

**Have difficulty losing weight? Food cravings dictating your diet? Can being over weight lead to diabetes or heart disease?** Yes, being overweight or obese increases the chances of developing type 2 diabetes, poor heart health and a host of other afflictions. Being overweight stresses the insides of individual cells. Specifically, overeating stresses our cells.

Obesity is a big health problem. It is associated with several related conditions, collectively known as metabolic syndrome. These include high blood pressure, elevated blood sugar and a poor blood lipid profile. Overweight people are at a much higher risk of heart disease and type 2 diabetes, compared to those whose weight is in a normal range.

Sad to say, the typical Western diet can cause obesity. (SAD—Standard American Diet Dr. Sullivan spoke of frequently.) These also contribute to obesity: engineered (heavily processed) junk foods; food cravings or addictions particularly sugar-sweetened, high-fat junk foods which stimulate the reward centers in the brain; aggressive advertising practices; intake of refined carbs which lead to high insulin levels and insulin resistance (diabetes); certain medications; and misinformation about health and nutrition. However, people can overcome by changing their lifestyle choices with dedication and perseverance. Effective and permanent weight loss begins with taking our **Way-Less** formula in combination with smarter food choices.

***Lemon Peel (food source for citrin)—Why is citrin important?***

- Aids digestive system and slows down fat accumulation
- Helps weight loss by making you feel full/satiated for longer
- Natural detoxifiers which rid the body of cellulite-causing toxins and of trapped fluids
- Powerful to rid the body of acids (the body wraps fat around the acid to protect the body)
- Decreases appetite, increases energy, prevents carbohydrate and protein conversion to fat
- Loaded with citrin which decreases sugar cravings which decreases appetite which increases energy

***Broccoli (food source for Chromium picolinate) )—Why is this mineral important?***

- Breaks down fat cells
- Great for weight loss due to being rich in fiber to slow down metabolizing of sugar
- Contains phytochemicals sulforaphane and indole-3-carbinol to help lower body weight
- High in vitamin C to synthesize carnitine, which is essential for metabolizing fats into energy

***Chickweed***

- Appetite suppressant, digestive aid, and diuretic
- Known as nature's fat buster to help body dissolve fats and rid itself of excess fat cells
- The flushing effect acts as a natural detox agent, which may hasten the rate of weight loss

***Ginger***

- Contains compounds beneficial to burn and store fat properly
- Helps you feel fuller/satiated longer, reducing feelings of hunger
- Enhanced thermogenesis for heat production which burns calories
- Has significant effect on body weight and belly fat (waist-to-hip ratio)
- Plays a role in fat burning, carbohydrate digestion and insulin secretion
- Inhibits and stops oxidative stress causing cellular aging which causes weight gain

# Way-Less



## ***Alfalfa***

- May improve bowel movements
- High fiber content helps reduce cholesterol
- Aids in weight loss by increasing satiety (a feeling of fullness)
- Digestive fiber and digestive enzymes of great benefit to digestion
- Has certain compounds that prevent the formation of plaque and clots
- Reduces the fat being processed by metabolism, thus aiding in long-term weight reduction

## ***Juniper Berries***

- Decreases appetite
- Reduces edema and excessive body fluid
- Maintains healthy digestive system important for weight loss
- Powerful natural diuretic to rid the body of toxins it flushes out with urine

## ***Kelp***

- Powerful effect on weight loss and obesity
- Produces thyroid hormones that manage metabolism to burn fat
- Has the fiber alginate to act as a fat blocker to stop absorption of fat in the gut
- Contains a compound called alkali which removes acid in fat cells to cause weight loss

## ***Eleuthero (Siberian ginseng)***

- Increases stamina and endurance
- Helps to improve motivation and to increase energy
- Reduces craving for sweets and reduces stress eating
- Fights fatigue which can be a major impediment to weight loss

## ***Cascara sagrada***

- Help move the stool through the bowels
- Eases constipation by hydrating the body
- Important benefit is its use as a natural laxative
- Stimulates muscle contractions in the intestines

## ***Garcinia cambogia***

- Reduces blood fats and the production of new fatty acids
- Popular supplement for decreasing appetite for weight loss
- Can help you lose weight and belly fat by blocking fat production
- Loss of excess weight helps keep blood sugar and cholesterol levels in check
- Stops an enzyme called citrate lyase, which plays an important role in the production of fat
- The active ingredient increases serotonin in the brain—serotonin is a known appetite suppressant