

7 Weight Loss Benefits of Trimma

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1. All Natural Ingredients

- ▶ Unlike caffeine in energy drinks that use artificial “anhydrous caffeine” the trimethylxanthines are all natural and “buffered” with many organic ingredients.
- ▶ Coffea Arabica is made from the raw, unroasted beans to retain its weight-loss benefits (rich in chlorogenic acid).
- ▶ A little yields a lot of loss.
- ▶ Not just for dieters – lowers blood pressure in the mild hypertensive and lowers cholesterol.

2. Metabolizes Stored Fat

- ▶ Cordyceps + Chromium + Coffea Arabica + Green Tea + Garcinia + L-Carnitine
- ▶ Burns fat rather than protein thus preserving lean tissue (fiber, sinew, muscle)
- ▶ Accelerates fat burning thus preventing metabolism from remaining sluggish
- ▶ Improves insulin sensitivity
- ▶ Remedying imbalances by providing things to enhance, optimize, and normalize the functions

3. Suppresses Appetite

- ▶ L-Theanine + Chromium + Green Tea + Rice Tea Leaf + Garcinia
- ▶ Artificial sweeteners disrupt neurological signals that control hunger and feeling full as well as slowing down the metabolism (hence, more calories consumed)
- ▶ Alpha brain waves improvement means less anxious, less ravenous, less compulsive, more relaxed yet very awake and cognitive
- ▶ Will likely help those who want to quit smoking
- ▶ Increases brain GABA & Dopamine – perfect for stress

4. Thermogenesis

- ▶ Green Tea + Rice Tea + Cordyceps
- ▶ Stoking your fat-burning furnace, thus increasing metabolic rate (thermogenesis means “heat production”)
- ▶ Pounds “melt” away
- ▶ Helping the body waste calories
- ▶ Exercise is thermogenic + Most vegetables are high in nutrition and low in calories
- ▶ Factor most responsible for decreasing thermogenesis is insulin resistance + impaired sympathetic nervous system (natural products to the rescue)
- ▶ Herbals help reset the internal fat-burning thermostat



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5. Superior Antioxidant Protection

- ▶ Phytochemicals in Scandinavian Berry blend are outstanding: Carotenes, Flavonoids, Lignans, Polyphenols, Sterols.
- ▶ Therapeutic effects against: Heart disease & stroke, cancer, cataracts, age-related macular degeneration, cognitive impairment (Alz), age-related immune dysfunction, diabetes, virtually every chronic degenerative disease



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6. Managing Stress & Mood

- ▶ L-Theanine + Cordyceps
- ▶ Stress affects everything: Adrenal glands, basic metabolic rate, blood pressure, bone remodeling, breathing, immune system, memory, PMS
- ▶ Controlling cortisol (hydrocortisone) levels
- ▶ Cortisol keeps your blood sugar levels constant by triggering formation of glucose from fats and proteins + it also maintains blood volume by regulating amount of water in cells. Too much cortisol leads to depression, fatigue, & insomnia.



7. Encourages Mental Clarity

- ▶ L-Theanine + Green Tea + Rice Tea Leaf
- ▶ Improves mental processes, thought patterns, perception, memory, creativity, and problem-solving
- ▶ Increase focused attention and improve learning
- ▶ Improves “signaling molecules” in the nervous system – such as acetylcholine
- ▶ Deep states of relaxation without sedation
- ▶ Protects nerves cells from damage when low oxygen (ischemia) occurs
- ▶ Counteracts anxious jitters associated with caffeine

