

# Healing HA America

## PRODUCT REPORT



### RAISE YOUR HAND IF YOU WANT TO BE FAT

Americans as a group get fatter each year. In fact, nearly two-thirds of us are overweight, according to recent estimates by the U.S. Centers for Disease Control. Yet we are also "dieting" at a record-setting rate, spending about \$33-\$40 billion each year on weight loss products and services. That's enough to run a small country!

Those numbers show us we really don't want to be overweight - we're spending lots of our hard-earned money to try to lose weight. Few of us want to be fat. Our clothes don't fit right. Everyday tasks like taking the stairs instead of the elevator seem close to impossible. We feel badly about the way we look and all the things we just can't do anymore. Let's face it -- it's not fun to be fat. Yet the numbers also make it clear that what we are doing to lose weight simply is not working - at least not long-term.

### MORE THAN SKIN DEEP

There is nothing healthy about being overweight and obese. High blood pressure (hypertension), high blood cholesterol, Type 2 (non-insulin dependent) diabetes, insulin resistance/glucose intolerance, hyperinsulinemia, coronary heart disease, congestive heart failure, stroke, gallstones, gout, osteoarthritis, obstructive sleep apnea and respiratory problems, some types of cancer (such as endometrial, breast, prostate, and colon), complications of pregnancy, poor female reproductive health (such as menstrual irregularities, infertility, irregular ovulation), bladder control problems (such as stress incontinence), uric acid nephrolithiasis (kidney stones), and

psychological disorders (such as depression, eating disorders, distorted body image, and low self esteem) are among the health risks brought on by all that excess poundage.

Once we begin to understand more fully the serious health impacts of obesity, losing those excess pounds and keeping them off becomes much more than a matter of looking and feeling better about ourselves. It becomes a matter of survival.

### WHAT'S THE PLAN, STAN?

Better health and self-esteem, increased physical capacity, and a svelter appearance are all powerful incentives to get on a program to start taking off those extra pounds. What we need is a system that actually works.

What if we found a program that helped us to check our appetite at the door, jump start our metabolism to get fat-burning back on track, increase lean body mass, and keep insulin and blood sugar levels on an even keel to stave off cravings? Would there be any reason not to try it?

Well, Healing America has the plan, and it's called ReShape America. This program, combined with a healthy diet and regular exercise, offers a plan for life - your life. Let's look at the pieces of this life-changing solution to the obesity problem in America today:

#### AmeriSlim

A positive attitude and a general feeling of well-being can go a long way toward helping us achieve diet success. And a proven method for helping to control our appetite is invaluable. The unique blend of quality natural ingredients from the cutting edge of weight loss science and supplementation, ingredients like

#### THE NUMBERS

- Obesity-related illnesses caused more than 16 percent of deaths in the U.S. in 2000 - about 400,000
- The Centers for Disease Control and Prevention report that some 64% of American adults are obese or overweight
- 1 pound of muscle is about 22% smaller in size than 1 pound of fat
- Men average 23% body fat, while women average 32%
- Diabetes is 4 times more common in middle-aged obese people than in those of normal weight

hoodia gordonii that naturally and effectively keeps our appetites in check, makes AmeriSlim a logical first step toward achieving a svelter, slimmer you. Plus, the ingredients in AmeriSlim aid mightily in that goal by re-starting our metabolic switches and getting the metabolism back on track with fat burning.

#### AmeriLean

We know the benefits of increasing lean body mass, but just like losing weight, actually doing it, is often a lot more difficult than believing we need to do it. A new high quality nutritional supplement from Healing America may just be the key you're looking for to helping get that process started. AmeriLean contains Forslean, an all-natural, patented ingredient that has been clinically proven to increase lean body mass as it reduces stored fat. AmeriLean contains additional natural ingredients that have been shown to stimulate energy use, reduce the amount of food we feel we need to eat, and assist with the more efficient metabolism of blood glucose.

#### AmeriTrim

Controlling blood sugar levels throughout the day is key to helping us avoid those pesky cravings and help us learn to eat when we're actually hungry. That's where AmeriTrim from Healing America can help. Its high quality natural ingredients work with your body to reduce the rate and amount of absorption of simple sugars that are found in increasing amounts in our foods. They also help reduce insulin resistance and promote better glucose metabolism. With sugar and insulin levels evened out, we're less likely to snack as much, because our bodies are not telling us we are constantly hungry. AmeriTrim helps control cravings (particularly for sweets) that are subject to the vagaries of insulin gone wild in our blood streams.

## MAKING IT ALL WORK

Successful weight loss and a healthier lifestyle don't come about magically overnight. Losing weight and maintaining that weight loss involves many factors that include dietary supplements as well as changing behaviors and what we put in our mouths. Here are some tips to help you reach your weight goals:

#### Healthy Diet

Follow a diet emphasizing fresh raw fruits and vegetables. Try to avoid foods high in refined carbohydrates (like table sugar, white flour, white bread, pasta, cookies, and cakes). When you're thirsty, opt for a glass of clean, pure water (water purified by reverse osmosis is a good choice) rather than sugar and chemical-laden soft drinks. In fact, drinking a glass of water when you're hungry can help lessen the feeling of being hungry, since we often confuse the signals from our bodies for thirst with hunger.

#### Eat Early

Try to consume most of your calories earlier in the

day when your body will burn them for energy rather than storing them for fat. If possible, avoid eating after 7 PM. AmeriSlim can be very helpful for controlling nighttime hunger.

#### Exercise

A suitable exercise program will go a long way toward helping you reach your goal of maintainable weight loss. Even if you haven't exercised regularly for a long time (or maybe never!) starting out with walking at a brisk pace seems to work well for most people. It's an activity that can be done almost anywhere with little or no equipment. Try walking with your friends or family. One of the best times to walk for the optimum metabolic results is in the evening after dinner. Walking at a brisk pace means walking fast enough so you are just below getting out of breath. You should still be able to carry on a conversation.

The ReShape America products make all of these ancillary activities easier to follow. They reduce hunger so that you can "eat to live, rather than live to eat." They help improve your mood and attitude, so you don't feel so much like you are punishing or depriving yourself. They help improve your metabolism and energy level so that you are more willing and able to get the exercise you need. In short, they make it easier for you to achieve the lifestyle changes that will help you get your weight where you want it - and keep it there.

#### CAUTIONS:

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease, but rather is a dietary supplement intended solely for nutritional support.

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