

# Food For Thought

## Health Alert: Sugary Beverages And Alcohol

(NAPSA)—Scientists now believe that beverages cause weight gain. According to research published in the *International Journal of Obesity*, beverages—even diet—may disrupt the body's natural ability to count calories. So the body may be fooled into thinking beverages have no calories and, therefore, people overeat.



**A nutritional supplement is said to cut the carbs when added to sugary beverages such as soda and alcohol.**

A new supplement that goes by the name of Carb Cutter® A&B tackles two of some of the unhealthiest habits known to Americans—sugary beverages and alcohol—and it's getting praise from experts. A supplement that lowers two evils of beverages—weight gain and hangovers—is a very promising new approach for those who can't bring themselves to part with sugary beverages and alcohol.

Carb Cutter® A&B is available at Wal-Mart and GNC by calling (877) 859-CARB, or visit [www.carb-cutter.com](http://www.carb-cutter.com) for more information.