



# Ounce of Prevention



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## APRIL / MAY 2013 NEWSLETTER

Welcome to our April/May 2013 newsletter. It's difficult to cover everything we'd like to in a newsletter... remember, if you have any questions or inquiries, we're just a phone call or visit away! As always, thank you for reading.

### Green Coffee Bean Extract

Many of us struggle with weight issues, and many of us search for that "magic bullet" that may help with our struggle. Interestingly, their may be a secret that has come out of the bag.

Metabolism is the process by which our bodies convert what we eat and drink into energy. Even when our bodies are at rest, our metabolism works to provide energy for basic functions. Chemicals found in green tea and coffee are thought to encourage our metabolism to use extra energy to supply our bodies with the fuel it needs. This additional energy may assist in weight loss.

When looking for a green coffee bean supplement, it should contain the chlorogenic acid extract. Also, look for a capsule that contains at least 45% chlorogenic acid. More is okay, but pills with less than this amount have not been tested in studies that demonstrate weight loss. If you're going to take green coffee bean, the recommended dosage is 400mg 3 times daily, each taken 30 minutes prior to a meal.

Also, it's important to note that no pill is more effective than maintaining a healthy diet along with a regular exercise regimen.

Ounce of Prevention carries *Green Coffee Bean Extract* by *Futurebiotics*. 90 capsules retail for \$37.99.

### Intercept Those Carbs!

What better way to intercept those extra carbs than with *Natrol's Carb Intercept*. Carbohydrates are a necessary part of a well-balanced diet, and our body's primary source of fuel. Carbs are converted to energy but are stored as fat when we have an oversupply of them. *Carb Intercept* uses white kidney bean extract to help block excess carbohydrate intake. If the carbs are blocked, they can't become stored as fat! Also, *Carb Intercept* may help keep your blood sugar balanced, which in turn can assist in staving off those sugary cravings.

*Natrol's Carb Intercept* is great companion to our *Green Coffee Bean Extract*. 120 capsules sell for \$35.99.

### Run That Past Me Again...

It's entertaining to sometimes sit down and peruse the Internet for whatever tickles one's fancy. We happened to be reading some articles on a bicycling magazine's web site when one of the stories caught our eye. It seems that an elected official in the grand state of Washington has proposed taxing its citizens for bicycle riding. We all know

that taxes can only be levied for a reason (at least that's how it's *supposed* to work!) and the reason for taxing cyclists? Pollution. The author of the bill claims that since cycling increases one's heart and respiration rates, a cyclist is emitting more greenhouse gasses, i.e., carbon dioxide (CO<sub>2</sub>) and should therefore be taxed for this detriment to the environment. Think about this next time your heart and respiration rates increase—for *whatever reason*—and the damaging effects you're causing to the planet. Our recommendation? Run! Walk! Ride! Whatever! Go forth and pollute!

### Proposition 65

Most Californians are familiar with California's Proposition 65 law, also known as the *Safe Drinking Water and Toxic Enforcement Act of 1986*. In 1986, the State of California adopted Proposition 65 which, as the name implies, applies not only to water, but also to consumer goods sold in California. Proposition 65 requires that the State of California publish and maintain a list of chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm, and requires products that may contain these substances to indicate this on their labels. Since California's list of chemicals is constantly being added to, there exists ever-changing labeling requirements. This includes nutritional supplements. Is this something to worry about? No. *Natural products contain natural trace amounts of naturally occurring substances*. Attempting to rid the product of its natural chemicals would render the product unnatural (and probably nutritionally worthless). Additionally, the amount of a supplement one would need to consume to ingest dangerous levels is simply astronomical. You'll begin to notice label warnings appearing on your supplements. Now that you know why, you'll be able to rest easy knowing that the products you've trusted and relied on for years are the *same* trusted and reliable products.

### The Natural Way to Go

All Dr. Oz fans are probably aware of his recommendation of using magnesium as a daily dietary supplement as an aid for bowel discomfort. This is no surprise to us, since our #1 selling product is *Earth's Bounty Oxy-Cleanse*. Not only does *Oxy-Cleanse* provide a daily dietary allowance of magnesium, it additionally utilizes the cleaning effects of oxygen to break down matter and debris for gentle and effective elimination. Unlike laxative-based products, *Oxy-Cleanse* will not cause cramping or bloating or weaken colon muscles. It detoxifies, rejuvenates, and cleans both the small and large intestines. Maybe this is why it's been our #1 selling product for 17 years! *Oxy-Cleanse*... \$17.99 for 75 capsules.