



## HEALTH & HEALING

# Mike advises his own wife

by **Mike Ventresca**  
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**N**ot too long ago I was asked if I could recommend a safe and effective supplement for weight loss. While this is always a difficult question, it's even more difficult when the woman asking was...my wife! Since the birth of our baby in



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September, my wife has been trying to lose the weight she gained from her pregnancy. Once she could begin taking supplements, she asked me for my opinion. You better believe I made sure to do my homework!

Weight management is a complex issue. Metabolism, activity level, stress and insulin sensitivity are just a few of the factors that contribute to one's ability to lose weight successfully. Let's look at a few different remedies and how each works.

A new study in the *International Journal of Obesity* concludes that green tea extract can help burn fat, increase metabolic rate and suppress appetite. Green tea works by increasing body heat and energy expenditure without increasing heart rate (unlike many stimulant based diet aids).

Another critical factor is converting sugar into energy. Cinnamon promotes healthy weight by helping glucose do its primary work—creating immediate cellular energy—rather than storing potential energy as fat.

Finally, combating the damaging effects of stress is important in effective weight management. Research shows stress can cause weight gain by increasing cortisol and blood sugar levels while also contributing to bad habits like “stress eating.” The herb Holy Basil has been shown to reduce cortisol levels and increase insulin metabolism.

Instead of taking all of these herbs separately, I recommended New Chapter's *Diet & Energy* to my wife. *Diet & Energy* promotes healthy weight responsibly by providing green tea, cinnamon and holy basil without the use of harsh stimulants. What's the verdict? After about two months on the product, my wife is happy to report she's lost seven pounds!

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

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