

# Info om Pukkas Weigth Balance för att hålla vikten på Engelska

Achieving a healthy weight is all about balance says Pukka Herbs

Free weight balance factsheet available Launch of Weight Balance Organic Bio Nutrient part of solution

According to the latest NHS statistics, as a Nation we're gaining weight at an alarming rate. As a result of excessive intake of unhealthy foods, insufficient exercise, sleeping during the day and a sluggish metabolism, over four in 10 men and one in three women are now classified as overweight.

Ayurveda, the ancient yet highly accessible Indian healthcare system, holds many of the answers to help restore and maintain an ideal weight. Herbalist, Ayurvedic practitioner and co-founder of Pukka Herbs, Sebastian Pole, urges a balanced perspective to eating, exercise and lifestyle: "The simple fact is that taking in more energy than you use creates an excess that accumulates as fat.

"Ayurveda suggests that a sluggish metabolism causes congestion in the body which results in our digestion becoming imbalanced. Ironically, our confused digestive system can then make us feel hungry, even though the previous meal has not been digested."

Good eating habits and exercising regularly are all fundamental to weight balance and there are also a number of very effective natural supplements that can help maintain a healthy weight:

Pukka Herbs Weight Balance Organic Bio Nutrient, contains a unique blend of metabolism boosting and balancing plants. Helping to reduce cravings, speed up digestion and balance glucose levels, it includes 'superfoods' such as Arctic Wrack seaweed, bitter melon fruit, fenugreek seed, barley grass juice, amla fruit juice and spirulina. All the ingredients are organically grown and freshly dried in peak condition for optimum potency.

Additionally, Pukka's organic supplement Guggul Plus, contains a blend of organic herbs that help to stimulate and strengthen digestion, reduce weight and lower cholesterol encourage regular bowel movements, Pukka recommend Fibre Plus - a unique blend of soluble and insoluble fibre including organic Psyllium Husk, Slippery Elm, Linseed and Aloe Vera Juice