# **Gurus Garden**

7201 Archibald Avn, Suite # 4 - 178, Alta Loma, CA - 91701 United States of America

Tel: 1 909 972 6799 Toll free: 1 888 575 5330

Web: www.gurusgarden.com

email: info@gurusgarden.com

## ABOUT SKINNY SECRET



Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and increased health problems.

Enhanced lifestyle due to the technology development has attributed "machine assisted life" that reduces calorie burning through muscular efficiency. Obesity is most commonly caused by a combination of excessive dietary calories and lack of physical activity. Obesity increases the likelihood of various diseases, particularly vascular endothelial disorders leading to cardio

vascular accident, diabetes mellitus, fatty liver, hyperlipidemias, arterial hypertension, lower limb joint diseases (osteoarthritis), breathing difficulties during sleep and social depression.

## SKINNY SECRET - TRADITIONAL INDICATIONS

Increases body's FAT burning ability through metabolism and suppresses appetite



On an average obese person have greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass. When compared to daily energy turnover, the amount of energy retained during growth and during the development of obesity is rather small, amounting to a

difference of only a few percent between intake and expenditure. Because a positive energy balance can, in principle, be attributed to excessive intake or to reduced expenditure, there has been considerable interest in the possible significance of even small differences in metabolic efficiency for the development or the prevention of obesity.

## Mechanism of action

This God given eco-friendly and system friendly natural ingredients in SKINNY SECRET herbal supplement is safer and effective for controlling obesity through metabolic regulation. The mechanism of action includes appetite suppression, visceral fat mobilization and burning for energy, control of further fat deposits, controlled calorie absorption from gut especially carbohydrates. This combination of above action is what we consider the answer to obesity.

**Alpha-glycosidase** and **Alpha-amylase** enzymes found on the epithelium of small intestines as membrane bound. They catalyze the cleavage of glucose from disaccharides. These two enzymes are partially blocked by two herbal alkaloids. Hence a good amount of carbohydrates are not absorbed, this contributes to combat obesity by reduced calorie absorption.

#### **Reduced Calorie Absorption**

Visceral Lipase enzyme is targeted and hence fat from viscera is mobilized for burning to release energy. Citric acid cycle enzymes are affected negatively for gluco-neogenesis. Further fat formation from Acetyl coenzyme A is checked. In the same time energy is sufficient in the body as the fat is burning continually. Natural anti-



oxidants, minerals and micro nutrients are supplemented for stomach and liver protection.

An herb in the supplement contains Pregnane Glycosides which are believed to block the activity of Citrate Lyase. By blocking this enzyme further formation of fat in the body is reduced. Again the herb blocks another enzyme called Malonyl Coenzyme A. By blocking this enzyme, fat formation is further blocked and the body is forced to burn its fat reserves. This accelerates the rate of fat loss by the body.

The Pregnane Glycosides in the herb also inhibit the appetite center of the hypothalamus.

Such a combination of natural ingredients could bring wonderful therapeutic results in reducing both body weight and size. Transabdominal and mid arm circumference can be measured to monitored this effect within 15days usage of the supplement.

Want to Lose Weight Fast?

The Real Solution to Rapid Weight Loss...

# SKINNY SECRET - DOSAGE and DIRECTIONS



One capsule three times daily - 30 minutes before breakfast, lunch and dinner. Eat to your appetite only.

Please read Healing Crisis for more information.

# **SKINNY SECRET - INGREDIENTS**

# **Supplement Facts**

Serving Size : 3 Capsules (650 mg each) Servings per container: 90

| Each Serving contains    |         | %DV |
|--------------------------|---------|-----|
| Caralluma Fimbriata      | 150 mg. | *   |
| Salacia Reticulata       | 100 mg. | *   |
| Phaseolus Vulgaris       | 100 mg. | *   |
| Trichosanthes Cucumerina | 100 mg. | *   |
| Coscinium Fenestratum    | 50 mg.  | *   |
| Emblica Officinalis      | 50 mg.  | *   |
| Terminalia Chebula       | 50 mg.  | *   |
| Terminalia Bellerica     | 50 mg.  | *   |

\* Daily value (DV) not established.

## SKINNY SECRET - HEALING CRISIS



It is well tolerated and no side effects noted. Bulky stools reported when more carbohydrates are taken, as disaccharides cleavage to its mono form is partially blocked. Initial few days mild blotting is rarely reported that disappears in short while.

Side effects: - There are no known side effects.

**WARNING** :- This traditional herbal food supplement is derived and time tested by Chavarcode Ayurvedic physicians. Results may vary among users. These statements have not been evaluated by the FDA. Products featured here are not intended to diagnose, cure, prevent or treat any diseases and should not substitute treatment by a registered medical practitioner. We do not claim that the products or dietary supplements mentioned can protect you from developing serious diseases and recommend that you never delay or forego regular screening, or forfeit the opportunity for early medical treatment that may be critical to survival. You are advised never to self-treat for a serious disease without benefit of a medical diagnosis or treatment. Please consult your physician before beginning any course of treatment.