



Diet & Supplement Connection

How's your diet?

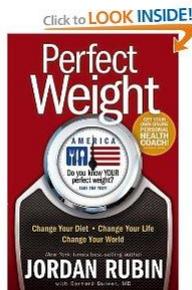
Are you eating properly? If not, you are not getting the most out of your supplement \$'s. Do you have a need for a dramatic change in your diet or do you need to rebalance your daily nutrition?

Proper diet is an essential part of any health regime. There are many different types of diets ranging from FDA Recommended Daily Allowances (which is not really a "diet"), Fad or Crash diets, Macrobiotic diets, Vegetarian diets, Low Sodium diets, and Low Carbohydrate diets. Many of these diets will teach the proper food and correct portions to eat. Even though maintaining a specific diet for the long term might not be realistic (especially the more extreme diets), each individual will learn something about how to change their lifestyle and nutrition habits for the better. That is the target, use a diet to make a significant change in current condition, then when off of the diet, change your lifestyle incorporating what was learned in the diet.

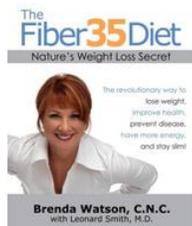
Are you going to try a diet?

Before starting any diet and changing nutritional habits you should do so under the supervision of a physician or nutritionist. This is especially important if you are going to attempt an extreme change in your diet and your current health condition is not the best.

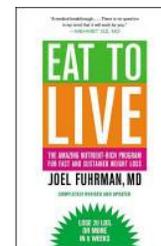
We have the following dietary books available. You may find that one of these books will provide a diet that will suit your needs.



Jordan Rubin has written several national bestselling books on improving your health. He is known as America's biblical health coach. This diet is a holistic approach to maximizing weight loss through concentrating on four areas: Physical, mental, emotional and spiritual.



Brenda Watson is a natural health practitioner specializing in digestive care, nutrition, and internal cleansing and detoxification. The Fiber35 Diet explains how 35 grams of fiber per day can help you lose weight, and more importantly, prevent the diseases that cut life short.



Hailed a "medical breakthrough" by Dr. Mehmet Oz, EAT TO LIVE offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. EAT TO LIVE has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off.

See one of the Nature's Pantry team members on how to optimize your supplements with proper nutrition