

*Alternative  
Healing Academy*

Home Study Certification  
Programs in Reflexology,  
Aromatherapy, &  
Color & Crystal  
Therapy



Do you feel that you're **on a never-ending diet**, yet haven't been seeing the results show up on your scale? Join the club! Even with regular exercise you can still feel dragged down by a **lack of energy and fatigue**. An **undiagnosed health condition** may be hindering your success! Read more to find out...

## Is Your 'Eternal Diet' Jinxed?

*Uncover the REAL reasons it's so hard to lose weight*

Although a balanced diet, sleep and regular exercise are the cornerstones of good health, many times, **people struggle with weight problems and obesity** for years before discovering a problem such as a hormonal imbalance or a food allergy. However, these disorders can be underlying roadblocks **that affect metabolism and weight**.

Below is a list of the **most common disorders** that may be the leading cause(s) behind weight gain and/or the inability to lose weight:

- **Hypothyroidism:** A deficiency in thyroid hormones can slow down the metabolism of food, causing appetite loss and weight gain. Weight gain is caused by the accumulation of fat and retention of fluid caused by protein deposits in the body. Sometimes an unhealthy lifestyle can actually contribute to the thyroid gland slowing down.
- **Try [Thyroid Assist](#)<sup>™</sup> to improve health & functioning for sluggish thyroids, plus healthy energy levels, or [ThyroSoothe](#)<sup>™</sup> to soothe the thyroid gland & promote health.**
- **Essential Fatty Acid Deficiency:** The body needs good fats, such as the essential fatty acids found in cold water fish, flaxseed and olive oils, to produce hormones and maintain proper metabolic rate. Deficiency may cause intense cravings for fatty foods.

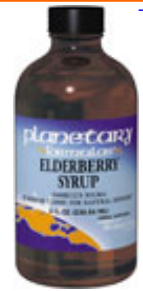


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[Elderberry Syrup](#)

Created for Planetary  
Herbals by licensed  
acupuncturist and clinical  
herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom  
GlycoNutrients is a nutritional  
supplement designed to

support



[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



- **Kidney, Heart or Liver Disease:** Problems in these organs can cause fluid retention and puffiness all over the body, especially the eyes and ankles. When liver disease is present, high cholesterol can also become a problem, since one of the liver's functions is to synthesize cholesterol.
- *Try [Kidney Dr.](#)™ to improve kidney functioning and urinary system health & [Liver Dr.](#)™ to improve liver functioning.*
- **Candidiasis:** An overgrowth of the fungus *Candida albicans* can also cause weight gain or difficulty losing weight. Symptoms of Candidiasis include intense cravings for sweet foods, fatigue, headaches, depression, and anxiety, among other things.
- *Try [Candidate](#)™ to support normal levels of systemic *Candida* and promote balanced probiotic flora in the body.*
- **Blood Sugar Imbalance:** The consumption of simple, refined carbohydrates causes rapid fluctuations in blood sugar levels. For example, eating a sugary treat increases the amount of sugar in the blood. The hormone insulin is then released, which causes sugar to be stored away and blood sugar levels to be lowered, which triggers the need for more sweets in order to stabilize blood sugar balance.
- *Try [Insulate Plus](#)™ to maintain healthy blood sugar levels and promote pancreatic health & [Triple Complex Diabetonic](#)™ to correct mineral imbalances in the blood and pancreas.*
- **Prescription Drugs:** Certain medications such as those used in hormone replacement therapy as well as oral contraceptives containing estrogen can cause fluid retention and increased appetite. Other drugs that can lead to weight gain are steroids, nonsteroidal anti-inflammatory drugs (NSAIDs), antidepressants and diabetic medications.
- *Try [Detox Drops](#)™ for 100% natural and effective system cleansing, detoxification and toxin elimination.*
- **Emotional Eating:** Some people respond to depression and stress by eating excessively. Occasionally, sources of stress may not be apparent, but still affect eating habits and cause weight gain.
- *Try [MindSoothe](#)™ to promote balanced mood, emotional health and feelings of well-being & [EcoSlim](#)™ to improve metabolism and healthy weight loss.*
- **Cushing's Syndrome:** This is a disorder caused by an excess of the hormone cortisol. Fat accumulates in the face, abdomen and upper back. The arms and legs usually remain slender.
- **Food Sensitivity:** Reactions to foods are not always immediate as is the case of food allergies. When food sensitivity is present, long-term bloating and swelling can occur in the hands, feet, ankles, abdomen, chin, and around the eyes. Most of the perceived weight gained is actually fluid retention caused by inflammation and the release of certain hormones. In addition, there is sometimes fermentation of foods, particularly carbohydrates in the intestines, which can result in a swollen belly.
- *Try [Triple Complex Slimmer's Assist](#)™ to help improve sluggish*

*digestion, boost metabolism & increase weight loss.*

If you suspect you may be suffering from an underlying disease that is hampering your weight loss efforts, talk to your medical professional for a proper diagnosis. While symptoms of disease manifest **imbalances in the body**, this can start to be reversed by adopting a healthy lifestyle that includes a balanced diet, and regular exercise.

Natural remedies can also be used to help **restore balance and vitality to the body**. Herbs and homeopathic remedies are readily available to support your physical, emotional and mental well-being. Unlike prescription drugs, natural remedies **support overall health** and functioning rather than just suppressing symptoms.

*For additional support in children:*

[JuniorSlim™](#) Helps maintain a healthy weight & balanced metabolism in children and preteens, plus assists slimming programs

## Ask Our Experts

### Question:

*"If I'm ordering for the first time and want to lose weight, which remedies do you recommend?"*

*I am in my late 50's and am gaining weight each year. I exercise regularly but crave sweets and do not have my eating under control."*

--Liz

### Answer:

We can recommend a combination of both our [EcoSlim](#) and [Triple Complex Slimmer's Assist](#) to help you. [EcoSlim](#) is an all natural herbal supplement which helps maintain a healthy weight and balanced metabolism, plus assists slimming programs.

Our [Triple Complex Slimmer's Assist](#) is a homeopathic remedy that improves sluggish digestion, boosts metabolism and increases weight loss.

The Native Remedies Team

Do you have a question you'd like answered? [ASK OUR EXPERTS](#)



### REMEDY REMINDER:

Summer vacation *shouldn't* mean a break from natural remedies! Keep your child on a **regularly scheduled maintenance dose** to ensure continued support and effectiveness, since **many remedies can take 3-6 weeks** for optimum results.

Watch your inbox for a special email on healthy summer hints!



Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mountain Rose Herbs](#)

[Natural Health Ebooks](#)

Natural Remedies

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Alternative  
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Home Study Certification  
Programs in Reflexology,  
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Therapy

