



# HEALTH AWARENESS

## Obesity Levels Trigger Health Problems For Hispanics

(NAPSA)—According to the American Obesity Association, adult Mexican-Americans in the U.S. are more overweight and obese than non-Hispanics. These levels have reached epidemic proportions that affect Hispanics' health and quality of life, making them more predisposed to heart disease and type 2 diabetes.

“For many Hispanics, cultural factors play a major role in their diets,” said Hector J. Rodriguez, M.D., PhD., clinical professor of medicine, UCLA, and director, StarMed Wellness Center.

“Much of the Hispanic diet consists of foods high in fattening carbohydrate content such as bread, flour and cornmeal products. It is a part of who they are and they have grown up eating these same foods all their lives,” Dr. Rodriguez added.

The good news is that all Americans may be able to continue to enjoy carbohydrates with moderation and a little help.

“Health and diet experts are not going to dramatically change eating habits but they can educate people to exercise, reduce portions and use supplements to cut the caloric effect of the foods they eat. For instance, over-the-counter dietary supplements are now available that contain an ingredient called Phase 2 Starch Neutralizer, which actually reduces the absorption of starchy calories,” said Dr. Rodriguez.

This highly concentrated white bean extract is designed to temporarily inhibit the enzyme responsible for digesting starch. When taken before meals, it allows a portion of the carbohydrates to pass



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through the digestive system undigested, much like fiber.

Phase 2 has been shown to significantly reduce the absorption of starch calories in a pilot trial and promote weight loss in two separate human clinical studies. No significant adverse effects have been observed in any of the studies.

To determine if you might be a candidate for the starch blocker strategy, see your doctor.

It's difficult to change eating habits, but there are some commonsense things you can do to combat obesity, such as becoming more active, cutting down on how much you eat and using the latest dietary supplements.

To learn more, visit [www.phase2info.com](http://www.phase2info.com).