

Newsletter March 2012 No 5

Dear Customer

In this Issue: Weightloss tips and varicose veins

Buy before 30 April 2012 to avoid the Postal charge increases just announced

The Royal Mail have just announced postal increases, so buy before they come into effect.

OUR COUNTDOWN TO SUMMER

Yes June is only 12 weeks away, but there is still sufficient time to shed those pounds before hitting the beach or the pool.

NOW IS THE TIME TO START

Yes it really is time to start, don't put it off or it will become mission impossible and you will feel disappointed and embarrassed when you have to expose your body in the pool or the Sea.

WHAT TO DO

Time to think in a different way. If you have tried in the past and failed to lose the weight, you need to find an alternative approach.

Find a supportive friend who also wants to lose some weight; this can often be very helpful as you can share ideas, and a bit of friendly competition is always good.

There are now some very helpful sites that can help you keep an eye on things for example www.myfitnesspal.com which is also available on your mobile phone. It's free and can easily help keep a track of your calories, has loads of useful tools, and you can link to a friend for support.

Here are 10 very useful tips that have shown scientifically to help lose weight.

1. **Don't skip meals.** If you do you will up the levels of the hormone Ghrelin. This hormone is not good as it will stimulate your desire for fatty and high calorie foods. So don't skip meals as this will make you hungrier, and you will ultimately eat more.
2. **Plate size.** Cut your plate size down from 12" to 10". This is so simple, but studies have shown it can cut down your eating by 22%. We all tend to eat what's on our plate or leave some of it habitually. So to have less on the plate in the first place will mean we eat less, such a simple way to lose a few pounds with no effort.
3. **What goes on your plate.** Very few of us are calorie aware. You need to get used to counting the calories in your food. For example a big fruit salad will

contain the same number of calories as a chicken dinner or one sandwich. Which would you prefer a proper chicken dinner or a big fruit salad? Be very cautious about dressings and sauces they are often laden with calories, as are fruit juices, which can contain more calories than beer! So look at the calories in your food and drinks - it's the only way. Just remember a 250ml glass of orange juice contains about 300 calories. This take a few moments to drink, but it would take you 30 minutes hard work on a cross trainer to burn it off!

4. **Count those calories.** I am doing all the right things and eating all the right food - yet I am still not losing weight. Sorry think again you are not calorie counting accurately. Weight the food and re-assess your calorie counting!!

5. **Eat foods that keep you fuller for longer.** So eat more protein they keep you fuller for longer and ultimately you will eat less calories. Protein stimulates the production of the hormone peptide YY (PYY), which was found by the researchers to reduce food intake by a third in both normal-weight and obese people.

6. **Blend food into a soup and add some water.** Research shows this stays in the stomach for longer and therefore you will feel fuller for longer. This was proven by using ultra sounds of the stomach and showed that the soup can stay in the stomach for up to 4 hours!

7. **Have a variety of foods on your plate.** If you have a variety of foods you're far more inclined to select healthy foods in the variety and therefore by default will choose to have less of the unhealthy foods. It will also satisfy your visual appetite.

8. **Dairy calcium can help in that it binds to fat in the small intestine.** But most importantly you must have a low fat source of dairy calcium like low fat cottage cheese or skimmed milk.

9. **Exercise,** there is very clear evidence that you continue to burn fat after you exercise. So although exercise on its own (unless you do a lot of it) will not be totally responsible for your loss of weight it will help you to burn more of it off.

10. **Exercise and activity.** If you maintain your activity through out the day, i.e. lots of small amounts of exercise. Walk up the stairs, small exercise moments throughout the day it all adds up. So try and change your sedentary habits, park a bit further away, walk a bit more, the more you do the better.

HAVE YOU TRIED hCG?

This is a homeopathic tincture of the Hormone "Human Chorionic Gonadotrophin", this hormone helps you to lose fat from areas where the fat isn't easy to shift.

As some of you may know we have been banned from advertising hCG as a weight loss product; suspicious really. Who, I wonder benefited from this?

However we can still supply it to our customers and their friends.

Interestingly our customers are still buying repeat orders of hCG, this speaks volumes about its effectiveness.



If you wish to buy to buy hCG online go to GoodVitality.com - click on Search in the top grey bar of the screen and put the *secret code* **8010** in the Search box, click on the product name to allow you to Add to Cart.

We have 4 other products that can help you to shed those pounds they are;

COMFORT EATING

5-HTP is very helpful for comfort eating. This helps elevate your mood, and lift depression which in turn will help you reduce your need to comfort eat. It also makes you feel more relaxed in general.



[Go to GoodVitality.com to buy 5-HTP 5-Hydroxytryptophan search for code 1448](#)



APPETITE SUPPRESSOR

Phytolacca berry tincture if taken 30 minutes before a meal, 20 drops in a half pint of water, can help with reducing your appetite.

[Go to GoodVitality.com to buy Phytolacca berry tincture search for code 8020](#)

SWEET TOOTH

Many people have a desperate sweet tooth which makes them crave sugary food. Our Chromium Picolinate can help reduce this as well as help with insulin production and blood sugar levels.



[Go to GoodVitality.com to buy Chromium Picolinate search for code 1365](#)

FAT BURNER

If you are exercising the CLA (Conjugated Linoloic Acid) is going to help you burn the fat off even faster, it has also been shown to help people with factor X insulin resistance.



[Go to GoodVitality.com to buy Tonalin CLA search for code 2714](#)

BOREDOM AND EATING

If you find yourself eating because you are simply bored "THINK AGAIN", you live for about 4000 weeks. You don't have time to be bored. Go out for a walk, find a new hobby, go and do that job you've been putting off, do some gardening, anything but sitting around eating!

DRINK

Be very aware of the calories in drinks and alcohol. A lot of people forget how many calories there are even in the "good" drinks like juices.

For example a glass of wine is 130 calories in my mind that equates to 15 minutes on a cross training machine to burn that off!!

J2O orange & passionfruit drink is 130 calories.

12 fl oz Tropicana Orange Juice is 170 calories.

One can of coke is 140 calories.

One cup of tea with skimmed milk = 17 calories.

It all adds up so become aware!!!! Try to drink more water, it's good for you and it's calorie free.

Good luck with you weight loss; every little helps.

See our weight loss tips video and products at

<http://www.goodvitality.com/weight-loss-51-c.asp>

REDUCE YOUR VARICOSE VEINS BY 33% IN JUST 2 WEEKS



Are you about to go on holiday and worried about the look of your varicose veins. Well known studies have shown that you can reduce the size of you veins by up to 33% in just to weeks using Aesculus hippocastanum. This herb increases the contraction of the elastic fibres in the vein wall. It has also been shown to reduce the capillary

fragility by reducing the number and sizes of the pores in the capillary cell walls.

Not only is it good for varicose veins but also oedema (swelling), "heavy legs" and even cold feet.

We supply this as a special tincture for rapid absorption and hence quick results.

Take 20 drops 4 time per day, for best results take it away from food, ideally 2 hours after eating and then nothing more to eat for another 30 minutes.

The 50 ml bottle contains approximately 2500 drops enough for a month.

[Go to GoodVitality.com](http://www.goodvitality.com) to buy AH (Aesculus Hippocastanum) Tincture search for code 7020

