

Newsletter June 2010

DEAR CUSTOMERS

Weight loss

Lots of people have asked me to talk about my weight loss clinic. This is very difficult as each person is treated differently and what worked really well for one person may not work that well for another. So this newsletter will concentrate on some of the supplements that have worked well for a lot of people. I have created a "You Tube" video covering the content of this news-letter, to make it even easier which is at <http://www.youtube.com/watch?v=3Lz65D3PAdM>

Why am I hungry?

Firstly, I blame our current eating patterns, most of us in the Western World eat little for breakfast and lunchtime and then eat a large meal in the evening when we get home from work. Our bodies are not designed to do this naturally, we are grazers, that is we are designed to eat little and often. The second thing I would blame is the types of food we eat namely processed food these are calorie dense food that are designed to be easy to eat. Naturally we are designed to eat what we could pick of the trees and bushes, dig out of the ground and if we are lucky enough the odd animal or fish we may catch. So is it not surprising that one third of us are overweight!!

I am not going to explore eating or food types in this newsletter; I will show some very simple hints and tips that may help in conjunction with a calorie controlled diet!!

Mood and eating

Often we tend to eat more when we feel low or a bit depressed. In fact we all know the term comfort eating! Well it's true!!

5-HTP (5 Hydroxytryptophan) a natural and safe mood elevator that has been shown in scientific studies to significantly increase weight loss. Mood is improved and appetite is decreased.

Take a 100mg tablet in between meals (1 to 3 tablets per day) – away from food - despite what is written on the bottle!

For 30 capsules £9.96 Search for "1448" or

For 90 capsules £26.96 Search for "1448" at www.GoodVitality.com and select the 90 Size

Appetite suppresser

I have used this herbal remedy for suppressing appetite in my clinic for more than 15 years, some people report great success. It is made from Phytolacca Berry (not Poke Root) and is specially prepared in the clinic. You simply put 10 drops into a glass of water (half pint) and drink it 20 to 30 minutes before your next meal.

50ml Phytolacca Berry tincture 50% (approx 2500 drops) £15 Search for "8020" at

www.GoodVitality.com

Sugar and sweet food cravings

For a lot of people it's the sweet foods that cause a lot of problems and their "sweet tooth". One of the most important nutrients in helping with this is Chromium. It is essential for the production of the hormone insulin. Insulin is a natural appetite suppresser, when we have low levels of insulin our appetite is increased and we often crave sugar.

It is very important to take the right form of Chromium, because a lot of the supplements sold are very difficult to digest and to get the Chromium into your body. So I recommend the use of Chromium Picolinate one tablet per day after your main meal of the day.

90 tablets for only £6.18 Search for "1365" at www.GoodVitality.com

If you think you are a chocoholic you may want to do a little test which you can find on the website <http://www.comsci.org.uk/Diseases/Chocoholic.htm>

HCG (metabolism increaser?)

You may have read a lot about the hormone hCG (Human chorionic gonadotropin). This hormone is produced during pregnancy and it activates the pituitary gland to promote the body to burn up fat. So it can be very useful in helping during a calorie controlled diet or particularly when it gets more difficult to shed those pounds. hCG is normally injected and as such costs a fortune and has to be administered by a doctor. However, we can supply a homeopathic version which can be taken as 5 drops under the tongue 20 minutes after eating. Some people have found this very beneficial; on some web sites we have seen it cost as much as £70 for 50ml.

We are offering it for just £15

50 ml hCG 30c (approximately 2500 drops) £15 Search for "8010" at www.GoodVitality.com

CLA (fat burner)

If you are doing exercise then CLA (Conjugated Linoleic Acid) has been shown to decrease the number and size of adipocytes (fat cells) which results in body fat decrease. Thus speeding up the rate at which you burn fat. Studies have shown that CLA decreases the ability of the body to store fat, while actually promoting the burning of fat in your cells. There is also strong evidence that CLA may improved insulin sensitivity a factor that may be helpful for those suffering syndrome X diabetes!!

If you do not exercise yet as part of your weight control, find an exercise that you might enjoy (like dancing, long walks etc...) and build up gradually at this point it become very worthwhile taking CLA. You may also consider using CLA if you have plateaued out and the weight won't go!!

Tonalin CLA 60 softgels £20.35 Search for "2714" at www.GoodVitality.com

Obviously there a lot of supplements and regimes to try and help you loose weight. The ones I have listed here are ones that we have used in the clinic with good results. I will not pretend everyone gets good results, what works really well for one person may not for another and the truth of the matter is that the only way you are going to find out is try it for yourself.

Chris Hyslop.