

Weight Loss Tips

New Approach Personalizes Weight Loss

(NAPSA)—The most effective way to lose weight may not involve any dieting at all. That's the word from an international group of scientists, physicians and researchers. They believe to be effective, a weight loss program must take epigenetics into account.

They recommend a personalized health platform that integrates decades of research from scientists and medical doctors to provide individualized health plans based on epigenetics.

Epigenetics is the study of the impact a person's environment and lifestyle have on his or her genetic expression. Simply put, it explains why identical twins who grow up in radically different environments and who eat and exercise differently may have phenotypic variations in height, weight and more.

Researchers believe this same science can be used from the outside in, to determine the type of diet and exercise a person's one-of-a-kind genetic blueprint needs to lose weight most effectively, and have applied it to create a program called ph360.

Using a thorough personal health assessment, the ph360 approach determines the best foods for you to eat and those to avoid, as well as the style of exercise ideal for your specific makeup.

User results have been showing losses of as many as 15 pounds in two weeks—through healthy and natural means. For Tina Bernard, a teacher who struggled to lose the baby weight after the birth of her now 4-year-old daughter, ph360 worked when nothing else did. According to Bernard, "ph360 was a lifesaver. Not only did I finally get rid of those pesky 20 pounds, but I stopped having problems with digestion and sleep for the first time ever."



A new approach to weight loss is based on epigenetics—the study of the impact a person's environment and lifestyle have on his or her genetic expression.

Seasoned dieters will be pleased to know that this loss has nothing to do with eating less—instead, it's about eating the right foods for each individual. Excess weight is shed when the body finally receives the specific nutrients it needs to balance both internally and externally. This also provides the body with new-found energy and strength.

Many of those who use ph360 also report increases in energy, focus, ease and quality of sleep, mood, digestion, and skin health. According to the company's CEO Matt Riemann, this is because a person's body wants to return to its natural state of balance and the program helps him or her do just that.

He contends the program amounts to a user's manual for each person's unique body and provides personalized insights into how a person can truly thrive.

To encourage you to experience the power of personalized health, ph360 is offering an exclusive lifetime membership for only \$97 until August 31, 2014. Visit www.ph360.me today to access your personalized weight loss blueprint and secure your diet, exercise and lifestyle guidelines for an entire lifetime.