



Weight Loss Made Easy (page 1)



Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D or**
- **Liquid Cal-Mag-Zinc**

See our full line of premium quality supplements at

**BestWomenSupplements.com,
FreedomFromMenopause.com,
Or PMSfreedom.com**

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A breakthrough revelation in the world of fad dieting: **They're all the same.** A study published by Michael D. Dansinger, MD and colleagues from the Tufts University New England Medical Center compared 160 people who participated in four popular mainstream diet programs.

This study found that, in the short term, all of these diets provide the same benefit. These findings also stressed that it is not so much what the diet consists of that produces results, but rather the dieter's adherence to it. Those who were strict in following their diet's guidelines were successful no matter which route they took. This is good news for people who do not want to eliminate carbohydrates from their diet, people who love meat or people concerned about missing out on fruits and vegetables.

According to Dansinger, there is a diet for everyone. The study randomized 160 men and women with an average BMI of 35 and put them on one of four very different diet programs:

- **Weight Watchers**, which is focused mainly on reducing overall caloric intake
- **Atkins Diet**, a carbohydrate limiting program
- **Ornish Diet** the low fat vegetarian and
- **Zone Diet**, which focuses mostly on foods low in the glycemic index

The study found significant weight loss after one year among people on all four diets. Including dropouts (which were around 35% of those on Weight Watchers and Zone and 50% of those on Atkins and Ornish) the group lost an average of 2.1%-3.3% of their total body weight. Those who maintained the diet for an entire year showed a 3.4%- 6.2% loss.

Though this may seem like a paltry amount of weight for those trying to permanently eradicate their love handles, it does improve cardiovascular health. Participants in all of the diets experienced a 7%-15% reduction in Framingham cardiovascular risk. This can be accredited to the characteristic that these diets had in common: They all reduced caloric intake through the reduction of certain types of foods. These results were also tied more to adherence to diet rather than specifically what the diet was.

This study provides good news for people concerned about increased fat intake with an Atkins-type diet after a myocardial event. Similarly, it tells diabetics that they can adopt a low glycemic weight loss diet and not worry about increased heart risk. The one thing left out of this study, of course, was the long term weight loss of these diets. The only scientific evidence to date still supports the old nutritional adage of a low-calorie, balanced diet that includes breakfast and moderate exercise for long term weight loss. Since most of these fad diets are relatively new, there is little long term data. But studies such as this one are promising for the future of an ever expanding American public, and allow flexibility in the never-ending battle against the bulge.

Of particular interest to women are the additional weight loss obstacles they must face at different stages of their lives. Hormonal imbalance plays a critical role in weight management especially in the later years. During a woman's younger reproductive years she must battle food cravings and the weight gain that often accompanies PMS (pre-menstrual syndrome). However, the weight gain that occurs later in life is almost inevitable as a woman passes into the menopausal stage of life.

Often bewildered by the sudden inability to lose weight no matter what they try, menopausal women find this stubborn weight gain to be one of their most challenging health issues. Because hormonal imbalance and sluggish or reduced thyroid function seem to go hand and hand at this time in life, it makes losing weight almost impossible. (Continued on page 2)



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The best news for women struggling with stubborn weight gain related to PMS or menopause is that regardless of the type of diet you choose, addressing your hormone balancing difficulties can help eliminate the biggest stumbling block to your desired weight goal.

For those who would like some supplemental assistance in their battle, we are proud to offer several safe and effective weight loss products:

1. **Progesterone Cream:** has several weight loss benefits. It acts as a diuretic helping to reduce bloating and weight gain, helps eliminate food cravings (carbohydrates and sweets) and improves the breakdown of fat leading to weight loss, and helps to normalize a sluggish thyroid.
2. **Citrimax Complex:** has been clinically proven to curb appetite, and help contribute to weight loss. It also assists the body by slowing the production of fats from carbohydrates and providing nutritional support.
3. **L-Carnitine:** helps to unleash fatty acids from cells so that they may be converted to energy.
4. **5-HTP:** Clinical studies report impressive results for losing weight and keeping it off.
5. **Natural Human Growth Hormone (HGH):** Our safe product which is much different than the HGH taken by professional athletes, has been know as the "Fountain of Youth" and also assists in weight loss.
6. **DHEA:** A great anti-obesity hormone, known as the "mother of all hormones".
7. **Ultimate Soy-Spirulina Protein Powder:** Besides supporting bone, cardiovascular, menopausal and general health, this delicious vegetarian energy product is a great meal replacement which provides a balance of the essential nutrients your body needs especially with a weight loss plan.
8. **Super Fiber Tabs:** Consuming a low fat, high fiber diet has positive health benefits. This excellent product contains three sources of fiber, supporting colon health and regularity by adding fiber and bulk to the diet.
9. **Probiotic Quattro:** In addition to supporting a healthy immune system, this important product also supports digestive health making sure that you digest the nutrients you consume.

In addition to the benefits you can achieve from adding the above mentioned supplements to your diet, keep in mind that balancing your hormones can aid in the reduction of mood swings, hot flashes and many other PMS and menopause systems that result from imbalanced female hormones.