



Weight - Loss - Roller - Coaster?

Ready to
Get Off
The
The

This information will help you get it off and keep it off!

Continued from page 3

balance mood. If stress is a factor in your weight gain, it may be a helpful supplement.

Remember that cortisol is also released in response to chronic inflammation, so a supplement like **Thai-Go** that has antioxidant and anti-inflammatory properties can also help to reduce cortisol output. Reducing inflammation also increases metabolism and helps leptin, the fat burning hormone, work better.

Food Cravings

Sometimes, it seems that food cravings are our worst enemy when trying to change our diet. Therefore, supplements that reduce appetite or specific food cravings may also be helpful as part of a weight loss program. **Nature's Hoodia** can help reduce

overall appetite. So can **Garcinia Combination**, which also boosts metabolism.

Cravings for sugar are signs of blood sugar problems and usually indicate that the diet is lacking fat and protein. **Licorice Root** and **Super Algae** are two supplements that can control blood sugar levels and reduce the cravings for sweets.

Addiction to sugar and other simple carbohydrates is a big problem for some people, so it is also helpful to substitute a healthier form of sweets. For instance, xylitol-sweetened chocolate bars, gum or mints can satisfy the occasional cravings for sweets without causing the blood sugar spikes that lead to weight gain.

These are just a few examples of the many supplements available that can assist your weight loss program. Consult the person who gave you this newsletter for more specific help and information.