

# Your Health & Well-Being

## Supplements Help Support New Year's Resolutions

(NAPSA)—It is estimated that 75 percent of New Year's resolutions—many of them having to do with health and fitness—are broken by the first week in January. Fortunately, with a little support, people may find it easier to follow through on their plans to improve themselves—both physically and emotionally—throughout the year. Here are a few helpful hints:

- Set reasonable goals for yourself.
- Create a written plan as to how and when you will achieve your goals.
- If you fall off track one day, don't beat yourself up for it. Relax and get back on the program the following day.
- Keep track of milestones along the way, including weekly weigh-ins and good daily habits.
- Give yourself rewards (not edible ones!) to celebrate your successes as an incentive to keep up the great effort.

In addition, Natrol, Inc., a premier marketer and manufacturer of nutritional products, offers supplements for weight control, mood control, and hair regrowth that may help many consumers stick to some of their "New Year, New You" resolutions for better health and beauty:

• **Weight-Loss Support:** Natrol® Carb Intercept® contains Phase 2 Starch Neutralizer® with white kidney bean extract for weight-loss support. By using this natural product, consumers can help control the carbs in their favorite foods.

• **Mood Control:** Stressful lifestyles and unhealthy dietary practices can negatively alter the body's serotonin metabolism, which can cause irritability. Plus,



**Nutritional supplements can help support people's efforts to look and feel better all year.**

the shorter and darker days of winter can negatively affect mood. Natrol® 5-HTP (50 mg) can support mood for a more positive attitude. This product is a drug-free, plant-derived source of an amino acid that naturally helps increase the body's level of serotonin, the chemical messenger affecting emotions, behavior, appetite, thought, and sleep.

• **Hair Health:** Nu Hair® is a complete, natural hair-regrowth system designed specifically for men's and women's individual and unique hair-regrowth needs. For consumers concerned with hair loss and thinning, or male pattern baldness, these products are herbal-based formulas specifically designed to block the negative effects of DHT—the bad form of testosterone—while also providing intense nourishment for excessively thinning hair, receding hairlines, and breakage around the hairline or any area of the scalp that has poor hair density.

To learn more, or to join Natrol's free Nutrition Club, call (800) 2-NATROL or visit the Web site at [www.Natrol.com](http://www.Natrol.com).