Weight Support

A blend of herbs traditionally used for gradual, steady weight control without robbing the body of the nutrients it needs.

This Herbal Combination



Chickweed — the lead herb, long known as the classic herb for weight loss, traditionally used to help the body break down and clear fatty deposits.



Safflower Flowers — traditionally used to support digestion and the body's use of fats.



Burdock Root — one of the best blood purifiers in nature, and a gentle help for the kidneys.



Parsley Root — helps the kidneys release excess fluid.



Kelp Blend — Atlantic Kelp, Irish Moss and Dulse, feeding the thyroid, the body's metabolic engine.



Licorice Root — traditionally used to support the adrenals and steady blood sugar.



Fennel Seed — takes the edge off the appetite and keeps digestion comfortable.



Echinacea — supports the immune system and the lymph while the body clears waste.



Black Walnut Leaves — cleansing and toning, and rich in organic iodine.



Papaya Leaves — traditionally used as a digestive aid.



Hawthorn Berries — feed and strengthen the heart.

How It Works

Combine this aid with the mucusless diet and you have a winner. This is not a crash program for fast weight loss, but a gradual, steady loss without robbing the body of the nutrients it needs, as so many fad diets do.

It acts as a blood purifier, helps the kidneys release excess fluid, feeds the body for relief from the nervous tension that dieting so often brings, appeases the appetite, and feeds the thyroid and other glands, so the body can reach a healthier state for holding its weight.

Suggested Use

2 to 4 droppersful morning and evening. If you feel you need more or less, adjust to what works best for you. As with any herbal tonic, use your own best judgment — this is an herb, not a drug.

Several of these herbs gently move water through the kidneys, so drink plenty of water while using this formula. If you feel foggy or drained, cut back the dose. Some people, especially those already on a very clean diet, may simply need less.

Also available as a dry herb kit, ready to tincture at home.

Pairs Well With

Appetite Control Formula, a gentler blend that steadies the appetite between meals without any fluid-clearing herbs.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "A Steady Herbal Help for Weight Control" at www.daradietz.me.