

# Health And Well-Being

## Ending Obesity With Power Amino Acids®

by Dr. George Scheele

(NAPSA)—The secret to successfully controlling body weight and living a healthier life may be adding something to—rather than subtracting something from—the daily diet. Recent research has shown that the addition of Power Amino Acids® to the diet corrects the age- and diet-related deficiencies in amino acids, proteins and metabolic pathways that lead to overweight disorders, chronic degenerative disease and accelerated aging.

### Quick Fixes Do Not Work

Popular dietary restrictions and metabolic enhancers may harm the body and lead to rebounds in body weight, often to levels higher than before. Diuretics may harm the kidneys and laxatives and cleansing procedures remove the beneficial bacteria that are essential for body repair.

### A Better Solution

The only sound solution to obesity is making significant changes in lifestyle—primarily dietary habits—to rebalance body metabolism. This sensible solution needs to be a permanent lifestyle change, something you can practice for the rest of your life.

### Elephant In The Room

The problem is that most people cannot change their eating habits to correct the underlying metabolic disorders that lead to weight gain. Two-thirds of Americans suffer from addictive taste disorders for processed foods enriched in sugar, salt and fat that lead to overweight disorders. Half of these people suffer from obesity. Yet weight disorders are only part of the problem. The much larger issue is the underlying metabolic diseases that decrease productivity and life span. Thus obesity appears to be an early warning sign that metabolic processes in the body are unbalanced. This can lead to largely silent disorders such as diabetes; cardiovascular disease; high levels of blood pressure, cholesterol



**Legend To Figure—Quick-fix diets rely on dietary restrictions and metabolic enhancers that may harm the body. The only sound solution to obesity is lifestyle changes—primarily eating habits—that rebalance the caloric equation. One such solution is supplementing the diet with essential nutrients like Power Amino Acids®.**

and sugar; kidney damage; arthritis; cancer of the breast, prostate and colon; gallbladder disease; and premature aging with wrinkled skin, hair loss and aging nails.

### The Benefits

To promote healthy lifestyles that rebalance amino acids, proteins, metabolic pathways and body health, we have formulated a supplement called Factor4 Weight Control® that contains Power Amino Acids, protein, vitamins, minerals and micronutrients. When mixed with water, low-fat milk, berries or fruit juice and consumed as Factor4 power shakes or smoothies, these essential nutrients display powerful beneficial effects on body weight and metabolic health as Power Amino Acids:

- Curb the appetite for processed foods full of sugar, salt and fat;
- Provide feelings of comfort, satisfaction and well-being (comfort targets) even when caloric intake is reduced and “junk” foods eliminated from the diet;
- Build up muscle tissue to

increase pep, energy, activity, stamina, endurance, body definition and performance;

- Reset metabolic pathways to burn fat and restore metabolic health throughout the body.

### The Bonus

The bonus in sticking with Factor4 over time is that you can achieve sustained weight control and metabolic health for life that will significantly combat the aging process.

### Learn More

You can learn more by signing up, free, for The Factor4 Wellness Program and/or the e-book entitled “POWER AMINO ACIDS: The Factor4 Advantage in Weight Loss Success” at [www.factor4health.com](http://www.factor4health.com).

### Dr. Scheele

*Dr. Scheele is a world-renowned expert in nutrition and metabolic health who participated in work that won two Nobel Prizes in Medicine in 1974 and 1999. His work led to breakthrough discoveries in how amino acids and proteins control body weight and metabolic health.*