

Quality, Safety & Potency.

Only A grade herbs are used in the manufacture of Sun Herbal formulas.

All Sun Herbal medicines are produced to the most rigorous standards by an Australian GMP (Good Manufacturing Practice) certified manufacturer in China. This means that every step of production is subject to strict quality control.

All of these medicines must pass stringent tests for safety, purity and potency.



Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!



Your healthcare practitioner

Disclaimer. The contents of this flyer (the 'Content') is intended only as a guideline on possible treatment strategies. The Content is not offered as medical advice and should not be considered to be medical advice under any circumstances. If you have a medical condition, you should always seek the advice of a qualified healthcare practitioner. Never disregard professional medical advice or delay in seeking it because of Content in this flyer. Your reliance on any information provided by the author in this flyer is solely at your own risk. Neither the author nor the publisher can be held responsible for the improper or inappropriate use or application of any of the Content of this flyer by any person.

Weight Management with Chinese herbal medicine



The Sun Herbal range of concentrated Chinese herbal formulas can provide you with a comprehensive and balanced approach to weight management.

Our Traditional Chinese Medicine (TCM) brands include:



Why we need to manage our weight

There have been significant increases in the proportion of overweight and obese Australians over the last 20 years. The National Health Survey (2004-05) showed that 47% (7.5 million) of Australians aged over 15 years were overweight. Of these, one third (2.5 million) were obese.

People who are overweight, and particularly those who are obese, have higher rates of death and illness than people of healthy weight, both overall and from a range of specific conditions. These include cardiovascular disease, high blood pressure, Type 2 diabetes, sleep apnoea, osteoarthritis, psychological problems and reproductive problems for women.

While many factors may influence an individual's weight, overweight and obesity is due mainly to an imbalance of energy intake from the diet and energy expenditure through physical activity.

(from the Australian Institute of Health and Welfare website)

Ancient Chinese Medical Theories and Weight Gain

While it is recognized that the main cause of weight gain is overeating in relation to activity levels and energy expenditure, traditional Chinese medicine (TCM) regards the accumulation of excessive adipose tissue and fluid retention as a type of 'Phlegm-Damp'.

Phlegm-Damp is defined as a pathogenic factor that arises as a result of disturbances in digestive function and fluid metabolism. Phlegm-Damp may be the underlying cause of many conditions in addition to overweight or obesity. In TCM the study of disorders due to Phlegm-Damp is a specialized branch, which covers a wide range of diseases including various digestive, respiratory and cardiovascular conditions.

The traditional Chinese medicine approach to healthy weight loss

The TCM approach to healthy weight loss includes diet, exercise and herbal medicines. By applying all three parts of this program results are assured. Eating in harmony with your body constitution and daily needs, regular moderate exercise and the use of special herbal combinations provides a comprehensive and balanced approach to weight loss.

Herbal medicines for weight loss are designed to assist the body to remove accumulated waste products, boost a sluggish metabolism, and reduce any discomfort that may be experienced as the body undergoes significant changes. In addition, Chinese herbal combinations increase energy and sense of well-being.

Can Chinese medicine help my particular condition?

If you are committed to losing weight and are prepared to follow a new diet, exercise daily and take herbal medicines twice or three times a day, you will succeed. Persistence, especially in the early stages, is the key. After several weeks, when new habits have been established, it becomes much easier. In order to assist during this period of transition it is important to seek the help of a qualified healthcare professional, who can tailor a program that will suit your individual needs, as well as provide the necessary support and encouragement.

