



WEIGHT LOSS



Have you noticed that everywhere you look someone is trying to tell you how to lose weight? The words: obesity, body mass index, diet, glycaemic index and diabetes seem to be splashed everywhere. Is it just hysteria or is it a real problem?

The World Health Organisation lists being overweight as one of the Top Five risk factors for health problems⁽¹⁾. These factors contribute to diseases which develop over time and can be modified by lifestyle changes. Diseases such as hypertension, diabetes (Type II), stroke, heart disease, cancer and osteoarthritis are all associated with excessive weight.

Being overweight can be a negative cycle because exercising may not be easy and a lack of physical activity leads to further weight gain. It can be a confusing issue and the sheer volume of information is overwhelming to the point where it all seems too hard. And so the negative cycle continues.

Diet is a major factor in weight control⁽²⁾. Eating nutritious food that is tasty and satisfying can reduce your desire for high-energy foods that offer no other nutrients (empty calories). Regular exercise and plenty of quality sleep are a must.

Concentrated natural supplements have the advantage of being nutrient dense, allowing you to feed your body without contributing to the calorie intake of a meal. Nutrients such as Spirulina and Wheatgrass are ideal complements to a weight loss program. Herbs such as Garlic⁽³⁾ and Lecithin⁽⁴⁾, both natural anti-oxidants, assist in the mobilisation and elimination of fats. While Detox 5-in-1, taken with plenty of water, nourishes and cleanses at the same time. Also, Chitosan is a natural substance which effectively reduces the amount of dietary fat absorbed from a meal.

Excessive body fat is a serious issue and even a small reduction in weight can have a positive, long-term effect on your quality of life.

Deep Blue Health products which can assist weight loss are:

Chitosan - is calorie-free and acts as an appetite suppressant and binds to fat molecules reducing the amount absorbed.

Detox 5in1 - contains wheatgrass, inulin (natural fibre), barley grass, chlorella and Aloe Vera, a powerful combination of detoxifying nutrients.

Garlic - stimulates bile production and assists with digestion of fats and elimination of toxins.

Lecithin - supports cellular function and fat metabolism.

Spirulina - a super-food which contains phytonutrients, vitamins, minerals and essential fatty acid and fibre to encourage elimination of toxins stored in fat tissue.

Wheatgrass - supports normal body function and bowel cleansing.

References:

1. <http://www.who.int/mediacentre/factsheets/fs273/en/print.html> - Top five risk factors.
2. <http://www.mayoclinic.com/health/weight-loss/MY00432> - Weight loss
3. <http://www.phytochemicals.info/phytochemicals/allixin.php> - Garlic
4. <http://www.sciencedaily.com/releases/2009/07/090730141656.htm> - Lecithin