

Terry Talks Nutrition



Successful Weight Loss: Protocol

foods. As a pasta lover, I know the problem all too well. That's why I was so excited to find products that can help you get your appetite under control and minimize the effects of the occasional indulgence.

Dieter's Choice for Carb Control™

This revolutionary, all-natural starch blocker is far more effective than anything else on the market. **Dieter's Choice for Carb Control** is a highly purified, water-based extract of white kidney bean, *Phaseolus vulgaris*, that inhibits the activity of alpha-amylase, the digestive enzyme that breaks down starches and complex carbohydrates. When Dieter's Choice for Carb Control is taken with a carb-containing meal, the amylase enzyme is blocked, and some of the carbohydrates aren't digested, therefore passing through the intestines—much like fiber—instead of being absorbed and stored as fat.

One Dieter's Choice for Carb Control tablet is up to 120 times more concentrated than other carb blockers. Those products require taking up to 1,500 mg to get the carb blocking effects, while the highly concentrated extract in Dieter's Choice for Carb Control gets results in a small, 2 mg tablet. And that's only part of the story. Dieter's Choice for Carb Control features a special enteric coating that enables it to pass safely through the stomach, into the intestines, so it activates where starch absorption occurs. Put simply, Dieter's Choice for Carb Control delivers more starch-blocking power to the region of the digestive tract where it can do the most good than other carb-blocking products. One Dieter's Choice for Carb Control can inhibit the absorption of up to 50 - 75 grams of carbohydrates, or 300 calories, per meal. Big results are packed inside each tiny, easy to swallow tablet.

There are some definite advantages to reducing carbohydrate intake. Fewer digested carbs helps in minimizing the peaks and valleys of changing blood sugar levels and gives you a more sustained level of energy - without the ensuing crash in the afternoon. It also improves the digestive system as it prevents the fermentation of carbohydrates. **Finally, Dieter's Choice for Carb Control does all this without the nasty side effects caused by other, high-dose carb-blocking products.** It will not cause you to experience bloating, gas, loose stools or emergency trips to the restroom.

Dieter's Choice for Fat Control™

A second product that can be used along with the Carb Blocker is **Dieter's Choice for Fat Control**. This product contains an herb from the ginger family called lesser galangal. Compounds in the herb inhibit the enzyme lipase, which blocks the digestion (and subsequent absorption) of fats, reducing the amount of calories that

would ordinarily be absorbed as well.

In comparison testing, researchers have found that the herbal extract of lesser galangal is as effective as prescription medications (orlistat and Alli) for weight management. The herbal extract offers additional benefits in that it also provided benefits for supporting healthy triglyceride and cholesterol levels already within normal limits.

Considering some of the side effects of the alternatives (uncontrollable bowel movements, gas, and bloating), Dieter's Choice for Fat Control is certainly worth trying to support your overall diet plan. The safety of lesser galangal, which after all is a common South East Asia food spice, has been verified in research studies. I would definitely recommend trying this herbal extract as an extra aid to your weight loss program.

Scientists have also determined that a compound in lesser galangal called 3-methylthergalangin has the greatest lipase inhibiting activity. Therefore, it is important to look for an extract standardized to this compound to get the best fat-blocking benefits.

PommeTHIN™

Most of us prefer to eat apples that appeal to our taste buds, so the emphasis has been the production of sweet tasting apples. There is, however, a green sour cider apple grown in Europe that contains exceptionally high concentrations of active compounds called phloridzin and quercetin. Research on the effects of these naturally occurring apple actives has shown they can have a significant effect on weight loss. While you may now be tempted to run out and buy a bag of apples for your "apple diet" you should know that it takes 300 lbs of sour green apples to produce one pound of the

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

IC 34 21+(3,5,6)TN

Compliments of Terry... Naturally

Key Words

menopause, hot flashes, night sweats, weight gain, tension, anxiety, sleep, vaginal dryness, black cohosh, hops, apple extract, quercetin, phloridzin, sea buckthorn, MenoComplete, AnxioFit-1, Hydra 7, hormones, estrogen, phytoestrogen, marjoram, lavender, mandarin, ravintsara, lemon verbena, xenoestrogens, BPA, bisphenol A, stress, nervousness, Terrific Zzz', perimenopause

Book stores, the Internet, late night infomercials. What do they have in common? They are all full of miracle diets and weight loss plans promising to make you skinny and healthy without any work on your part.


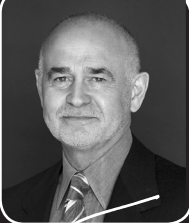
I'm sure you have heard the saying "if it sounds too good to be true, it probably is"? This is absolutely the truth about "diets." There is no way around it. To achieve meaningful, lasting weight loss you have to commit to making healthier choices for your *lifetime*. Fad diets might help you shed a few pounds, but you will only gain them back, plus more, later. While making long-term lifestyle changes leading to permanent weight loss can be hard work, it is not impossible. I've done it. So can you.

My Plan

To aid you in getting started on losing those excess pounds I have developed menu suggestions and a simple workout routine. For reasonable weight loss, I recommend that most people consume 1,600 to 1,800 calories a day from a good quality, lean protein, and fresh fruits and vegetables, and minimize carbohydrate intake, especially refined white flour and white sugar. Don't forget to include a moderate amount of healthy fat, like olive oil or oil-rich fish. For weight loss and aerobic conditioning, I highly recommend the use of kettlebells and interval training. The details for my diet and exercise program are on my website at www.terrytalks-nutrition.com. Look for **Terry's Menu for Health and Longevity** and **Terry's Exercise Plan**.

Helpful Supplements

Even those who are committed to making healthy choices can sometimes be overwhelmed by cravings for the not-so-healthy

STORE HOURS
M - F: 9 a.m. - 7 p.m.
Sat: 9 a.m. - 4 p.m.

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

Terry Talks Nutrition



Successful Weight Loss: Protocol

Compliments of Terry... Naturally

concentrated extract shown to be beneficial in scientific research.

Phloridzin

Apple is the only fruit that contains a compound known as phloridzin, which significantly burns fat, reduces calorie absorption, and reduces appetite by controlling blood sugar levels, therefore increasing energy levels. Phloridzin reduces the absorption of sugar and inhibits the accumulation of fat in the fat cells of the body misleading the intestinal receptor responsible for the introduction of glucose (sugar) into cells. Phloridzin's affinity for this receptor is 1,000 times superior to the glucose molecule. Glucose is the sole molecule able to cross the cellular membrane. Phloridzin has the capacity to fix on the glucose receptor site to make it momentarily unavailable for the assimilation of the surrounding glucose.

Quercetin

The apple contains one of the highest concentrations of quercetin, a bioflavonoid that is a powerful antioxidant. Quercetin has the same effect as phloridzin affecting the glucose receptor sites but it is also able to fix on other sugar receptors. One of the main roles of fat cells is to store the excess sugar after converting it to fat. By limiting the quantity of new sugar assimilated by the cells, the accumulation and transformation of sugar into fats is limited. Less sugar, less fat.

Weight Loss Results

Sour green cider apple extract can minimize the effects of carbohydrates and sugars, and has been shown to reduce the appetite, control blood sugar levels and increase fat metabolism. Additionally, highly concentrated apple fibers create a feeling of fullness and therefore suppress the appetite. When combined with a sensible diet and exercise program, use of concentrated sour green apple extract has resulted in 1 to 1-1/2 pounds of weight loss per week.

No Magic Pills

There is no such thing as a magic pill for weight loss, so be realistic. We all want immediate results. But a major weight gain doesn't happen overnight and neither does significant weight loss. It takes time to correct what took time to go wrong. Don't expect to lose all the pounds in

the first three days. Allow time for your body to adjust. In fact, I suggest following the program for 30-60 days before you even step on a scale. You will be amazed at the results if you do.

The Importance of Setting Goals

I firmly believe in the power of setting goals. I use this technique for everything I want to achieve in my life. First, write down what you want in your life. For example, *I will lose 20 lbs and be in the best shape ever*. Or, you can use a deadline goal, such as *I will lose 20 pounds by May 1*. I cannot stress this point enough – **write down your goals!** It isn't enough to just think about what you want to do, you must write it down. I don't know for sure why putting your goal in writing is so effective, but I know it works. Next, **read your list of goals once or twice a day**. You might even want to get a picture of a person who has the shape that you admire and put it on your refrigerator and/or mirror in your bathroom.

Get a vision and a goal that you want to accomplish, concentrate on it, think about it, speak positively about it and you will accomplish it. Not only will this goal setting plan work for weight loss, but it will work in every area of your life whether it be relationships, the home of your dreams, the country you wish to visit, the financial goals you wish to accomplish or that significant other you wish to meet.

Your Plan

After you decide what your fitness goals are, it's important to have a plan. Please review my menu suggestions and exercise program at www.terrytalksnutrition.com. If you need some extra help, use the supplements we discussed earlier. The following explanation can help you determine which product is most appropriate for you. You may need one, two, or all three of them, depending on what is the biggest challenge you face.

Dieter's Choice for Carb Control if you eat a meal with: potatoes (chips, French fries, baked); bread (muffins, bagels, pancakes, etc); cereal; pasta

Dieter's Choice for Fat Control if you eat a meal with: dairy products (ice cream, butter, whole milk); meats (chicken fat, beef, pork); processed foods and snacks (canned soups and stews, muffins); sauces or gravy

PommeTHIN if you need to reset your metabolism, if afternoon "crashes" are a problem, if you need help in maintaining blood sugar levels, and also if you tend to consume more carbohydrates in your diet.

You can also combine 2 or all 3 of these products as needed. For example, if you have a meal of pasta (carbohydrates) with Alfredo sauce (fats) you might want to take both the carb and fat blocking products. If you tend to eat a lot of carbohydrates and hit a "wall" in the afternoons, take the Carb Control product and PommeTHIN. Remember – for both Dieter's Choice for Carb Control and Dieter's Choice for Fat Control you make take them **with or before** a meal in order to get the best results.

By putting together your written goals, menu plan, exercise routine, and using proven supplements when needed, you have a very effective weight loss program. Remember, you don't need a miracle. You are one!

Look Dieter's Choice for Carb Control™ at your local health food store:

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

Look Dieter's Choice for Fat Control™ at your local health food store:

Lesser Galangal (EP176) 100 mg
Rhizome Extract Standardized to
20% 3-methylethergalangin

Look for PommeTHIN™ at your local health food store:

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.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.