

FOCUS

O N N U T R I T I O N

DIET RIGHT: KEEP YOUR FITNESS GOALS ON TRACK IN 2012

It's a perennial pledge made by millions as January 1 approaches: "This year, I'm going to lose weight and look great." Despite our best intentions, statistics show most of us will fall off the weight loss wagon before Valentine's Day. And there is no shortage of excuses: cravings, stress, lack of motivation, and no willpower. Truth is, the war against weight does not have to be waged alone. There are safe and effective products that can deliver the mental and physical strength you need to step into the weight loss winner's circle.

5 products that will help support your New Year's weight loss resolution

1. Yerba Maté: fires up your energy, curbs your appetite

Imagine if exercise was something you actually wanted to do. Yerba maté contains a chemical compound called mateine, which stimulates metabolism. A faster metabolism means you not only burn more calories, you turn these calories into energy. So your get-up-and-go goes through the roof. As a mild and natural stimulant, yerba maté also works to curb your appetite — but without causing jitters like caffeine. Best of all, this South American herb is completely safe and has been used for centuries to promote weight loss.

2. Primorye®: relieves the stress that triggers binge eating

Stress is one of biggest reasons we ditch our diets. That's a huge setback in today's fast-paced society, because there's no avoiding stress. With its eight herbal adaptogens, Primorye® is scientifically proven to fight stress. More than 50 years ago, Soviet researchers discovered these herbs survived the Ice Age by adapting to the severe conditions. The scientists correctly surmised that these herbal adaptogens might also work for people — that is, allow our bodies to adapt to the stresses of modern life. More than 1,200 scientific tests later, the researchers have been proven right.

PRODUCT CORNER

YERBA MATÉ

Energy-boosting Yerba Maté Capsules contain 11 thermogenics to help suppress your appetite and stimulate your metabolism!

**Buy Today! Call 800.333.7374
or go online at oxyfresh.com**

3. Foundation Formula: fills the missing pieces in your diet

When we increase our activity levels and cut back on calories we run the risk of malnutrition. Foundation Formula fills the voids in our diet with a powerful combination of antioxidants, omega fatty acids, enzymes, vitamins and minerals to create the best advanced multivitamin you can buy for better health. It's a premium blend of all the nutrients your body needs to maintain peak performance and keep you nutritionally balanced.

4. Liquid Thermogenics: rehydrates and provides nourishment

Studies show that as much as 75 percent of the population is seriously dehydrated. When the body is thirsty, it sends a message to the brain requesting a drink. Unfortunately, the message is often mistaken as "request" for food, so most people snack when what their bodies really need is a drink. Liquid Thermogenics helps make it easy to increase your water intake. And it also helps to maximize weight loss because it contains fat-burning, energy-boosting yerba maté.

5. Life Shotz®: unlocks balanced and lasting energy

With any weight management plan, keeping yourself "on-the-go" is imperative. When we are more active not only do we burn more calories, we can become fatigued and lose energy. Life Shotz is a healthy energy drink alternative that provides natural energy — with no crash. It also contains B vitamins that are essential for the breakdown of carbohydrates into glucose, which provides us energy. And it delivers all the benefits of a huge antioxidant blend with a vitamin D boost. No gluten. No preservatives. No artificial dyes or flavors. Life Shotz is a dieter's dream!

Closing Thoughts

Dieting can be one of the most challenging things in life. And if you're overweight, it can also be one of the most important things you do. A recent 10-year study of more than 500,000 adults found that those who were just moderately overweight in their fifties were 20 to 40 percent more likely to die in the next decade. Live healthier. Live happier. It all boils down to this: Eat smart, exercise daily ... and don't be afraid to seek a little assistance from the Oxyfresh weight loss management system.

FOUNDATION FORMULA

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LIFE SHOTZ®

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