


Dieting Do's And Don'ts

(NAPSA)—Dieting during the holidays can be a weighty matter, but it doesn't have to be difficult.

Here are some do's and don'ts to help you stay on track and perhaps even make progress. It is possible, with a little discipline and one new product, to keep going with your weight loss program until January and beyond:

- Keeping metabolism high is key. **Do** choose foods that make your body work to break them

Your stomach doesn't know the difference between the fullness from water or food, so drink a glass of water before you leave for the party. 

down, proteins first, complex carbs next. Always skip simple carbs.

- **Do** eat consciously with every bite; look at this as a way to fuel your body, as opposed to stuffing yourself. Remember that the holidays are a time to celebrate a year well done, so honor your body. The good news is that there has finally been a breakthrough. A double-blind study recently showed that a proprietary blend of green tea, caffeine, cayenne and the amino acid L-tyrosine can keep the body's metabolism humming for eight weeks after initial weight loss. The new product is called Break Through by MetaboLife.

Do drink a large glass of water before leaving for the party—your stomach doesn't know the difference between fullness from water or food. When you arrive at the party, scan the buffet first and choose a plate of high-protein foods (turkey, ham, meats, fish).

Finally, **Don't** eat bread, pasta or any simple carbs.