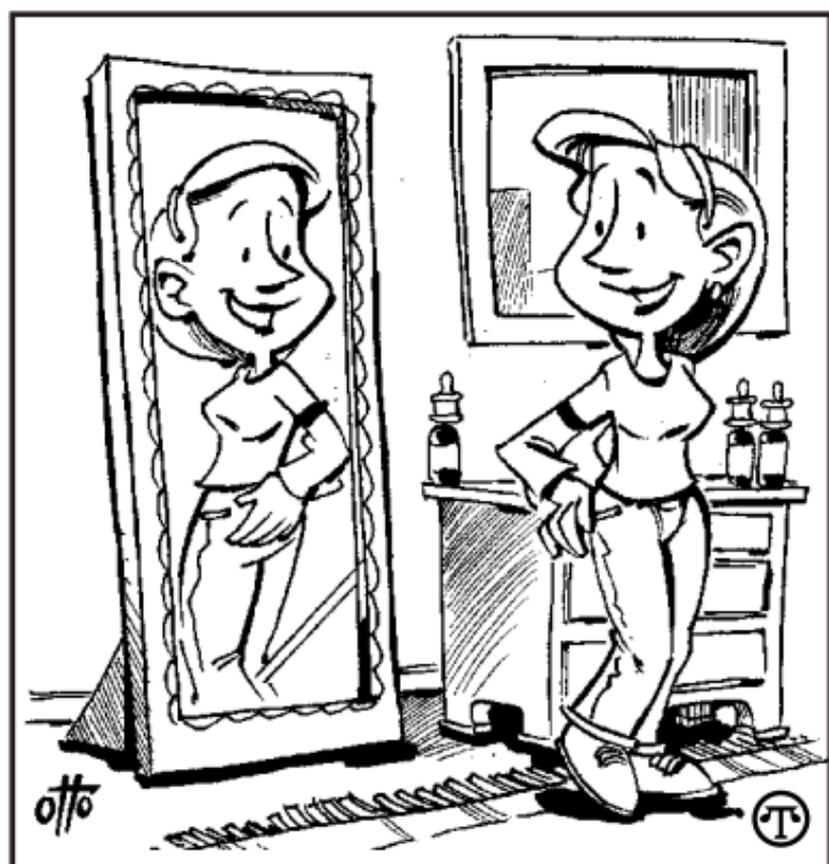


# DO IT & DIET

## Weight Loss Anxiety

(NAPSA)—There are many reasons people overeat. Interestingly, one of the most common reasons may not be an obvious one—such as hunger, fatigue, and boredom. It is the sense of comfort that many of us get from food. Many people prefer to obtain that feeling and achieve greater emotional balance by taking all natural flower essences, such as Bach Flower Essences.



**Natural flower essences are completely free of the side effects attributed to many medications.**

There are 38 essences, several of which are specially formulated to have a calming effect likely to help people to resist overeating. Bach Flower Essences are all natural, so they're completely free of the many side effects attributed to most modern medications.

To help alleviate the anxieties that cause people to head to the cupboard or refrigerator, many people use a few drops of Bach Flower Essences in a calorie-free glass of water.

For example, if you put on a happy face to mask your anxiety or publicly joke off pain or discomfort then turn to food in private for comfort, you may benefit from the flower essence, Agrimony.

If you have ever felt out of control in your habits, be it food, alcohol, cigarettes, exercise or diets, Cherry Plum will help restore sense of control and help you act more rationally.

Are you compulsive about your hygiene, your house, your weight? Many people who share this feeling have discovered the essence, Crab Apple, to provide a positive self image.

For more information, visit [www.nelsonbachusa.com](http://www.nelsonbachusa.com).