

Integrated Natural Ideas # 58 from Dr. Jay

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



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Have you heard everyone raving about the newest and greatest weight loss natural product ever? Not if you don't follow the great and powerful Oz.

Garcinia Cambogia has been around since plants were invented by God. This pumpkin style fruit has been used for centuries to cut cravings and help with weight loss. Garcinia cambogia—an extract of the rind of a small, pumpkin-shaped fruit native to Southeast Asia, Garcinia cambogia has a long tradition of safe use. Helping you consume fewer calories during the day.

But new studies just released are touting this as a miracle addition to weight loss. I have had calls and emails asking for it. My response is simple...did you use the website www.natr.com and sign in? If so, just use the search tab and type in Garcinia. BAMO! You get 3 products available with Garcinia already in it. That was easy. Do that with any new herb you hear about, chances are NSP already has it.

The oldest is **Garcinia Combination #906-9**. Garcinia fruit contains hydroxycitric acid, which may influence fat metabolism. This old combination, B.O. (Before Oz), also contains Chickweed which offers nutritional support for weight management. Another component L-carnitine helps in the transport of long-chain fatty acids. Lastly, chromium, an essential trace mineral plays a role in the body's natural regulation of blood sugar.

The next two are more modern blends:

Stixated #6540-5 can be used on the go, just add to water any time. Sip away cravings with this delicious, berry-flavored drink mix featuring Garcinia cambogia and chromium picolinate to help curb your appetite between meals. Formulated with a novel fiber blend, Stixated promotes satiety, helping you consume fewer calories throughout the day.

Ultra-Therm CF #3079-3 contains a novel herbal blend—this patent-pending combination of two herbs—Sphaeranthus indicus and Garcinia mangostana—may help promote weight loss, especially as fat, when combined with a weight-reduction diet, according to initial research. The extracts are thought to promote fat breakdown and weight loss. Specifically, they may affect levels of adiponectin in the body. Secreted mostly by white adipose tissue, adiponectin levels tend to be lower in individuals who are overweight. Also Ultra Therm contains...

Rhodiola root extract—native to high-altitude regions of Europe and Asia, Rhodiola rosea has well documented “adaptogen” properties. Adaptogenic herbs like rhodiola help safely counteract adverse physical, chemical or biological stressors. Study results indicate that rhodiola may improve physical performance and mental capacity, and it promotes a sense of wellbeing.

Green coffee bean extract (decaffeinated)— chlorogenic acid, thought to be the active ingredient in safe, caffeine-free green coffee bean extract (Coffea canephora), may help block sugar absorption. It also has decaffeinated Green Tea (how many times has that been on TV?).

So folks, quit asking where to get “a new miracle”. Always check the NSP website first. That's why Natural Selections Inc. educates you on getting a free membership with high quality supplements from NSP. Because you need to stay one step ahead of the wizard!

Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature's Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.