



Cellu-Smooth™

(with Coleus)

Stock #926-0 (90 capsules)

The breaking down or thinning of subcutaneous (under the skin) connective tissue structures that support the skin is a major contributor to the development of cellulite, along with the accumulation of subcutaneous fat. Both conditions lead to the enlargement of fat cells located beneath the skin's surface, causing affected areas to have the characteristic "orange peel" appearance known as cellulite. The breakdown of connective tissue also impairs healthy circulation, which can cause congestion of lymphatic fluids and metabolic wastes. Thus, cellulite is often accompanied by a feeling of heaviness and tightness in affected areas (especially the legs), as well as tenderness of the skin when pinched, pressed or vigorously massaged. In addition, varicose veins are commonly found in conjunction with cellulite, since both conditions are caused largely by the weakening of supporting connective tissues.^{1,2}

Cellu-Smooth is an herbal formula designed to help reduce the appearance of cellulite, while also improving skin health and tone. Cellu-Smooth naturally and safely enhances circulation to affected areas, strengthens connective tissue structures and improves detoxification. In addition, Cellu-Smooth supports healthy thyroid function and increases the breakdown and elimination of excess fat stores in the body. Each capsule of Cellu-Smooth contains:

Coleus forskohlii, a plant native to India, has been used in traditional Ayurvedic medicine to treat various health problems, including hypothyroidism. Extracts of coleus forskohlii have been shown to reduce food intake, body weight and fat accumulation in animal studies. The active ingredient, forskolin, appears to be largely responsible for these anti-obesity effects. Forskolin has been shown to stimulate thyroid hormone production and release, as well as enhance lipolysis (the breakdown of fat). Results of a recent 12-week human study indicate that forskolin may be a potential therapeutic agent for the management and treatment of obesity. A randomized, double-blind, placebo-controlled study involving 30 overweight and obese men showed that forskolin elicited favorable changes in body composition by significantly decreasing body fat percentage and fat mass, compared to a placebo. Coleus forskohlii extract is not recommended for use in combination with antihypertensives (blood-pressure lowering medications) and anticoagulants (medications that prevent blood clotting) due to the potential for herb-drug interactions.³⁻⁸

Bladderwrack has been used as a natural remedy for obesity since the 17th century. Due to its high iodine content, bladderwrack is believed to stimulate thyroid function and thus, increase fat metabolism. Not surprisingly, bladderwrack has been used to reduce dietary fat in the obese. Bladderwrack's iodine content may also explain the low incidence of goiter among those having a diet that includes seaweeds—iodine is thought to be responsible for bladderwrack's anti-hypothyroid effect. According to the *Physician's Desk Reference for Herbal Medicines*, bladderwrack is used in the treatment of obesity and thyroid disorders, as well as arteriosclerosis and digestive problems. Bladderwrack has also been used in the treatment of cellulite, especially to help tone and soothe affected areas. Bladderwrack is not recommended during pregnancy or while breast-feeding, as the effects have not been studied. Bladderwrack is also contraindicated for individuals with known malignancies, diabetes, kidney dysfunction, heart failure and myocardial infarction (heart attack). Bladderwrack should be used with caution if taking lithium, amiodarone, anticoagulants, drugs known to cause nephrotoxicity (kidney toxicity), or thyroid hormone replacement therapy—cases of hyperthyroidism have been associated with the ingestion of bladderwrack and other seaweeds rich in iodine.^{1,9-12}

Ginkgo biloba leaves contain bioflavonoids that are primarily responsible for the herb's antioxidant activity. Research indicates that ginkgo flavonoids are particularly beneficial for organs that are rich in connective tissues, such as the aorta, eyes, lungs and skin. Ginkgo has been shown to protect tissues from free radical damage, as well as tone and strengthen blood vessels, thus helping to reduce capillary fragility and permeability. Increased capillary fragility and permeability is associated with edema (fluid retention) in the legs and varicose veins. Ginkgo also improves circulation, promoting greater oxygen utilization and assisting in the elimination of toxins. Ginkgo should be used with caution if taking anticoagulant or antiplatelet drugs. Although there are no known contraindications, ginkgo is not recommended during pregnancy and lactation due to a lack of research on the effects.^{9,11,13-17}

Milk thistle offers powerful antioxidant protection and aids in liver detoxification. Milk thistle also promotes the stimulation of new liver cells, thus improving overall liver function. It is important to note that healthy liver function is essential for the removal of toxins that can damage other organ systems such as the heart, blood vessels and

skin. The liver is also responsible for producing bile to break down fat and fat-soluble compounds that have a special affinity for fat tissues.^{1,11,18,19}

Rhodiola root extract has been proven to be helpful for weight management, notably due to its unique effect on adipose fat—rhodiola root extract enhances the break down and elimination of excess fat stored in the body. When combined with exercise, the effects of rhodiola root extract are even greater. According to one study conducted by Russian researchers, daily supplementation with rhodiola root extract, combined with moderate exercise, resulted in weight-loss and a reduction in body fat in 92% of obese study participants (70 men and 60 women ages 29-60 years old). All participants also reported improvement in their mood, sleep patterns and overall health. Other research indicates that rhodiola root extract can improve endurance exercise capacity and provide anabolic (building up) effects, increasing muscle tissue and improving the muscle-fat ratio. Combining rhodiola root extract with *Rhododendron caucasicum* appears to facilitate weight-management efforts.²⁰⁻²⁴

Rhododendron root has been shown to provide healthful "fat-blocking" properties. Russian researchers have documented increased fat excretion in those taking rhododendron, as well as lower serum cholesterol levels. Rhododendron has also been found to provide more than 50 times the antioxidant protection of Vitamin E and 20 times that of Vitamin C. Rhododendron improves circulation, strengthens fragile capillaries and enhances the removal of toxins and wastes from the body.^{20,22,25,26}

References:

- ¹Murray, M. & Pizzorno, J. *Encyclopedia of Natural Medicine, 2nd Ed.* Rocklin, CA: Prima, 1998.
- ²Avram, M.M. "Cellulite: a review of its physiology and treatment." *Journal of Cosmetic and Laser Therapy*; 2004, 6(4):181-185.
- ³Ding, X. & Staudinger, J.L. "Induction of drug metabolism by forskolin: the role of the pregnane X receptor and the protein kinase a signal transduction pathway." *Journal of Pharmacology and Experimental Therapeutics*; 2005, 312(2):849-856.
- ⁴Han, L.K., et. al. "Effects of Coleus forskohlii on fat storage in ovariectomized rats." *Yakugaku Zasshi*; 2005, 125(5):449-453.
- ⁵Ealey, P.A., et. al. "Forskolin stimulation of naphthylamidase in guinea pig thyroid sections detected with a cytochemical bioassay." *Acta Endocrinologica*; 1985, 108(3):367-371.
- ⁶Laurberg, P. "Forskolin stimulation of thyroid secretion of T4 and T3." *FEBS Letters*; 1984, 170(2):273-276.
- ⁷Hoffman, B.B., et. al. "Stimulation and inhibition of lipolysis in isolated rat adipocytes: evidence for age-related changes in responses to forskolin and PGE1." *Hormone and Metabolic Research*; 1987, 19(8):358-360.
- ⁸Godard, M.P., et. al. "Body composition and hormonal adaptations associated with forskolin consumption in overweight and obese men." *Obesity Research*; 2005, 13(8):1335-1343.
- ⁹Newall, C., et. al. *Herbal Medicines*. London, England: The Pharmaceutical Press, 1996.
- ¹⁰*PDR for Herbal Medicines, 1st Ed.* Montvale, NJ: Medical Economics Company, 1998.
- ¹¹Fetrow, C. & Avila, J. *Professional's Handbook of Complementary & Alternative Medicines*. Springhouse, PA: Springhouse Corporation, 1999.
- ¹²Mowrey PhD, D. *The Scientific Validation of Herbal Medicine*. New Canaan, CT: Keats, 1986.
- ¹³Lininger DC, S., et al. *The Natural Pharmacy*. Rocklin, CA: Prima Health, 1998.
- ¹⁴Weiner PhD, M. & Weiner, J. *Herbs That Heal*. Mill Valley, CA: Quantum Books, 1994.
- ¹⁵Murray ND, M. *The Healing Power of Herbs*. Rocklin, CA: Prima Publishing, 1995.
- ¹⁶O'Brien, J.G., et. al. "Treatment of edema." *American Family Physician*; 2005, 71(11):2111-2117.
- ¹⁷Dormandy, J.A. "Microcirculation in venous disorders: the role of the white blood cells." *International Journal of Microcirculation, Clinical and Experimental*; 1995, 15 Suppl 1:3-8.
- ¹⁸Brown ND, D. *Herbal Prescriptions for Better Health*. Rocklin, CA: Prima Health, 1996.
- ¹⁹Hobbs LAc, C. *Natural Liver Therapy*. Capitola, CA: Botanica Press, 1986.
- ²⁰Ramazanov PhD, Z. and del Mar Bernal Suarez PhD, M. *New Secrets of Effective Natural Stress and Weight Management Using Rhodiola rosea and Rhododendron caucasicum*. East Canaan, CT: ATN/Safe Goods Publishing, 1999.
- ²¹Germano, C. & Ramazanov PhD, Z. *Arctic Root (Rhodiola Rosea)*. NY, NY: Kensington Books, 1999.
- ²²Brown, R.P., et. al. *The Rhodiola Revolution: Transform Your Health with the Herbal Breakthrough of the 21st Century*. Emmaus, PA: Rodale Books, 2004.
- ²³De Bock, K., et. al. "Acute Rhodiola rosea intake can improve endurance exercise performance." *International Journal of Sport Nutrition and Exercise Metabolism*; 2004, 14(3):298-307.
- ²⁴Brown MD, R.P., et. al. "Rhodiola rosea: A Phytomedicinal Overview." *HerbalGram*; 2002, 56:40-52.
- ²⁵Caucasicum+." *Quest IV Health Products, Inc.* Arlington, TX: 1998.
- ²⁶Hu, M. and Xiao, P.G. "HPTLC scanning determination of 6 flavonoids in 166 Rhododendron species." *Yao Hsueh Hsueh Pao*; 1989, 24(12): 923-931.