

Health Awareness



Nondiet Secrets

(NAPSA)—Many people may be surprised to learn that some of the world's top models actually add food to their diets to slim and revive themselves. Bodies have the uncanny ability to totally regenerate, even when they've been abused by a year of stress, junk food, worry or even disease.

Healthy Dieting Secrets

- If you cannot pronounce all the ingredients, don't eat it.
- "Think" about fueling your body with food just as you'd fuel your car.
- Choose "real food" over processed or packaged.
- Add whole and green foods to your diet. Skip pasta and bread.
- Buy the foods that make you feel vital and give your mind clarity.



Says Lizanne Falsetto, former model: "The most powerful thing we can do for our bodies, minds and spirits is to fuel with pure food. Our society teaches 'losing weight' as a positive when in fact most diets rob our bodies of needed balance and drain our natural vibrancy. I never starve myself. The natural by-product of good nutrition is a slim and healthy body."

Falsetto is CEO of one of the nation's largest natural nutrition bar companies. Its all natural thinkThin, thinkOrganic and thinkGreen bars are made from whole, real food to make good nutrition easy. Many doctors might agree with Falsetto that ingesting real food calories is akin to adding silver dollars to a piggy bank, as opposed to stuffing it with slugs that weigh a lot but have no value.

For more information, visit www.thinkproducts.com.