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14 Simple Ways to Find a Healthier Trimmer You

Easy things you can do each day
to lose weight healthily

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Table of Contents

Opening Ceremonies	4
You Have to Eat!	6
What's in the Fridge?	7
Get Out of Your Fast Food Funk	8
Holiday Cheer	9
The Winter Hunt for Good Fruit	10
Exercise for Anyone!	12
Sit Down and Work Out	13
Yoga – Not Just for Madonna Anymore!	14
Don't Let Snow Slow You Down	15
Get Your Mind Right	17
What's in it for Me?	18
Be Your Own Loudest Cheerleader!	19
Energize!	21
Outlines Aren't Just for History Class	22
Closing Ceremonies	24

Opening Ceremonies

In a society where the newest diet fad is always coming along, claiming to be the only solution to an ever-increasing obesity epidemic, it's often hard to distinguish the good advice from the unhealthy – or from the stuff that just doesn't work. Obesity, however, is reaching epidemic proportions, and with it comes a rise in heart disease, diabetes, high blood pressure – well, you get the idea.

We are an unhealthy nation, and we have to take control of our lives and do something about it!

That's where this book comes in. The tips you'll find here aren't all that new or earth-shaking, but they are simple, common sense ways to eat smarter, get more physical activity, and cultivate a healthy mindset.

Food is always important – it can be a comfort, a cultural touchstone, and a way to share ourselves with others. By refocusing our reasons for and ways of consuming food, we can begin to enjoy eating in a more nutritious way. There's also exercise; even if you currently have no exercise time scheduled into your day, it's easy to make time for some sort of physical activity, even if you do it sitting at your desk at work. Of course, your mind also plays a role – knowing you can be successful is step number one to losing the weight you want to lose and being the healthy new you.

You'll find a lot of useful information here, from food-buying tips to exercise suggestions to ways to lift your sagging confidence. Use these pages as a tool in your journey, and keep your eye on your goal – a healthy, energetic new you!

Eating & Nutrition

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.

Adelle Davis

*My doctor told me to stop having intimate dinners for four.
Unless there are three other people.*

Orson Welles

US actor & director (1915 - 1985)

You Have to Eat!

Hoodia Gordonii is an appetite suppressant; this means, of course, that it significantly reduces your desire to eat. Does this mean that to lose weight, you should not eat, or that you should eat very little? No!

Studies have shown that Hoodia Gordonii can reduce the appetite by 2000 calories a day. The “average” person’s calorie intake per day is 2000 calories. Of course, most people who are gaining weight consistently are also consistently eating over that daily allotment. With Hoodia Gordonii, it’s almost like starting with a clean slate; with those 2000 calories worth of food a day suppressed, you’re free to make healthier choices, because you’ll be eating out of necessity, not hunger.

One of the worst things you can do while trying to lose weight is to eat when hungry – that’s just an open invitation to making bad choices. By taking Hoodia Gordonii, your appetite is suppressed, but you CANNOT go without eating to lose weight. Starving yourself, in fact, slows down the weight loss process; when your body isn’t getting enough food, your metabolism slows down, thus slowing down weight loss (and leaving you with all kinds of health problems).

The best way to stay healthy and successfully lose weight is to combine smart food choices, physical activity, and a positive attitude. Smart food choices start with knowing that you don’t have to eliminate any type of food completely. Our bodies need all kinds of food to function; that includes fats, proteins and carbohydrates. Every day, we need some need dietary fat, like that found naturally in fish, oil, nuts and seeds. Protein is an important building block of bones, muscles, cartilage, skin and blood, and is found in poultry, beans, fish, and whole grains. Then, the dreaded carbs – which really shouldn’t be dreaded at all. Complex carbohydrates such as wheat bread and bran cereals, legumes and vegetables, help us to think more clearly and give us more energy. Also, snacking is your friend, as long as you eat healthy snacks – several small “meals” in a day will rev up your metabolism.

What's in the Fridge?

Most of us have certain “staples” in our refrigerators; you know, those special foods that always make the grocery list that we just can't do without. In our quest to up the health value of our diet, the first place to look is the fridge – what do we have in there that we really don't need? More importantly, what do we need in there that's missing?

We'll start with something most of us probably actually already have – eggs. While some people will tell you to stay away from them, eggs are, like a lot of foods, absolutely fine in moderation. In fact, they're a great source of protein and are low in saturated fat. Plus, they're easy to prepare if you're looking for a quick meal – and a lot more nutritious than most fast food.

Another great thing to keep in stock in your refrigerator is a large supply of frozen vegetables. They're flash frozen, so they're full of nutrients. A great idea is to buy the pre-cut veggie trays in your produce department. That way, they're already chopped up into easy snack-sized bites, so you can easily nibble on them when you're craving something crunchy. Along the same lines, fruit trays can serve the same purpose – also, you can purchase bags of frozen fruits, like blueberries or raspberries, and use them to create healthy and tasty smoothies.

Now, here's one that might surprise you – peanut butter. While you don't want to eat the whole jar at once or anything, some people find that a spoonful or two a day can give a quick and healthy boost of energy. Also, peanut butter is a good source of protein, along with providing a dose of the fats that are good for you.

Overall, you don't need to overhaul your entire grocery list in order to make your eating lifestyle healthier. Often, it's just a matter of making the best use of some of the old favorites you already have, while making available convenient, healthy snacks to keep you satisfied.

Get Out of Your Fast Food Funk

It's easy to blame fast food restaurants for the increasing numbers of people who are overweight or obese. But honestly, how many times have you picked up something to eat on the way home from work just to avoid cooking when you get home? Or, even if you're not that hungry, you still Super Size your meal, and eat it all, just because it's a good deal?

Our food choices are our responsibility. So, once again, knowledge is power. If you know you're going to be tempted to drive-thru your dinner, make that small effort to get something ready the night before. Or, if you still want the fast food, order wisely. There's no need to up-size everything – a regular hamburger is exactly the right size to give you the one protein and two grains that make up a meal.

There's also the question of *what* you choose. Again, a plain old regular hamburger, at its normal size, is actually a better choice than a fish sandwich, because those are usually fried. Also, it sounds like a no-brainer, but get a salad! Salads are full of fiber, they're filling, and most places serve them now. To make sure they're a nutritionally beneficial alternative, stock up on packets of fat-free dressing. Finally, steer clear of the soda! Water, water, water! See, fast food is not the enemy. All around us, convenience and nutrition are existing happily and peacefully together. It's all up to you whether the fries are as important as your health, and you get to decide when a salad will do the job just as well.

Holiday Cheer

The holidays.

For many of us, this means it's time to pack on the pounds with lots of mashed potatoes and gravy, fudge, pecan pie – even fruitcake. We feel powerless to the pull of the party food and drink! Help is on the way, though, and the best news is, the help is coming from you. All you need is a little bit of pre-planning and you're on your way to a healthier and lighter New Year.

First of all, food is and always will be an integral part of the holidays. Whether you're a part of a huge Christmas-loving family or you don't even celebrate a holiday, the food will find you. To counteract the sneak attack, plan your defense in advance. If you're giving edible gifts, make them something tasty AND nutritious, like low-fat muffins or fruit baskets. Also, if you're in charge of bringing something to the party at the office, pick up a veggie tray or a fruit plate. By surrounding yourself with healthy eating options, you're stacking the deck in your favor.

Another key to the healthy counter-offensive is being ready to keep your dining behavior in check. If you're out at a restaurant or party, cut way down on the calories by foregoing the alcohol – not only are the spirits high in calories, they lower your ability to make healthy food choices. Be the designated driver; that way, you're alcohol-free and your companions can celebrate safely! Also, don't let anyone pressure you into “one more helping” or “just a little more pie.” Remember – it's your behind that needs to fit into your pants tomorrow.

The holidays always seem to involve a bit of over-indulgence – if you go overboard, don't beat yourself up. Pick yourself up and move on. However, with a little planning and a healthy attitude, you can avoid most of the festive pitfalls; plus, you'll gain some habits that you can use throughout the new year.

The Winter Hunt for Good Fruit

Just because it's colder outside and it's harder to buy and grow fresh fruit, don't let that stop you from getting in your daily allotment of fruit. Frozen, canned, and even dried fruits can be a quick and easy replacement, and you won't have to sacrifice your nutrition until the spring!

For **frozen fruit**, first and foremost, always check the ingredient list for added sugars. Most frozen fruits have no added sugars, but there are some, like strawberries and raspberries, that do. You don't have to abandon these yummy berries, though – just look for them in a light or reduced-sugar form. Also, to make them even more convenient to throw into a spur of the moment smoothie or fruit salad, buy large bags of frozen fruit for storing in the freezer.

With **canned fruits**, the key is, once again, checking the label. Select fruit that's packed in water or in its own natural juices. Healthy examples are pineapple in natural fruit juice or unsweetened applesauce. Fruits swimming in heavy, or even light, syrup have added sugar and added calories, which detracts from their nutritional value. Make sure, too, that the cans are in good shape and are free of dents and bulges, which can indicate contamination or spoilage.

Even **dried fruits** can offer a nutritional boost in your diet, and they're great for snacking. Just remember to check the portion sizes if you're on a diet plan with some sort of portion control, because the dried fruit will have a different portion equivalent than its non-dried counterpart. With so many options – cranberries, apples, figs, apricots, and of course raisins, just to mention a few – there's bound to be something for everyone to enjoy.

Exercise & Nutrition

Exercise alone provides psychological and physical benefits. However, if you also adopt a strategy that engages your mind while you exercise, you can get a whole host of psychological benefits fairly quickly.

James Rippe, M.D.

Exercise ferments the humors, casts them into their proper channels, throws off redundancies, and helps nature in those secret distributions, without which the body cannot subsist in its vigor, nor the soul act with cheerfulness.

Joseph Addison, *The Spectator*, July 12, 1711
English essayist, poet, & politician (1672 - 1719)

Exercise for Anyone!

It's always tempting, once we're eating more healthy food and starting to lose weight, to neglect the second major building block of successful weight loss: exercise. Once you're paying more attention to the foods you consume, the choices you make in regards to food are more likely to be smart choices. Now that you're putting the best "fuel" into your body, however, you should also be able to get more performance out of it.

First of all, exercise doesn't need to be intimidating. Some of you may already work out, belong to a gym, or be active in sports. For you, this is pretty basic stuff. The rest of you, though, may view "exercise" as the biggest obstacle between you and weight loss. This doesn't have to be the case! There are no "Golden Rules" to tell you what kind of exercise is right for you. If you enjoy being around people, you might visit some gyms and see about purchasing a membership. If you're more of a "lone exerciser," do some research on the Internet into workout videos; no matter what level of workout you're up for, you're sure to find something your speed.

Exercise, however, doesn't even need to be an actual workout. It can be something as simple as taking the stairs at work instead of the elevator, or doing sit-ups during commercials while you're watching *The Amazing Race*. Any physical activity is better than none at all – like eating several small meals a day, physical activity jumpstarts your metabolism if it's been lying dormant for awhile.

Instead of a "diet," a healthy selection of food choices, moderate exercise, and the right attitude can create a lifestyle for you that allows you to get the most out of every day.

Sit Down and Work Out

For lots of people starting off on the road to a new healthy lifestyle, exercise can be the most daunting aspect of the process. Visions of gym memberships dance in their heads; workout tapes begin to pile up next to the TV. Often, we shoot out of the gate with a bang, devoting lots of time and energy to our workouts; when this “honeymoon period” ends, we are left, discouraged, where we started.

It’s not always a matter of running out of steam; a lot of times, the unraveling begins with a late day at work, or a bout of the 24-hour flu. With the routine thrown off, it’s sometimes hard to get back on. There’s always that little voice saying *You’ll go to the gym tomorrow* or *You’ve already missed two days. You should just wait until Monday.* To fight these whispering naysayers, it’s a good idea to complement your regular exercise routine with some easy-to-do additions that you can do anywhere, even on the job or while you answer e-mail at home.

The easiest of the easy is the classic “Buttocks Clench.” All it requires is that you do as the name suggests – clench your buttocks for five seconds, release, and repeat as often as needed. This is one nobody will even know you’re doing.

Another “desk-friendly” exercise is one I’ve seen called “Apple Picker,” but really, if it makes it more appealing for you, call it “Chocolate Bar Picker” or “Dollar Picker.” Stretch your arms up, one at a time, as high as you can, as if reaching to pick an apple (or a chocolate bar ... or a dollar bill) out of a tree. Repeat 10 times, alternating sides.

To perk up your bust area, try this simple arm and chest exercise. Sit up straight and put your hands together, like you’re praying. Press your hands together and hold for a count of ten; repeat up to five times a day.

Exercise doesn’t have to be intimidating, and you can’t let one or two missed sessions derail your progress. Besides keeping you in the “Exercise Mind,” these will help relieve some of the tensions that can build up in your body if you’re forced to sit all day.

Yoga – Not Just for Madonna Anymore!

Most of us have a preconceived idea of what yoga entails. Some people see it as a form of meditation or relaxation; some see it as a trendy “exercise” routine for celebs like Madonna. Yoga gets a bad rap sometimes – the good news is, yoga is extremely fun and accessible to everyone. The OTHER good news is that yoga is a great way to not only relax, but to actually burn calories!

Yoga as a discipline has been around for over 5000 years. Its longevity can be attributed to the benefits derived from its practice – yoga aids circulation, can lower blood pressure, improves flexibility, and builds up the cardiovascular system. Yoga provides a workout not just for the body, but for the mind and spirit as well.

OK, you think, sounds great – but what about all that weird yoga lingo?

If you’re a beginner, you’re probably going to start off practicing some form of **hatha** yoga, which is the type most “Westerners” practice. Hatha focuses on physical postures (asana), breathing (pranayama), and meditating (dhanya). Variations of hatha that are ideal for beginners are **kripalu**, a gentle practice that concentrates on a flowing series of postures, and **vinnyoga**, which is tailored to each individual’s body type.

For a more “calorie burning” practice, you’ll want to look into **vinnyasa** yoga. This form of “power yoga” keeps the body moving, almost aerobically, through a series of postures. These workouts target all of the major muscle groups; in a typical 90-minute session, you can work through more than 30 to 60 poses, using your arms, legs, and other muscles all at the same time. Vinnyasa is a bit more advanced than kripalu or vinnyoga, so you should probably start off with a gentler practice before jumping in.

Whatever your needs or level of physical activity, there’s a form of yoga for you. Keep an eye out for classes opening up in your area, or treat yourself to a video or DVD class. Either way, you’ll be doing a great service to your mind, body and soul.

Don't Let Snow Slow You Down

OK – you're all ready to get started on your New Year's resolution to implement more physical activity into your life. But wait – it's winter out there, which equals C-O-L-D. No problem! Winter sports and activities are great exercise and a fun way to spend time with your family.

Cross-country skiing is a wonderful way to create family memories – not to mention, it's also one of the best cardio workouts around. By getting everything moving at once – legs, arms, back and torso – you get a full-on workout. Just be sure to start out on level terrain!

Ice-skating is another calorie burning adventure that's great for the whole family! Whether it's a frozen pond in the country or an indoor ice rink in the city, skating venues are becoming more and more popular everywhere. The best part is, skating improves your muscle tone and your agility – but even if you're just starting out, you can get a workout from just falling down and getting up!

Snowshoeing can be a unique workout if you live in an area with enough snow. Hiking through the snow on special racket-shaped shoes is another cardio workout for increasing stamina and toning leg muscles. The intensity of your workout depends on how fast you walk and how deep the snow is.

Whatever you decide to do, don't let the winter blues force you inside. There's a lot to do in the snow and the cold, and there's no reason to let a few snowflakes thwart your plans for a more fit new year!

Mind & Attitude

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.

William James

US Pragmatist philosopher & psychologist (1842 - 1910)

Get Your Mind Right

You've decided it's time to lose weight and get healthy. Of course you'll want to improve your eating habits with the help of an appetite suppressant like Hoodia Gordonii, and you'll need to schedule some time into your day for some sort of exercise. Whatever your goals, however, the single most important aspect of your success is your attitude.

So how do you get your mind on the right track?

- **Talk to yourself.** Okay, maybe it sounds a little kooky, but the encouragement won't come from anywhere if it doesn't come from you first. Don't be afraid to give yourself a pep talk every morning, or if you're facing a food-like temptation. You can do it, you are worth it, you are an awesome photographer – whatever it takes, you're your own best cheerleader.
- **Try not to get discouraged.** Slow weight loss is the best, and healthiest, way to lose. After the initial week or two, a one or two pound loss per week is ideal. It may seem like slow going, especially since there will undoubtedly be weeks where you'll stay the same or gain a little back. Just remember that the slower and steadier your loss, the more likely you are to keep it off.
- **Give yourself a break.** Don't let your diet become your life. Reward yourself when you meet goals. Allow for "free" days, such as holidays or big events. And if you go off for a day or even a week, don't give up; you didn't gain your weight by eating too much the week of Christmas – a few "bad" days won't halt your progress unless you let them.

Knowing you can be successful is step number one to losing the weight you want to lose and being the healthy new you. It's more than just knowing it, however; you have to be ready. You can look at yourself in the mirror every day and think that you need to lose 50 lbs., but until you've made that commitment to yourself, you'll be stuck in a cycle of loss and gain.

What's in it for Me?

To get yourself mentally engaged in the weight loss process, it could be worth your while to create incentives for yourself. The most obvious incentive for most people is the effect losing the weight will have on the way their body will look. It's easy to think things like *If only I were thinner, that dress would look great on me* or *When I lose 20 more pounds, I'll look GOOD!*

One fun way to give yourself a concrete version of the "you" in your mind's eye is to go to www.myvirtualmodel.com. By answering a few questions about your weight, body type, face shape, and hair coloring, you can create pictures of yourself at any given weight. Plus, there are even some stores online that allow you to try on clothes with your Virtual Model. It's like taking the future you on a free shopping spree.

Another incentive to reaching your weight goals is to find rewards for yourself. Whether you want to mark specific weight loss milestones, like five pounds or ten pounds, or you want to reward certain healthy behaviors, like drinking 64 oz. of water, it's good to have something to work for that you can "see." Ten pounds doesn't always make an immediate visual difference, but you can keep your eye on the earrings you bought yourself and know that you earned them. Some people even create Web sites and scrapbooks for themselves, chronicling their milestones and rewards – even the ones they haven't reached yet.

Ultimately, you have to decide for yourself what your goals are and how you can keep yourself on track to reach them, because whether it's a manicure at 10 pounds or a cruise when you meet your final goal, the best reward is going to be a new, healthy you.

Be Your Own Loudest Cheerleader!

You're excited about your weight loss and your new healthy lifestyle. Naturally, you would expect your friends and loved ones to be happy for you, too. You're eating better, you're looking and feeling better – why shouldn't they be thrilled? Unfortunately, for one reason or another, sometimes your loved ones aren't on the same page; the key to maintaining your positive attitude is learning how to deal with their unconscious (or sometimes conscious) sabotage.

The most insidious way your friends and family can sidetrack you from your weight loss is by giving you more food than you want or need. You know; you're at a family gathering, you've eaten a sensible meal, and Aunt Annie says, "Come on, dear – try a piece of my chocolate pie." Or you're at a holiday party at your work and your co-workers just keep re-filling your drink and handing you cookies. Usually, these "attacks" aren't attacks at all; people are often just trying to be loving, friendly, or helpful, and food can be a big way of showing that. The trick is to learn the "polite refusal"; don't be a doormat and passively eat every goodie that comes your way, and don't automatically accuse your mom of trying to cause a major diet setback through extra mashed potatoes. Simply saying, "No, thank you" is ALWAYS enough, even if the person you're talking to doesn't think so. Be firm – it builds character.

The more blatant form of "attitude sabotage" often comes from people who have either never had a weight problem and don't understand the struggles of "dieting," or from people who DO understand and are jealous that you're making progress in an area they're not. Comments like, "Gosh, I thought you would have lost more by now," or "Oh, go ahead and eat it – your diets never last anyway" are a reflection on them, not you. You know what you've accomplished and how hard you've worked – and you're going to be the one living in your trim and healthy new body!

Bottom line – not everyone is going to react to your healthy “journey” the way you’d like them to. Some people will slow you down, some will put you down, and some just don’t want you to change. To stay on the right track, seek out positive people to share your weight loss and nutrition news with; even finding an online Message Board can provide needed support. The most important thing is to know who you are, what your goals are, and what you need to do to accomplish them. With the RIGHT support, you’ll have no choice but to succeed!

Energize!

You're ready.

You've committed yourself to losing weight and getting healthy. You can't wait to get to the gym and start in on your exciting new exercise plan. Only problem is that you barely have enough energy to make it off of the couch.

A major part of successfully achieving a healthy lifestyle is having enough energy to do it. Now, that's not to say you have to suddenly become a superhero, but if you've picked up a few energy-sapping habits along the way, now is the time to reverse them.

First of all, there's the food aspect. To sustain your energy level throughout the day, don't skip meals. Even if the "meal" is a quick salad or some cheese and crackers, try not to go more than four hours without eating something. If you wait too long between meals, your blood sugar level will drop too low, leaving you tired and lightheaded. Also, keep that blood sugar on an even keel by balancing your diet with protein, carbohydrates and fats – eliminating one and loading up on another will only send your body out of whack.

Another fix for your "tired troubles" is more sleep. If you can, try to get at least eight hours a night. That's not always easy, but on average, adults are getting less than seven hours a night – and that's just an average. Some of us get between three to five hours a night! Without sleep, not only are our bodies tired, but our minds get sleepy, too – and if your mind is taking a nap, you're more likely to make unhealthy and routine choices.

One more way to up your energy quotient is to up your activity. Even small increases in physical activity, like taking the stairs at work or going for a nightly walk around the block, can increase your energy level. Doing more equals being able to do more. So, give yourself a little push in the right direction, and you'll be a ball of energy in no time.

Outlines Aren't Just for History Class

It's that time again – resolution time. Every year, many of us resolve to lose 10 pounds or stop smoking for the new year. Problem is, we seem to be making the same resolution about 364 days later. The key to ending that vicious cycle and actually making healthier choices is to make a commitment to yourself to change, and to make that commitment stick by implementing a plan.

Because we are often creatures of habit, we tend to make decisions based on what is easiest instead of what is beneficial. For example, no matter how many times we hear, or know from personal experience, how much better we feel with just a little more physical activity in our lives, many of us still opt for the elevator over the stairs. The same goes for food – we may know all the perks of nibbling on some freshly frozen veggies, but put a vending machine in our path and it's over.

That's why there needs to be a plan.

Outline the Plan: For some, this is the easiest part – for others, it's a daunting task. Depending on how organized you are, your plan will either be very detailed or just hit on the major points. The main thing is to **WRITE IT DOWN!** This commits it to paper, and it gives you a base point to touch on when you need some encouragement. Here's an example:

Lose Weight

A. Ways to Eat Healthier

1. Limit fast food
2. Eat more fruits & veggies
3. Drink more water

B. Ways to be More Fit

1. Join a gym
2. Take the stairs
3. Yoga

See, your plan can be as simple or as complex as you need it to be, as long as it's realistic.

Know Yourself: You have to know your strengths and weaknesses. If you adore French fries, don't cut the completely out of your life – limit them to a once a week treat. If you know, however, that eating one brownie will trigger a binge, don't make brownies. Everything you put in to your body is your choice, so understand the things that are important to you, the things that set you off, and the things you're really good at.

Forgive Yourself: Whatever your goal, whatever your plan, you will most likely slip up at some point. Don't let this derail you. Too many times, one cigarette leads to “Well, I smoked – I'm starting again.” Your habit, or your weight, or whatever your trying to change, did not grow in one day – it won't go away in one either, and one setback is not the end.

Overall, and no matter what changes you're making, know that it's more than a “resolution.” It's a commitment to yourself, for yourself and everyone around you, to be a healthier you.

Closing Ceremonies

Everything in this e-book is here to place you on the path to success. You're armed with nutritional, physical, and mental tools now that will enable you to make decisions and nurture behaviors that encourage the best you!

In the end, it's all up to you. That's the most exhilarating part, but it's also the scariest. Changing your life for the healthier means making the choices that will benefit YOU. Don't worry about what anyone else is eating or doing – you're the one living in your body, so you need to keep the “house” clean.

So go – be healthy and happy! And good luck ... though you're not going to need it.

The All Natural - No Exercise - Weight Loss System **THAT WORKS!**

Newspapers, Magazines, Television ... ALL are marveling at the potential of this humble plant to help you Lose Weight

Pure Herbal Extracts *Hoodia* Super Slim 400

Hoodia works naturally to help you stop thinking about being hungry - Unlike all the synthetic 'weight loss pills' (which we still don't know are 100% safe) - so you eat less, develop more confidence and are much more likely to follow your healthy eating plan and reach your ideal weight.

Imagine ... a natural herbal supplement that you can use to control your appetite, help you feel better about yourself, and as a bonus - gives you more energy.

When the first clinical human trial was conducted, a group of morbidly obese people were placed in a "phase 1 unit" - a closed-off area where all that the subjects could do was to read, watch television, and ... eat! Half were given Hoodia Gordonii, half were given a placebo.

Fifteen days later, the group which had been taking the Hoodia Gordonii had reduced their calorie intake by between 1000 - 2000 a day - despite taking no exercise and not being on a diet ...

"Thought you might like to hear my story of trying to lose weight!

First of all, I am 68 years old and a leg amputee so a lot of the exercise are not possible for me. A few years ago my Doctor put me on Redux and I lost 48 pounds. Then it was taken off the market as a dangerous drug.

I find the Hoodia has given me another chance to lose weight without suffering hunger pains and cravings for sugar and carbs.

Received the Super Slim 400 last Thursday and have taken three per day. Saturday I went to a Christmas party and they had a whole table full of foods. I ate a half slice of roast beef, one cracker and one potato chip!! Did not want any more. Totally felt satisfied without over eating. This morning, after only four days of Hoodia, I have already lost two pounds...much to my own surprise.

Thank you for making this product available. It has no side effects unless you call feeling good a side effect!

Regards,

Dolores D. J. Houston, Texas

**PEOPLE ARE LOOSING 10lbs to 20lbs A MONTH WITHOUT FEELING HUNGRY,
OR THE NEED TO DIET OR EXERCISE ...**

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