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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Debunk Food Myths to Maximize Your Meals & Minimize Your Waistline

By A. Flowers

Today's fast-paced **society challenges us on a regular basis** to eat healthy, work out, and get enough rest.

Too often, we succumb to the **temptations of unhealthy eating habits**... whether it's convenient fast food, skipping meals, or not getting sufficient intake of nutritious fuel sources.

In addition, many of us are not completely **knowledgeable of healthy eating**.

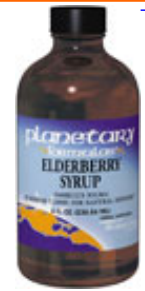
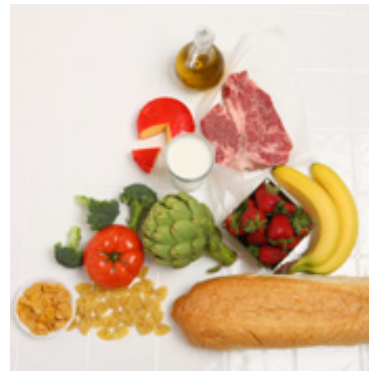
Low-fat foods may lead us to over-eating, assuming we're snacking "healthy", or a **seemingly nutritious** sandwich can be loaded with **hidden calories**.

However, if you're looking to lose weight, be sure to **follow the healthy way to weight loss!** While crash dieting may be effective in the short term, in the long-run, **regular fluctuations in weight can disturb the balance of the body's metabolism** – leading to systemic confusion and a sluggish metabolism. This **slower metabolism can eventually lead to weight gain**, even when eating normally.

Also beware of "quick fix" diet pills, which often **contain harmful stimulants that raise heart rate and speed up the metabolism** in an un-natural way.

Instead, focus your efforts on making **informed food choices**, developing sound physical activity habits, **and controlling stress** (as the stress hormone cortisol can wreak havoc on your mid-section—not to mention common "emotional eating").

Natural remedies offer weight management



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GlycoNutrients is a nutritional
supplement designed to

support to help promote healthy functioning of the digestive system, maintain metabolism, support liver functioning and the healthy breakdown of dietary fat—all which contribute to a balanced weight and body type.

When combined with a **healthy diet and active lifestyle**, natural remedies can perfectly complement all your efforts to **help you reach your ideal weight goals!**

'Bad' Foods that are Actually 'Good' (in moderation)

Eggs – Avoided by some for their cholesterol content, when eaten occasionally, deliver a good source of protein.

Steak – A lean cut of meat is full of healthy protein – just be sure to practice portion control.

Pasta – Carbs are NOT the enemy! Just be sure to choose whole-grain varieties.

Nuts – High in the “good” fats and rich in fiber and protein, you can help stabilize blood sugar to reduce sugar cravings and hunger.

Cheese – Studies have shown that the body burns more fat when it gets enough calcium – so indulge in this dairy product now and then!

Treats – Experts agree that deprivation often leads to binging- so enjoy your favorites occasionally but always keep in mind moderation!

Top 3 Tip Sheet

1. Eat smaller meals throughout the day to rev up metabolism. Always include at least 1 serving of fruits and/or veggies with every meal.

2. Drink more water between meals.

3. Sensibly season your foods! Boredom is a huge factor behind overindulgence. Read food labels and reduce intake of added sugar, corn syrup and salt. Use fresh herbs and spices to enhance taste instead.



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Ask Our Experts

Question:

"I have a large appetite that I cannot seem to control. The more I exercise the hungrier I am; drinking water does not help, it just makes me hungry also. I need to lose weight and inches; however, I am missing something. It is not necessarily sweets, it is just food—salads, fish, chicken, beef, soups— everything taste so good to me, no matter what it is.. I am at my wits end as to what else to try and not damage my health. I carry most of my weight in the mid section. Have you any suggestions? I also love veggies and eat a lot of them."

--Jannetta

Answer:

Hi Jannetta,

Thank you for your query. You are to be commended for researching the use of natural alternatives.

We can recommend our [EcoSlim](#) to help assist your slimming efforts. EcoSlim is a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. Weight loss supplements such as EcoSlim can especially benefit those **individuals needing to consistently support routine weight management and a healthy metabolism** without compromising health or serious side effects.

We also suggest that you add our [Triple Complex Slimmer's Assist](#) to your daily supplements to further help improve sluggish digestion, boost metabolism and increase weight loss – safely, naturally and effectively.

Please let us know if there is anything else we can assist you with.

For further info, please go to:

[EcoSlim](#)

[Triple Complex Slimmer's Assist](#)

Warm regards,

The Native Remedies Team

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