



Health Matters

by

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Know you need to lose weight, but not sure how to get started? You're not alone. We can help you develop a personalized weight loss plan, as we've done with many others. A customer of ours recently told me she'd lost 12 pounds of belly fat in the last month taking **CLA (conjugated linoleic acid)**. Research published in the *Journal of Nutrition* reveals that **CLA** effectively reduces body fat, improves muscle tone and enhances metabolic rate, all of which help with maintaining weight loss over time. Since muscle tissue burns more calories than fat, **CLA** improves metabolic efficiency by altering your lean-to-fat ratio. Subjects taking 3 gm of **CLA** daily in a 6-week study at the University of Wisconsin lost an average of 2.2 lb of body fat, while the placebo group actually gained 1.5 lb on the same diet. **CLA** can help you stay lean and fit, especially when combined with a healthy diet and regular exercise. As always, we guarantee your satisfaction.

 **NATURAL
FOODS MARKET**

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