new duo for appetite control

Learn about a new supplement combination that holds promise for weight loss.

By Vera Tweed

Weight control is a sensitive issue, but one that can’t be ignored—healthy weight isn’t a matter of vanity, but a cornerstone of good health. However, that doesn’t change the fact that losing weight permanently is, for most people, a difficult thing to do. Lack of energy and hunger are the two most common stumbling blocks, and they’re interrelated.

The Energy-Hunger Connection
No matter how many calories we eat, even if the food is nutritious, our bodies won’t generate adequate energy if cells can’t utilize nutrients. And then, even an excess of food doesn’t satisfy hunger because there is a vicious cycle at work:
• Cells walls are damaged by oxidation from environmental toxins and the process of living. (Antioxidants reduce oxidation but don’t repair damage.)
• Damaged cell walls, which act as a gateway, prevent nutrients from entering the cells.
• Malnourished cells don’t produce enough energy.
• To compensate, cell walls send out signals, “Send more food,” and these translate into hunger.
• We overeat, but energy production is still inadequate, and hunger persists.

Breaking the Vicious Cycle
If we can repair cell walls, we may be able to break the cycle, and there is a dietary supplement specifically formulated to do just that. Known as NT Factor, it is a proprietary combination of nutrients that are the building blocks of cell walls, and it is thought to replace damaged molecules with healthy ones, possibly restoring cells’ ability to use nutrients and produce energy.

Results of clinical trials supporting the safety and efficacy of NT Factor have been published in numerous peer-reviewed journals, such as the Journal of Cellular Biochemistry and the Journal of Chronic Fatigue Syndrome. In studies, NT Factor, in combination with a multivitamin-antioxidant blend, reduced fatigue among people with chronic fatigue syndrome by 40 percent, and significantly reduced fatigue and other side effects of chemotherapy among cancer patients.

Tailored for Weight Loss
To support healthy weight loss in conjunction with a healthy diet and exercise, NT Factor has been combined with Phase 2 starch blocker in a proprietary formula known as Healthy Curb. FDA-approved as a weight-loss ingredient, Phase 2 safely blocks production of the enzyme we need to digest starch, and as a result, our bodies can eliminate approximately 80 percent of the starch calories we eat. At the same time, NT Factor restores cellular energy production. In combination, these two ingredients curb appetite safely without stimulants, artificial appetite suppressants, or side effects.

Rita Ellithorpe, MD, uses Healthy Curb with patients in her Tustin, Calif., practice and is one of the leading published researchers who has tested NT Factor. “I consistently see energy improvement,” she says in regard to Healthy Curb; “The preponderance of patients have experienced less hunger and cravings and reduced their total caloric intake, especially of carbs.”
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NEWS FLASH | THE LATEST RESEARCH

Doctors have long advised women to maintain optimal levels of folate (folic acid) before and during pregnancy to reduce the risk of birth defects. And now new research from UC Berkeley's School of Public Health finds evidence that men who also obtain high levels of folate in their diets have healthier sperm. Researchers examined the supplemental and dietary intake of folic acid, zinc, and antioxidants, including vitamins C and E and beta-carotene, in 89 men between ages 20 and 70. They also screened the men's sperm for aneuploidy, a condition that can lead to Down syndrome or other chromosomal abnormalities. A lower incidence of sperm abnormalities was found among those men who had a daily folate intake greater than 700 mcg compared with men who had less. Men considering fatherhood should supplement and/or include antioxidants such as vitamins C and E, selenium, folate, and zinc in their diets.

CHEERS TO YOUR HEART

Because eating fish and drinking wine have similar heart-healthy effects, researchers conducted a study, published in the American Heart Journal, to determine if these substances might be working together. Half of the 353 men participating in the study were instructed to eat a Mediterranean-style diet, which is naturally rich in the omega-3 fatty acid ALA (alpha-linolenic acid). The body is able to convert some ALA to EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)—the omega-3 fatty acids found in fish. The other half ate a typical Western-style diet. Both groups included fish. The men were then divided into four groups based on alcohol (mostly wine) intake. After 15 months, omega-3 fatty acid levels were higher in men on the Mediterranean-style diet, and alcohol drinkers from both diet groups had higher levels than nondrinkers. Mediterranean-style dieters who were also regular wine drinkers had the highest levels. Researchers concluded that alcohol—particularly wine—might help to convert ALA into EPA and DHA.

Researchers have found that family meals may protect against anorexia nervosa, bulimia nervosa, and compulsive overeating in girls. The results of the study, published in the Archives of Pediatric and Adolescent Medicine found that girls who shared meals with their families five or more times per week were nearly 30 percent less likely to exhibit disordered eating behavior—including the use of diet pills, laxatives, diuretics, and vomiting—than girls who had family meals less often. Researchers also noted that children who share regular family meals are less likely to abuse drugs and alcohol, and are more psychosocially well adjusted. Eating disorders and preoccupation with body image are prevalent in American girls; among those 11 to 13 years old, approximately 50 percent consider themselves overweight, while 80 percent of 13-year-old girls have attempted to lose weight.
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MAGNESIUM FIGHTS GALLSTONES

In addition to losing weight, avoiding saturated fats, and eating more fiber, adding more magnesium to the diet may also help alleviate gallstones. New research published in the American Journal of Gastroenterology found that among more than 42,000 male subjects between the ages of 40 and 75 who were followed for 16 years, those with a dietary and supplementary magnesium intake of more than 409 mg per day were 28 percent less likely to develop gallstones than those whose intake was less than 288 mg per day. Those who suffer from gallstones should practice preventive methods, such as exercising regularly; maintaining a high-fiber, low-fat diet; and moderating sugar and calorie intake. Avoid highly processed and fast foods, which are usually lacking in magnesium. Include more magnesium-rich foods, such as nuts, whole grains, beans, green leafy vegetables, fish, and lean meats.

white tea MAY FIGHT COLON CANCER

A recent study conducted at the Linus Pauling Institute (LPI) at Oregon State University and published in Nutrition and Cancer suggests that white tea may inhibit cancer cell proliferation. The study evaluated the effects of white tea, green tea, caffeine, and epigallocatechin-3-gallate (EGCG) on rats exposed to a carcinogen that causes colon cancer. Results showed that white tea given after carcinogen exposure was effective in inhibiting cell proliferation. Researchers concluded that this anticancer benefit is likely a result of white tea's high catechin content, such as ECGC, its primary beneficial component. White tea, which is cultivated in China, is so named because of the fine white hairs that cover its buds. The buds are handpicked from the top of the tea plant and allowed to dry naturally, thus rendering it one of the least processed of any teas.