



## Name W-LOS

### Caps

Code	Size	Duration
C84-54	54 Capsules	Usually lasts 18 days
C84-100	100 Capsules	Usually lasts 33 days

### Area concerned

Body weight, detox.

### Ingredients

(min per capsule) Kelp 128mg, Buckthorn 32mg, Spirulina 32mg, Cinnamon 32mg, Licorice 32mg, Poke Root 32mg, Dandelion Root 32mg.

### Description

This product, and also the *W-Los Tea*, are recipes given by herbalist *Michael Tierra*. *W-Los Capsules* are designed to support the metabolism (Kelp is a main ingredient), maintain water balance (dandelion), and support elimination channels (buckthorn). It will help maintain a balanced body weight as part of an overall approach, which should include dietary reassessment and plentiful exercise. Psychological factors are very often involved in maintaining desirable body weight, as is maintaining good flow of lymphatic fluids. Counselling may be of help; and massage, saunas, and exercise will help maintain circulation of the lymphatic fluid.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

Do not use if pregnant or nursing or with diuretic drugs.

### Companion Products

Kid Capsules, Drops or Tea; Lym Capsules or Drops; Thy 1 (Under) Capsules or Drops; Thy 2 (Balancing) Capsules; Kelp Capsules; Super Spirulina Tablets; W-Los Tea.

### Caps

### Tea

Code	Size	Duration
T15	70g	Lasts 14-28 days

### Area concerned

Body weight, detox.

### Ingredients

Cleavers, Chickweed, Fennel Seeds.

### Description

This product, and also the *W-Los Capsules*, is given by *Michael Tierra*. *W-Los Tea* can help to maintain a healthy body weight.

### Standard use

Make a pot of tea once a day using one teaspoon to 1-2 mugs of boiling water according to taste. Drink, hot, warm, or cold until the pot is finished. Honey can be added if desired. Up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not take with diuretic drugs. Do not take if pregnant.

### Companion Products

Kid Capsules, Drops or Tea; Lym Capsules or Drops; Thy 1 Capsules (Under) or Drops; Thy 2 (Balancing) Capsules; Kelp Capsules; Super Spirulina Tablets: W-Los Capsules.

### Tea