

Five Tips Toward Healthy Weight

(NAPSA)—DiETING isn't just for bathing suit season and New Years' resolutions any more. Many Americans are constantly on one diet after another trying to reach that "magic" number. In fact, 65 percent of Americans have tried to lose weight at least once.

In an effort to lose weight through years of yo-yo dieting and poor eating habits, the body's metabolism is misled and the lost weight is usually just gained back. This roller coaster process is reversible by retraining the metabolism to lose weight through a healthy lifestyle.

According to Penny Kendall-Reed, naturopathic doctor and author of *The Naturopathic Diet*, five tips can help achieve one's ideal, healthy weight.

1. Eat Small, Frequent Meals:

This will allow your blood sugar levels to remain stable and food to digest completely to offset cravings.

2. Refresh Yourself:

Six to eight glasses of water a day will keep the body and skin healthy and supple. Water not only keeps the body hydrated but also assists in controlling appetite.

3. Learn About The Good vs

Bad Foods: Choose healthy food choices such as green salads, chicken breasts, apples, cottage cheese and tuna fish. There are also many foods that are commonly mistaken as diet foods that should be avoided such as yogurt, bananas, white rice and potatoes. These foods actually turn into sugar and ultimately fat.

4. Find Natural Ways To Keep Fit: Natural supplements



You can have better than a slim chance of losing weight if you follow some advice.

can help reach an ideal weight. Supplementing a healthy diet and exercise regime with the herbs garcinia cambogia (Citrimax™), bitter orange (Advantra-Z™) and chitosan can help expedite a safe weight loss process. A new product from Jamieson Laboratories, called Ultra Slim Down®, combines all three of these ingredients, without the use of dangerous herbs such as Ma Huang and Ephedra that are present in many other weight loss products. A 10-week study showed that people taking Ultra Slim Down® lost an average of 10.2 pounds without following any regimented diet or exercise program.

5. Quality Not Quantity:

Decreasing portion sizes and eating "mindfully" will help achieve a healthy weight.

For more information on Ultra Slim Down® or other natural health care products by Jamieson Laboratories, call 1-800-265-5088 or visit www.jamiesonvitamins.com.