

## **Trick or Treat: Prevent Holiday Weight Gain**

Did you know the average weight gain between now and the New Year is ten pounds? There is a statistic that shows most weight gain for the entire year takes place over the holiday season. With Halloween, Thanksgiving, and winter festivities around the corner, it is difficult not to over-indulge. Here are a few tips to keep sugar cravings down and ensure your body is burning fat:

- [Bio-Glycozyme Forte™](#) is a broad-spectrum multiple vitamin/mineral designed to reduce sugar cravings, adrenal and general fatigue, and stress. Take (2-3) tablets, three times daily, at 10am, 3pm, and two hours after dinner.
- [CLA](#) supplies 800mg per capsule of Conjugated Linoleic Acid (Omega-6), linoleic acid extract from sunflower and safflower oils to support cellular metabolism, insulin resistance, weight management (lipogenesis prevention), and to increase lean muscle mass. Take (3-4) capsules daily, with meals.

A double-blind, randomized, placebo-controlled study, published in the December 2000 issue of the *Journal of Nutrition*, found that CLA reduces fat and preserves muscle tissue. According to the research manager, an average reduction of six pounds of body fat was found in the group taking CLA, compared to a placebo group. The study found that approximately 3.4 grams of CLA per day was the level needed to obtain the beneficial effects of CLA on body fat.

- [L-Carnitine HCl](#) supplies a substance called carnitine, which helps the body turn fat into energy. It supports ATP energy production by enhancing lipid oxidation in cell mitochondria for elevated blood fats; put simply, it is the shovel that pulls fat out of the cell that can be burned for fuel! Great for people who claim an inability to lose weight. Take (1-2) capsules, three times daily with meals or as directed. For low carb dieters who do not go into ketosis on 60 grams or less of carbohydrates, take (4) capsules, three times daily until ketosis.

In a preliminary study of overweight adolescents participating in a diet and exercise program, those who took 1,000mg of L-Carnitine per day for three months lost significantly more weight than those who took a placebo.

Of course, the key to maintaining a healthy weight is proper diet and exercise. Some additional tips would include drinking plenty of water (it helps you feel full), chewing your food 30 times before swallowing, getting a full eight hours of sleep, limiting alcoholic beverages, and find ways to sneak in exercise (just walking more can be a huge help). Please contact us with any questions or for more information on any of these products.

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