

Terry Talks Nutrition



Obesity in America and the Natural Answer to Weight Loss

Compliments of Terry... Naturally

The nations scales are going up....up....up....and it's clear that we have an obesity health crisis in America. It's not just a case of telling people to eat less or eat less junk food and walk around the block for exercise. One of the major disorders affected by obesity is Syndrome X. In fact, one out of every five overweight people is affected by this Metabolic Syndrome. The Metabolic Syndrome is a disorder characterized by obesity, high blood pressure, abnormal lipid levels, high blood sugar and more serious health problems such as, diabetes and stroke.

What is the answer to obesity in America? The *type* of food that we select is the primary cause. When we consume complex carbohydrates, the food is digested slowly, releasing sugar into the bloodstream at a regulated rate. This maintains a normal, stable blood sugar level. When we consume sugar or foods that are high in simple sugars, the blood sugar level spikes causing an excessive release of insulin, therefore, causing hypoglycemia which has its own myriad of disorders. The most effective way to lose weight is to select foods that have the least effect on the release of insulin. The types of carbohydrates you eat can make or break your ability to manage insulin and lose weight. Carbohydrates are broken down in two ways, high glycemic foods and low glycemic foods. The Glycemic Index (GI) refers to how fast the carbs release sugar into the blood stream. Low GI foods pass more slowly through the digestive system and into the blood stream gradually which keeps insulin levels low.

The easiest diet to follow is one in which the carbohydrates are under 50 on the Glycemic Index. You will find it unnecessary to count calories since the foods you are allowed to eat will suppress your appetite. Ask for a *Glycemic Index chart at Terry Naturally*. There are three supplements that can assist you when using a healthy sensible diet and a reasonable level of weekly exercise. The first supplement, **Dieter's Choice for Carb Control**, consists of white kidney bean extract. It contains a factor that blocks the release of amylase, the carbohydrate digesting enzyme. Clinical studies have proven that it will block 50 to 75 grams of carbohydrates per meal, the equivalent of approximately 300 calories (1,000 calories per day). A second formula, **Dieter's Choice for Fat Control**, has a very similar mechanism of action as the Carb Blocker only in this case it is a Fat Blocker. Lesser Galangal is a member of the ginger family and it has been used for 5,000 years in Asian cooking. Recently scientists have found that it can block the digestion of fats reducing your daily intake of calories. There have been beneficial side effects such as improving a healthier lipid profile and supporting healthy cholesterol levels when already within a normal range. A third weight management formula is **PommeTHIN** which is a pure, natural concentrated extract of sour green apples. It has the ability to suppress the appetite, manage blood sugar levels, use carbohydrates for increased energy and release belly fat which can then be burned for energy. These three formulas can be used safely in a combination of ways. I encourage you to adopt the diet suggested above, add one or more of the supplements and initiate an exercise program.

Any day of the year is the right time to start a weight loss program.

Terry recommends these formulas for your best health:

Carb Blocker Formula:

Max-Phase Phaseolamin 2 mg from Purified White Kidney Bean (*Phaseolus vulgaris*) Extract 120X

Fat Blocker Formula:

Lesser Galangal (*Alpinia officinarum*) 100 mg. Rhizome Extract Standardized to 20% 3 methylethergalangin

Healthy Weight Loss Formula:

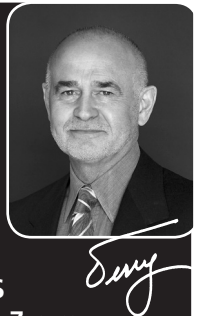
PommeTHIN Complex (300:1 extract) 450 mg. A proprietary formula containing apple soluble fibers and apple extract standardized for quercetin and phloridzin (40% phenolic apple actives). This patented apple extract contains optimized concentrations of the most active slimming apple polyphenolic components.

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

Subscribe to a free weekly health newsletter at www.TerryTalksNutrition.com

Look for this column every Wednesday.

Terry Naturally



STORE HOURS
M - F: 9 a.m. - 7 p.m.
Sat: 9 a.m. - 5 p.m.

2625 Development Dr., Suite 40
Green Bay, WI 54311
Hwy 172 at GV • 920-965-1002
www.TerryNaturally.com