPHALA —

#### A NATURAL WONDER

At the Program’s core is **Triphala**, the most famous purification and tonic formula from East India. It is made up of the three fruits Amla, Behada, and Harada, which exert astringent, soothing actions and help with the proper assimilation of foods. Triphala gently cleanses internally and promotes regularity while helping restore natural balance and tone to intestinal tissue.

### ENHANCED CLEANSING

In addition to Triphala, the Program provides special herbs — combining a 2000-year-old Chinese formula with Western herbs — which work together to help correct the abuse incurred by the body due to the consumption of white flour, sugar, pesticides, and preservatives. Among the important purifiers and cleansers included are Echinacea, Burdock, Licorice Root, and Cleavers.

Also contributing to healthful cleansing is the traditional American “remedy” known as *K-L-A-B<sub>6</sub>*, a compound of Kelp (for helping metabolism stay up-to-speed), Lecithin (for the maintenance of balanced cholesterol levels in the body), and Apple Cider Vinegar and Vitamin B<sub>6</sub> (natural help for flushing the system).

### FEELING FULL

Two ingredients in the formula encourage a

certain level of satiety, a pleasant feeling of fullness. One is the amino acid *L-Tyrosine*, highly prized by individuals struggling against an over-active appetite, and the other is Guar Gum, a rich source of soluble fiber. Once ingested, Guar Gum absorbs many times its original weight in liquid, producing a bulky gel to further impart a sense of fullness.

### STAYING CALM

The Chinese herb **Zizyphus** (the seed of a nutritious date) provides a feeling of well-being, working to counteract the nervous tension that often accompanies dieting.

### NUTRIENT SUPPLEMENTATION THROUGH “SUPERFOODS”

The Triphala-Garcinia Program incorporates assimilable “superfoods,” which are rich natural sources of certain essential nutrients:

• **Spirulina** is a high-protein,

high-chlorophyll algae containing detectable amounts of all the nutrients necessary for life, including the highest proportion of vitamin B<sub>12</sub> available in a vegetarian source.

• **Kelp** and **Bladderwrack** are two seaweeds that are particularly rich in minerals. Kelp is an especially potent source of *iodine*, which is essential for a healthy thyroid. The thyroid is an organ which plays a major regulating role in the body’s metabolic rate.

Taken as a whole, the Triphala-Garcinia Program offers an unparalleled

opportunity to deal with dietary supplementation from a unique perspective: addressing the underlying sources of the failure to meet aesthetic health goals. It integrates sound nutrition and biochemistry with the wisdom of traditional Oriental, East Indian, and Western herbology for a balanced formulation that is the perfect companion to any diet-and-exercise program.

