

Your Weight & Fate

Hints To Help You Win At Losing

(NAPSA)—If you've long thought you have a fat chance of staying slim, a new plan and product can be good news for you.

Fat Loss Facts

The plan, created by Dr. Charles Livingston, is not a diet but a healthy weight lifestyle that's a lot easier to stick to than you may think.

There's a very high success rate and you lose the weight incredibly fast. There's even a money-back guarantee. Called the Fat Loss Factor, it offers seven ways to burn fat, fast:

1. Police your kitchen. Get rid of everything that's loaded with sugar and you'll avoid a lot of the pitfalls that keep many people from achieving their goals.

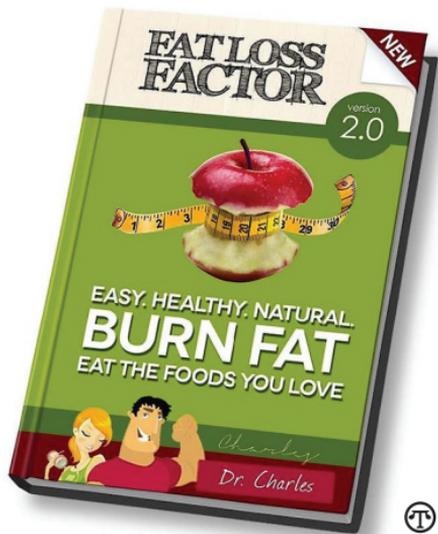
2. Cut out that low-intensity cardio. End your useless routines and move toward some bursts of intense training followed by recovery paces to boost the rate at which your body burns fat.

3. Equip yourself at home to do some exercise. Get a balance ball, a weight bench and some dumbbells so you can do some work while you're away from the gym.

4. Be careful about your eating. Schedule your grocery trips, and plan what you're going to eat and when. Then be very selective at the store to get the most natural, nutritious foods you can.

5. Make a third of your diet raw fruits and veggies. They contain loads of antioxidants, minerals, vitamins, digestive enzymes and fiber to clean your digestive tract and pull out unwanted toxins. Grabbing celery sticks, an apple, an orange, carrot sticks and so on is a fast and easy way to snack. Basically, the closer it is to nature, the better it's likely to be for you and your waistline.

6. Eat only when you're hungry. Just because it's lunchtime



Healthy weight loss can be simpler than it seems with the proper lifestyle and helpful dietary supplements.

doesn't mean you have to eat. Maybe your body can use a break from digestion. In fact, occasional fasting is a healthy practice for most people. Just don't get carried away with this and do things such as skipping breakfast every day. To save time in the morning or at any time, try a quick superfood drink such as a protein smoothie.

7. Try a dietary supplement such as an advanced digestive enzyme complex. It's a comprehensive blend of 16 unique digestive enzymes whose key ingredients have been shown to help your body fully break down and absorb the nutrients contained in any and every food you eat.

Just take one single capsule at the start of each meal for enhanced absorption of health-promoting, age-defying and disease-fighting vitamins, minerals, phytochemicals and antioxidants from all foods.

Learn More

For further facts about fat loss, go to www.LowFat123.com.