

# Change Your Lifestyle and Enjoy a Healthier, Slimmer You All Year



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## Change Your Lifestyle this Summer

*With summer fast approaching, thousands of flannel PJs and bulky sweaters are happily stored in the backs of closets, as shorts and tank tops are pulled cheerily to the front.*



Oh, if only this were true for all of us. For a lot of people I think it reads more like this: With summer fast approaching, thousands of tears are shed at the thought of storing the comforting, concealing sweaters and pulling the unforgiving, revealing shorts and tank tops to the front. The very thought of 'bathing suit season' is enough to make many of us run to the bed for cover (or maybe to

medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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#### [Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support

the fridge for ice cream to console ourselves).

As the temperatures rise, so do the stress levels of the **more than 60 percent of men and women who are overweight or obese in this country alone**. For many, the fear of wearing a bathing suit in public is worse than watching any horror movie. Instead of Saturdays in the park or afternoons at the beach, summer conjures up thoughts of sweating under too many clothes, just for the sake of covering up. And, for some, pouting because you want to wear the cute bathing suit you saw online.

Even though I think this obsession with weight needs to stop – from a purely cosmetic perspective that is – I think we really need to start getting through to people that it simply is not healthy to be overweight. Recently, I read that being overweight might be an indicator of a more serious condition, like an underactive thyroid, or even a side effect of using antidepressants. I mean, who would have guessed that?

We have all heard about the “miracle diets” that are out there; horror stories of eating cabbage soup for a week, sacrificing the bliss of bread and suffering through sugar withdrawal – but here we are at the same place.

Maybe by next year, we’ll realize that worrying about how we’ll look in our bathing suit isn’t that important after all and put the “Bathing Suit Phobia” to rest for good. Maybe we can finally start living healthily and become more comfortable with ourselves. But then again, we’ll have to make it through this year first.



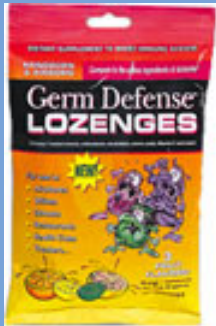
### [Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



### [VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



### [Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



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Read on for helpful tips and information on getting and staying fit and healthy!

## We Are a GROWING Nation

With our kitchen cabinets full of sugary snacks, our lunches packed with frozen meals and our dinners tables laden with fast food bags, why are



we so shocked that the number of overweight and obese men and women has risen to an estimated 1 billion worldwide? In this country alone, more than 30 percent of the population is overweight, and another 30 percent is obese.

With television, magazines and the Internet flooded with diets, weight loss programs and prescription medications, the steady increase in the percentage of men and women battling weight gain is not only alarming, but can also be confusing.

“The proportion of people at the high end of the weight scale continues to increase at a brisk rate despite increased public attention on the risks of obesity,” said Roland Sturm, an economist at Rand Corporation, a nonprofit research institute.

Logically, it seems simple. If you are gaining weight, it’s due to one of two things: too much food or not enough exercise. But is it really that simple? The CDC lists some of the possible causes of weight gain:

- Excessive weight and obesity are the result of an energy



## Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Bowtrol Colon Cleanse](#)

[Herbal Health Buy](#)

imbalance. This involves eating too many calories and not getting enough physical activity.

- Behavior and environment play a large role in causing people to become overweight and obese. These are the greatest areas for prevention and treatment actions
- Body weight is the result of genes, metabolism, behavior, environment, culture and socioeconomic status.

There are many causal factors intertwined with obesity, but clearly some ailments are much more likely to increase its prevalence.

Here are what we found to be some of the most common reasons for weight gain:

- **Stress & Anxiety**

- [MindSoothe](#)
- [PureCalm](#)
- [Mood Tonic](#)

- **Metabolism**

- [EcoSlim](#)
- [JuniorSlim](#)
- [TeenSlim](#)
- [Slimmer's Assist](#)

- **Energy Levels & Toxicity**

- [Fatigue Fighter](#)
- [Detox Drops](#)

- **Hypothyroidism (under active thyroid)**

- [ThyroidAssist](#)

- **Use of Antidepressants (which often cause weight gain)**

## Alternative Healing Academy



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Aromatherapy,  
Color & Crystal  
Therapy



- [MindSoothe](#)
- [Mood Tonic](#)

In cases where the underlying ailments behind excessive weight gain are treated and the person is still gaining weight or unable to lose those unwanted pounds, they often resort to quick weight loss scams, prescription medications or radical diets. However, even making simple changes in your level of physical activity and nutritional intake can help you lose weight. In addition, natural options can be very effective, and in many cases a good deal safer for your body.

- [EcoSlim](#)
- [Slimmer's Assist](#)
- [JuniorSlim](#)
- [TeenSlim](#)
- [Detox Drops](#)
- [Fatigue Fighter](#)

Since it's becoming very clear that the consequences of being overweight are much more significant than simply not being able to stroll the beach in a bikini, the focus is now on a solution, as well as treating the resulting physical and psychological effects.

Today, nearly 1 billion overweight people worldwide are facing a decline in their physical health due to excessive weight. The American Journal of Physical Health recently published the results of a study examining the relationship between weight, exercise and

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## Natural Remedies

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[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



declining physical functioning. They concluded that both excessive weight and obesity were independently associated with a decline in overall health.

Overweight and obese individuals are more likely to have:

- **Depression**
  - [MindSoothe](#)
  - [Calm Within CD](#)
- **Anxiety**
  - [MindSoothe](#)
  - [PureCalm](#)
  - [Mood Tonic](#)
  - [Calm Within CD](#)
- **Panic Attacks**
  - [MindSoothe](#)
  - [PureCalm](#)
  - [Mood Tonic](#)
  - [Calm Within CD](#)
- **Mood Swings**
  - [MindSoothe](#)
  - [PureCalm](#)
  - [Mood Tonic](#)
  - [Calm Within CD](#)

Natural remedies – like herbal and homeopathic products – can be used to successfully and safely treat a wide variety of these resulting ailments. These products are virtually free of any of the

Special Message



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Passion



Optimal  
Wellness

- Anti-aging
- Scientifically Formulated
- ALL NATURAL  
no side effects

**XTEND-LIFE**  
Natural Products

**MORE INFO**

major side effects that plague many prescription medications. With these options now readily available worldwide, we can lighten up knowing that there really are viable ways to lose weight and get healthy.

For even more information on how you can change your lifestyle, lose weight and get healthy, [download our FREE Weight loss eBooklet](#). There's even a sample weight loss plan.

*"I am an emotional eater and I could never stay on a diet. Michele [your clinical psychologist] said I should take MindSoothe together with Ecoslim. I have succeeded for the first time in keeping to my diet and I have been eating sensibly with no binging for the last 6 weeks, which is a record for me! I can see the pounds coming off and everyone at work has been complimenting me!"*

**- Malinda M., USA**

*"I tried every diet in the book. I was always on a different diet but if I lost weight it would go straight back on. Your weight loss program helped me to stay on track and I realized for the first time that I did not have to starve to loose weight! The slimming drops made a big difference and every time I stood on the scale I had a smile on my face! After two weeks I had already lost 11 lbs, after 6 weeks I weighed 30 lbs less than when I started! I have never felt or looked so good!"*

- Janey, USA

## **The Weighty Problem of Heartburn, Acid Reflux (GERD) and other Digestive Issues**

While excessive weight and obesity can lead to serious problems down the road, new studies also indicate that they can be responsible for more immediate ailments concerning the digestive and circulatory systems. In many cases, these ailments are the pre-cursors to more serious problems. In addition to losing the excess weight that causes them, treating these conditions now can help combat uncomfortable symptoms, as well as reduce the risk of serious long-term damage.



One of the ailments most commonly reported by both overweight and obese individuals worldwide is frequent heartburn. This condition, also known as Gastroesophageal Reflux Disease (or GERD), occurs when acids from the stomach are allowed to rise up into the esophagus as a result of the malfunctioning of the muscle valve which usually keeps the acids in their place.

This not only causes painful burning sensations in the chest, but can eventually result in significant damage to the esophagus. In a study performed in 2006, researchers discovered that people who were overweight were more than 50 percent more likely to develop GERD. Obesity more than doubled a subject's odds of developing the disease. (GERD is also linked to hiatus hernias, so be sure to

check with your physician if you continue to suffer from severe heartburn and tightness in the chest even after treatment).

Despite its uncomfortable symptoms, the ultimate concern of those that suffer from GERD is primarily that the disease has been linked to certain types of esophageal cancers. These arise due to the constant irritation and corrosion of the esophagus by stomach acids. Interestingly, studies show that cases of esophageal cancer have increased roughly 600% since 1971, which closely mirrors the incredible increases in the number of overweight and obese Americans we have seen in recent decades.

Scientists and nutritional specialists are also currently investigating the extent of the damage that being overweight or obese can cause to the digestive system. Many have already posited that digestive conditions such as Irritable Bowel Syndrome (IBS) are linked to excessive weight and obesity, and links to other gastrointestinal maladies are currently being explored.

While the best way to combat GERD and weight-related digestive ailments is to lose the excess weight that causes it, there are also a variety of natural remedies available that can help alleviate the painful symptoms of these conditions. In many cases, GERD may be so bad that sufferers are unable to exercise without pain, making it even harder to lose weight.

There are all kinds of herbal and homeopathic treatments that can heal the stomach and settle the digestive system. Natural medicines can soothe the symptoms of IBS and other

gastrointestinal issues, and in combination with exercise and a healthy diet can also help to eliminate them.

- [Gastronic Dr.](#)
- [Digest Assist](#)
- [Digestion Tonic](#)
- [Gasolve Relief](#)
- [Tummy Trumbles](#)

Obesity and excessive weight are also known to increase the prevalence of circulatory problems such as high blood pressure and cholesterol levels. These conditions contribute to the risk of heart disease and stroke, and as a result of the growing population of overweight citizens, there has been a steady rise in the prescription of various blood thinners and cholesterol-lowering medications over recent years.

While pharmaceutical drugs can be very effective on their own, they can also be used in conjunction with herbal and homeopathic remedies to restore the natural health of the body and circulatory system. When used in combination with a healthy diet and regular exercise, it may also be possible to avoid the use of prescription drugs altogether.

- [Cholesto-Rite](#)
- [High-Rite](#)
- [CircuLive](#)

For more information on natural remedies for weight loss and

conditions associated with excessive weight or obesity, be sure to check out the complete Native Remedies line of natural and homeopathic products designed to heal the body without the side effects of prescription drugs.

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