

# DO IT & DIET

## Eating Better And Losing More



Before



After

**From “Couch Potato” To Triathlete—Melissa Gertz, a mother of two, has gone from being too tired to play with her kids to competing in two to three triathlons every year.**

(NAPSA)—When it comes to winning the battle of the bulge, it seems eating “better” has replaced simply eating less. A recent study shows that the number of Americans on diets decreased, and the number focused on eating healthier increased. It’s a trend familiar to Melissa Gertz, who says she went from a couch potato to a triathlete after losing 75 pounds in one year. Her weight-loss plan was simple: Lose the cookies, crackers and processed snacks in favor of whole foods, take a dietary supplement to boost metabolism, and slowly add exercise to her routine.

Gertz’ menu consists largely of fresh fruits and vegetables, whole grain breads, grass-fed beef, free-range chicken and wild-caught fish. She also takes a Garden of Life dietary seaweed supplement called fūcoTHIN® to boost her metabolism. The product is the No. 1 selling weight-loss supplement according to SPINS, a market research and consulting firm for the Natural Products Industry.

A clinical study on Xanthigen®, the supplement’s primary ingredi-

ent, was recently published by an independent team of scientists from the Russian Academy of Natural Sciences. The double-blind, placebo-controlled clinical trial consisted of 150 overweight women on an 1800 calorie diet for 16 weeks. The average weight loss amongst study participants taking Xanthigen was 14.5 lbs. vs. 3 lbs. with placebo. In addition, the scientists also noted that the product helps support and maintain already healthy and normal liver function, C-reactive protein levels, triglyceride levels and blood pressure levels.

### Eating Well

Try these tips to help improve your eating habits:

- **Stick to the perimeter of the supermarket.** Fresh foods—such as fruits and vegetables—tend to be in the outer aisles of markets.

- **Read labels.** A general rule of thumb is that the fewer ingredients a food has, the better.

- **Eat organic foods whenever possible.** Foods grown without chemicals and pesticides are better for overall health.