

Weight Loss

Colon Cleanse – Helps the body remove toxic build-up in the colon. These toxins get re-absorbed into the bloodstream, and can cause auto-toxicity (poisoning). This toxic build-up also prevents proper absorption of nutrients, and can result in cravings, depression, allergies, fatigue, gastrointestinal irregularities and even mental confusion. Bowels must move daily. A clean colon is important in stabilizing weight.

Intestinal Tone can be taken daily. It is especially good for high or low blood sugar problems and also provides healthy fiber. It gives the feeling of fullness and cuts down hunger pangs.

Body Balance contains balanced minerals and iodine that aid in weight loss. Obesity and nutritional deficiency are part of the same syndrome. Minerals are vital in the production of energy and the utilization of other nutrients. They help reduce sugar cravings by stabilizing the metabolism, enhance the effectiveness of insulin and boost immune function. Cravings are usually the sign of mineral deficiency. Studies have shown that trace minerals may speed up the burning of calories. Aloe vera improves digestion and cleanses the digestive tract, as well as being a “carrier” for other nutrients which makes them more available to the body.

Amino Charge provides bioavailable amino acids. These amino acids decrease body fat. They have the ability to break up body fat and aid in weight loss. They are an appetite suppressant that tells the brain you are not hungry. They particularly suppress carbohydrate cravings, and have anti-depressant properties. 5HTP is also an appetite suppressant and natural antidepressant. The amino acids also help the body properly digest fats. Amino Charge contains an enzyme complex that allows fuller digestion and utilization of the amino acids.

True Greens contain many nutrient-rich ingredients that are helpful in weight loss. Spirulina is an excellent source of usable protein and contains needed nutrients that stabilize blood sugar. Wheatgrass and barley grass calm the appetite and assist metabolic functions. These and the raw low-calorie vegetables are full of much-needed nutrients, including chlorophyll which cleanses and detoxifies. Flax seed is an important source of essential fatty acids, needed by every cell in the body and for appetite control. Ginger improves digestion and aids in the metabolism of fat. Alfalfa is full of nutrition and has diuretic properties. Shitake mushroom and rice bran both help control and lower cholesterol. Acidophilus and bifidobacterium are probiotics that the body needs for proper digestion and immune function. Pineapple, Papaya, bromelain, lipase and amylase are enzyme-rich and help the digestive process by breaking down foods properly.

Amino Charge and True Greens taken together can be used as a meal replacement.

Sunbright – Ornithine, arginine and lysine are amino acids that decrease body fat. GABA is an amino acid that suppresses cravings and has anti-depressant properties. Glutamine is an amino acid that lessens carbohydrate cravings. These amino acids form a particular combination that the body uses to help balance the muscle to fat ratio. Yerba mate is a tonic and natural appetite suppressant. Gotu cola aids in reducing body mass, and aids in adrenal processes that facilitate carbohydrate metabolism. Green tea

has recently gained a great deal of attention for its ability to aid in weight loss. Astragalus increases energy and improves nutrient absorption. Ginger is a thermogenic herb that helps in the metabolism of fat and improves digestion.

Vitali-C Plus contains vitamin C and bioflavonoids that are necessary for normal glandular function. They speed up a slow metabolism, prompting it to burn more calories.

Dream Away was formulated specifically for weight loss. Chromium picolinate reduces sugar cravings by stabilizing the metabolism of simple carbohydrates or sugars. Phenylalanine is an amino acid that is an appetite suppressant. Whey and egg whites provide a protein complex that helps the body burn fat without the loss of muscle mass. Melatonin helps mitigate food cravings during the night. "Night eaters" are often deficient in melatonin.

Osteoprocare and Osteomegacare are highly bio-available sources of calcium and other nutrients. Calcium is a key activator of lipase, the main enzyme that breaks down fats for the body to utilize.

TruBoost increases the body's ability to resist fatigue and tension and boost energy naturally. The key herbal ingredients have shown to reduce serum cortisol, a major stress hormone, by about 25%. Most people have unhealthy elevated levels of cortisol which result in weight gain, elevated blood sugar levels, fatigue, and anxiety.

Herbal Body Wrap has been shown to detoxify the body and get rid of unwanted fat. It is recommended to do a series of 4-6 wraps for best results.

Other suggestions:

Eat a healthy diet consisting mainly of raw vegetables and fruits, whole grains, white meat, fish, beans seeds and nuts.

Omit all forms of refined sugar. Sugar triggers the release of insulin, which then activates enzymes that promote the passage of fat from the bloodstream into the fat cells.

Avoid all white flour products, white rice, table salt and processed and fast foods.

Pay particular attention to the fat in your diet. "Good" fat is very necessary for health. This includes avocados, olives and olive oil, and raw cold-pressed vegetable oils. Eliminate saturated and processed fats from the diet. Do not eat any fried foods.

Alcohol not only adds calories, but also stops your body from being able to burn fat.

Drink plenty of good water and exercise every day. Exercise increases the metabolic rate as well as burning off calories.

Consider allergy testing. Many people who have eliminated allergenic foods from their diet have stabilized their weight quickly.