

HEALTHY WEIGHT HELPERS

THESE NATURAL AIDS SUPPORT YOUR POUND-SHEDDING EFFORTS.

It's one way to deal with excess pounds: A 2012 Gallup poll found an increasing number of Americans revising their ideal weight upward in virtual lockstep with their real weight.

Men reported weighing an average of 196 pounds, 11 pounds over their self-stated ideal of 185. That represents an increase of 14 pounds in ideal weight since Gallup started asking that question in 1990. Women reported an even-wider gap between an ideal weight of 140 (up 11 pounds over the past 25 years) and an actual weight of 156.

Of course, adjusting one's no-

tion of what constitutes an "ideal" weight can simply become an excuse to do nothing as the numbers on the bathroom scale continue to rise. And given all the good reasons to shed pounds—from fitting into a bathing suit to avoiding a heart attack—making the attempt beats pretending that being overweight doesn't really matter.

As with all health-minded lifestyle changes, any serious weight loss effort begins with revisions in diet and exercise patterns. But you can try (with the advice of your healthcare practitioner) employing a little natural help to push those scale numbers downward.



Garcinia cambogia



Cassia nomame



Raspberry Ketones

NAME	WHAT IT IS
<i>Cassia nomame</i>*	An herb native to China but now found in many parts of the world
Chromium	A trace mineral found in many different foods; broccoli, barley and oats are among the richest sources
CLA	Conjugated linoleic acid, a fatty acid found in dairy products and meat
<i>Coleus forskholii</i>*	Used for centuries in India's Ayurvedic medicine; in a plant family commonly used for landscaping purposes
<i>Garcinia cambogia</i>*	An evergreen tree producing small, pumpkin-like fruit, native to southern Asia
Green Tea	<i>Camellia sinensis</i> , a shrub native to Asia; the green variety undergoes minimal oxidation during processing
<i>Gymnema sylvestre</i>*	Climbing plant found in tropical and subtropical parts of the world
Inulin	A mildly sweet form of dietary fiber found in foods such as artichokes, bananas, garlic, jicama and onion
Raspberry Ketones	Compounds responsible for the berry's delicate aroma; found in other plants as well
Rhodiola*	An herb, <i>R. rosea</i> , native to the colder regions of Asia and Europe
Synaptose*	A combination of amino acids, chromium, vitamins B1 and B6, passion flower and metallosaccharide complex
White Bean Extract	An extract taken from <i>Phaseolus vulgaris</i> , the common white bean

*Generally available in supplement form only in the US.

For more help with weight management, see energytimes.com.



Gymnema sylvestre



White Bean Extract



Green Tea

WHAT IT DOES

Traditionally used to increase urine flow, which helps disperse water weight; now thought to also block fat from entering the bloodstream

Enhances the ability of cells, such as muscle cells, to take in glucose, which is then burned for energy; also appears to play a role in the metabolism of carbohydrate, fat and protein

May increase the number of energy-producing mitochondria within cells; evidence suggests it helps reduce body fat in overweight individuals and diabetic women

Contains forskolin, which promotes the dismantling of body fat to be burned for heat production; also helps stimulate the thyroid, the body's master energy controller

Contains hydroxycitric acid, or HCA, which inhibits an enzyme crucial to fatty tissue formation (to learn more, see page 48)

Evidence suggests it may boost exercise capacity, decrease body fat (especially abdominal fat) and increase satiety after meals

Known traditionally as "sugar destroyer" for its ability to blunt the sensation of sweetness; has been found to possess anti-diabetic and anti-obesity properties

Helps slow the release of simple sugars into the bloodstream; serves as a prebiotic, or a food source, for the health-promoting probiotic bacteria within the digestive tract

Has boosted the production and effectiveness of adiponectin, a hormone that increases the rate of fat breakdown

Helps the body cope with stress and enhances overall well-being; traditional usage as a fatigue fighter and performance enhancer has been supported by modern research

Supports proper neurotransmitter function within the brain, allowing better regulation of metabolism, energy usage and satiety; has helped people overcome food cravings, especially for sweets

Impedes the conversion of starch to sugar within the digestive tract, helping to blunt spikes in blood glucose; has promoted the loss of weight and fat in studies

NOTE: Always consult with your healthcare practitioner for help in designing a supplementation program, especially if you have a pre-existing condition.