

OF NUTRITION

Low-Carb Helping Hand

(NAPSA)—If you’ve had trouble sticking to a low-carb diet, consider yourself in good company. Many people regain a lot of the weight they lose because it’s hard to stick to the regimen. Thankfully, there’s a helping hand for people who want to succeed on a low-carb plan, but can’t seem to keep their forks away from pasta, potatoes and bread.



A new “carb cutter” helps prevent starchy foods from sabotaging a weight-loss plan.

“Carb blockers are the only diet aids I feel comfortable recommending because they are naturally derived from beans, free of dangerous side effects and very effective,” said Suzy Cohen, practicing pharmacist and syndicated columnist.

Starch Away is the only carb blocker backed by clinical research for safe weight loss and sold in a quick-acting chew form. It works by preventing the enzyme amylase from breaking down starch into sugar, which ultimately turns to fat in the body. The carbohydrate instead passes through the body undigested like fiber. Yet while the product can be an invaluable tool for low-carb dieters, it is not a quick fix. During the first clinical study, the average weight loss for participants was nearly seven pounds over 12 weeks.

Starch Away is available at popular retail stores like CVS, Eckerd, Kroger, Long’s, Meijer, Target and Walgreens. To find the store nearest you, log onto www.starchaway.com and click on the “where to buy” section.