

Fight Holiday Flab

(NAPSA)—Pumpkin pie, sweet potatoes, turkey, ham—it can be a challenge to stay trim during the holidays.

One of the easiest ways to maintain your preholiday weight is to use your nose. That's because the senses of smell and taste work together to stimulate an area of the brain called the satiety center, which tells your body when it's time to stop eating. One way many reduce the likelihood of overindulging is to sprinkle on appetite-suppressing flavor enhancers known as tastants on their food.



This holiday season, don't pass on potatoes; just sprinkle on some flavor-enhancing tastants and enjoy without overindulging.

These tastants are part of the Sensa Weight-Loss System, which works with your body's olfactory sense to make you feel fuller faster. The system uses no drugs, no sugar or salt, and no MSG.

In a clinical study of over 1,400 people, the average weight loss was 30.5 pounds—and that was without dieting or deprivation. For more information, visit www.TrySensa.com.