

Did Holiday Bashes Make Your Scale Tip?

WHAT'S INSIDE?

How Attitude Affects Weight Loss

Plus

Enjoying a **Healthier Relationship** with Food

Cayenne: Tiny Pepper and Nutritional Powerhouse

6 Simple **Weight-loss Tips** to Keep You on Track



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A Change In Attitude for a Healthy Change on the Scale

An estimated **66 percent of Americans are considered overweight** or obese- making weight loss one of the top New Year's resolutions.

Do you know the **top 2 tricks for your weight loss plan to succeed?** They're simpler than you may think —and they include adjusting sleep your routines *and* your attitude towards food!



A Better Body Starts with Balanced Sleep

The relationship between insomnia and obesity has been studied extensively and reports have shown that **lack of sufficient sleep has the potential to interfere with the body's metabolic process.**

Aim for a **minimum of 7 hours of sleep each night.** Also make sure to be relaxed when bed time comes around. Listening to

Tips for Shifting Our Perspective on Food

- **Start thinking about food as fuel for the body.** Food is the energy we need to keep our bodies moving. Eat for health and not just for what looks or tastes good.

of something you have read in this ebook or on ANY website.



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

soothing music, reading your favorite book, enjoying a cup of chamomile tea or taking a warm shower will go a long way in setting the mood for a restful night of sleep.

Let Go of a Bad Attitude – How to Move Ahead

Developing a positive attitude towards food is another essential part of any successful weight loss plan. Research has shown that people that have a **positive attitude towards food** have a better body image and healthier weight.

Many times when dieting, we obsess over calorie intake; but **counting calories is counterproductive when eating over-processed foods** high in sodium and preservatives.

These foods *may* be low in fat and calories, but they have the potential of slowly intoxicating the body with elements the liver and digestive system cannot fully metabolize, rendering weight-loss attempts unsuccessful.

Not only that, but we start seeing food as “the enemy” instead of as a source of sustenance that is meant to be fully appreciated and enjoyed.

We can adopt a healthier attitude by **learning from cultures** that enjoy healthy longevity such as the Japanese, who meal times a ritual. Their approach involves taking great care in *all* stages of the meal process, beginning with the selection of ingredients.

Think Fresh

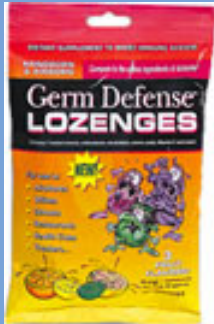
Fresh ingredients offer a **greater amount of essential nutrients** than processed ones. Leafy greens such as romaine lettuce, spinach, and collard greens are rich in vitamins and can

- **Look at labels.** Try to stay away from processed foods with large amounts of additives. If you can't pronounce an ingredient, stay away!
- **Be open to new things.** You may have become accustomed to eating the same things over and over, but incorporating new foods and flavors will help change your perception that healthy foods are boring.
- **Go green.** Green foods are essential to your health. Incorporate spinach, kale and broccoli into your diet.
- **Create a peaceful environment to eat in.** Avoid rushing or eating in front of the television set. Take your time and savor your meal.
- **Learn discipline.** If you generally eat whatever you crave, learn to listen to your body's cravings. Your body knows what it needs. Keep a food journal. Review it often to see where you need improvement.



[VRL-X](#)

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



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Great Health Sites

be prepared in a variety of ways.

The internet can be a valuable resource for **finding healthy recipes and tips** that can help take the boredom out of preparing vegetables. Fresh fruits (especially seasonal ones) are another element of a healthy diet and need little more than a wash to make a sweet and healthy snack.

And though **cooking meals from scratch** can seem like a time-consuming task; doesn't it make sense to dedicate time and effort in preparing what will be providing nourishment for your body?

Since the New Year is a time for of evaluation where we **seek to adopt positive new attitudes and behaviors**, how about making this year's weight loss resolution a lasting success?

Weight Management Support

- [Triple Complex Slimmer's Assist™](#)

Homeopathic remedy improves sluggish digestion, boosts metabolism & increases weight loss

- [EcoSlim™](#)

Assist slimming programs, maintain healthy weight & balanced metabolism

- [Detox Drops™](#)

Herbal detox drops for body cleansing and detoxification

"I have tried to lose the same 10 lbs for the last year. I have a healthy eating plan and daily moderate exercise. I was becoming completely frustrated because my end of the day hunger always sabotaged my weight loss. Two weeks ago I started taking [EcoSlim](#) and Slimmer's Assist and I've been thrilled that my hunger is gone! Even mealtime portions are much smaller and I'm still satisfied. I've already lost 3 lbs.

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and I'm confident that your products will soon help me reach my goal. I feel just great and want to thank you for the wonderful products." —

Mary, USA

"My history is of being overweight since a child. This has been worse since I had my three children and nothing would help me. Native Remedies helped so much! First the Detox Diet for only 5 days which made a loss of 5 pounds. I carry on with EcoSlim Drops and [Triple Complex Slimmer's Assist](#) and the weight continues to go! Also I have more energy and feel better about myself. Thank you for helping me - I know I will succeed now." —Hilda

"I have been struggling with general listlessness for many years. Every day I woke up feeling like I couldn't face the demands of the day - you know that feeling of "Oh No!" you get when you wake up? After taking [Detox Drops](#) for only three days, I started to feel more alive and my energy levels increased every day. Detox Drops are great!" —Carla, 43 years old

Stay Warm & Lose Weight with Cayenne Pepper!

Did the holiday rush leave you with no time to stick to your normal exercise and diet routines? You're not alone-- **most people gain weight during the holidays** no matter how hard they try to avoid it.



But did you know that adding a dash of cayenne pepper to your everyday life can be a **great weight loss aid**? Not only that, **cayenne pepper aids circulation**, which will help your body stay warm during the winter months. This is especially beneficial for those who suffer from cold hands and feet.

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Cayenne also has **essential vitamins and nutrients, including vitamin C**, which helps protect you against colds and flu.

The fiery pepper is also an excellent source of vitamin A through its concentration of carotenoids, including beta-carotene.

Beta-carotene is not only a **potent antioxidant**, but can be converted in the body to vitamin A, a nutrient essential for healthy epithelial tissues-- including the mucous membranes that line the nasal passages, lungs, intestinal tract and urinary tract and serve as the body's first line of defense against invading pathogens.

Studies have shown that Beta-carotene is also helpful **in reducing symptoms of asthma, osteoarthritis, and rheumatoid arthritis**.

In addition, beta-carotene is an antioxidant which is useful in preventing free radical damage that can lead to atherosclerosis, colon cancer, and diabetic complications, like nerve damage and heart disease.

Another widely studied component in the cayenne pepper is capsaicin. This substance is what lends cayenne pepper its characteristic heat.

Research has marveled at its **pain-reducing effects**, cardiovascular benefits, as well as its ability to help prevent ulcers. Capsaicin also effectively opens and drains congested nasal passages.

With so many **health benefits and a low cost**, what are you waiting for; add some spice into your life *and* lose weight with cayenne pepper.

Weight Loss Tips You'll Love!

Are you one of the millions of Americans with weight loss as one of your top New Year's resolutions? If so, keep reading! Here are six easy tips that will **help**

Product Ingredient Spotlight



EcoSlim™

Cayenne pepper, also known as Capsicum minimum, has been traditionally used in herbal medicine as a **general circulatory tonic and digestive aid**, helping to naturally support the production of gastric juices – a key factor in **healthy metabolism**.



Special Message



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you lose those extra pounds in a natural and healthy way.



1. Drink up! Water is essential for proper metabolic function. Maintaining proper levels of hydration is key to losing weight. If you haven't been drinking enough water, your body has developed a pattern of storing water, which translates into unwanted pounds. Drinking water also helps you flush out toxins. Try adding lemon to it and you have an easy and affordable liver tonic.

2. Warm up with some soup! Nutritious soups that are low in sodium are not only nourishing, but also help to flush waste from your body. Studies have shown that people who eat one serving of soup daily lose more weight than those who eat the same amount of calories but don't eat soup.

3. Be an early bird! Our body follows a circadian rhythm, meaning that the same foods eaten at breakfast and lunch are metabolized differently than when eaten for dinner. Studies show that eating your daily protein and fat at breakfast helps you lose weight *and* have more energy; while eating the same things at dinner tend to increase weight gain tendencies.

4. Eat more! Most of you have probably heard that eating several small meals a day helps you lose weight. The reason for this is that eating throughout the day keeps you from becoming famished and overeating at your next meal. Low fat yogurt or trail mix made from raw almonds, pumpkin seeds, dried plums, and apples are two healthy snack alternatives.

5. Take a walk. There's no way around it; inactivity is the main cause of weight gain. In order to avoid your metabolism from becoming sluggish, some form of physical activity should be practiced every day. This will help burn unwanted calories and keep your metabolism revved up. The best way to start being physically active is to use your legs! Walk as often and as long as you can. Step outside during your break at work and take a walk around your building. Try taking a walk 30 minutes in the morning or in the early evening.

6. Balance it all out. Many diet programs offer extreme measures to get rid of unwanted weight-- the result is that it is almost impossible to keep the weight off. We need balanced nutrition in order to be healthy. This includes choosing lean protein, an assortment of fruits and vegetables and whole grains over unhealthy alternatives such as foods high in fat and sugars.

