

## NUTRITIONAL SUPPORT FOR WEIGHT LOSS

# Getting weight off and keeping it off

Americans are constantly fighting a battle to manage their weight. Several factors in our society have been cited as contributing to Americans' weight management challenges. First, most of us no longer cook the majority of our meals. We are a fast-food, processed-food culture. Fast foods and processed foods contain so much sugar and fat that it is impossible for the body to effectively burn the calories contained in these products, so weight gain occurs. Then there is our lack of exercise and physical activity. Americans tend to drive everywhere, and vie for the closest parking place at their destination. On the other hand, Europeans are generally thinner than Americans and walk or ride bicycles more often. Finally, stress has been shown to be an underlying factor in obesity. There is no question that most Americans live very stressful lives. Successful weight loss and weight management—getting weight off and keeping it off—can be accomplished by making better choices in our diet, incorporating more exercise in our daily routine, and pursuing more stress reduction in our lives.

Let's begin with diet. Meal replacement, using high-nutrient, protein-based smoothies that are low in carbohydrates and sugar, consistently have proven valuable for people attempting to lose weight. Replacing one to two meals a day with these high-nutrient, protein-based smoothies resets the body's metabolism and allows for significant weight loss over time. A protein-based shake which includes whole foods like spinach and kale, and fresh or frozen berries, will sustain the body and minimize hunger. Additionally, eating one whole-food healthy meal along with healthy snacks will help to minimize the discomfort sometimes felt when attempting to diet. Our Perfect Protein Powder smoothies will help the body burn stored fat, yet feel healthy, not hungry. "Supercharging" the weight loss smoothie with additional nutrients, such as Active Life Nutrient Capsules and other specific vitamins and minerals, will supply the body with the energy to work, exercise and make other healthful lifestyle changes.

A number of supplements have been shown to be helpful in encouraging weight loss. Taking a fiber supplement such as Fiber Blend in a glass of water prior to each meal will partially fill the stomach and help the user to eat less, along with encouraging good bowel function. A chromium supplement taken 30 minutes prior to each meal helps to more effectively manage blood sugar levels and decrease appetite. The unique formula of herbal supplements in Diabetes Balance, when taken before meals, may help improve blood sugar levels and minimize additional fat storage. *Garcinia cambogia* is an herbal weight loss option featured in our Diet Support with Garcinia Cambogia, along with chromium. This product, taken before a meal, has proven useful for many people.

Trying to lose weight and manage that weight loss can be a major challenge. However, we are happy to work with you to provide information on healthy lifestyle changes and professional-grade supplements such as:

- Perfect Protein Powder
- Active Life Nutrient Capsules
- Diabetes Balance
- Fiber Blend
- Chromium Picolinate 200 mcg
- Diet Support with Garcinia Cambogia

**Quality of Life**  
**Pharmacy & Health, Inc.**  
A Compounding Pharmacy

8900 Edgeworth Dr., Unit G  
Capital Heights, MD 20743  
301-324-3715