Women's Health Library

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- Ultimate One
- CoQ10
- Omega 3 Fatty Acids
- Greens N' Things
- Chewable Calcium & D
  or
- Liquid Cal-Mag-Zinc

Weight Loss & Diet:

- Super Fiber Tabs
- Soy-Spirulina Protein
- Citrimax Complex

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Sound Nutrition for Weight Loss

The goal of a weight loss program is to take in fewer calories than the amount of calories expended through physical activity. However, cutting calories often results in not consuming enough important nutrients. Additionally, cutting "bad" fats such as saturated fat and trans fat in your diet often results in a loss of muscle and nutrition instead. When changing your diet to lose weight, remember to take in plenty of vitamins, minerals, and adequate protein. No matter what diet program you choose, follow these easy tips to maintain your health while you lose:

ONE... Take a multiple vitamin and mineral supplement daily

• It's crucial to maintain adequate levels of vitamins and minerals, especially when dieting.

TWO..._Add a high potency calcium/magnesium supplement to your routine

• Two factors make this supplement a necessity. First, most diets restrict dairy intake, drastically reducing calcium consumption. In addition, the average American is deficient in magnesium, even before dieting. Because these minerals affect the health of many systems, adding a calcium/magnesium supplement is strongly recommended.

THREE... Include fiber in your daily diet

• Increasing your fiber intake during dieting may help promote weight loss. The bulk associated with fibrous foods creates a full, satisfied feeling. As a result, you may find yourself reducing your food consumption, simply because you aren't as hungry.

FOUR... Mix a protein powder with your juice or skim milk at breakfast

• Cutting the fat from your diet often means limiting good protein sources, like meat. Your body needs protein while dieting to build lean muscle and maintain your metabolism, continuing to support your weight loss program and your health.

FIVE... Be sure to consume "good" or Essential Fatty Acids daily.

• The balance between "good" and "bad" fats is critical to a healthy heart, skin joints and overall good health. Dieting often results in a loss of both good and bad fats, which can lead to negative health consequences.

• Add these essential fats to your daily diet:
Fatty fish such as salmon, tuna, herring, mackerel, as well as canola oil, flaxseed oil, spirulina and green leafy vegetables and don't forget to add an essential fat supplement to ensure adequate intake.

• Cut the following saturated and trans fats from your daily routine: Animal foods are highest in saturated fats as well as whole-milk dairy, coconut and palm oils. Trans fatty acids are found in ready-made baked goods, fried foods, and artificial dairy products.

• Remember, no matter what diet you're on, cut calories and saturated or trans fatty acids, not nutrition!

SIX... Use Additional Weight Loss Support Products:

• **Complete Citrimax®** - contains *Garcina cambogia* a natural stimulant-free fruit extract that helps slow the body's production of fats from carbohydrates.

Our Recommended Products:

- Ultimate One
- Chewable Calcium or Liquid Cal-Mag-Zinc
- Super Fiber Tabs
- Soy-Spirulina Protein Powder
- Omega 3 Fatty Acids
- Citrimax Complex