



Battle Of The Bulge

Part II of III of III

By: Susan Higley

To summarize my last two articles: Being overweight or obese, especially around the waist, are primary indicators of insulin resistance. When we suffer from insulin resistance, insulin becomes less effective and blood glucose doesn't enter our cells, so the appetite control center of the brain sends out powerful messages saying, "I'm hungry, I need food." As soon as our blood sugar level is normalized, we no longer receive these messages, which allow us to control appetite. When we can control appetite, we can reduce food consumption and lose weight. **The best way to control appetite is by controlling and normalizing blood glucose levels.** We sell a unique new product called PGX, which has been clinically proven to help people control this complex chain of events.

So just what is PGX? PGX (PolyGlycoplex) is a highly concentrated and effective form of fiber. In fact, gram for gram PGX is several times more effective than any other dietary fiber. To avoid side effects like gas, bloating, loose stools, or constipation, it is best to start with small amounts and then gradually increase it as your body adjusts. If you take PGX consistently and increase the dose gradually, it is almost certain you will be able to consume a highly effective dose within days.

To enjoy the full benefits of PGX, take the soft gels 5-10 minutes before each meal. Be sure to drink at least 8 oz of water per 2 soft gels. Start with 1-2 soft gels and increase by 1 soft gel every 2-3 days. Continue to increase the dosage until you experience a significant reduction in hunger and between meal cravings. The effective dose is typically 3-6 soft gels before each meal. 1 or 2 soft gels per meal may be effective for some people, and others will require the maximum recommended dose of 6 per meal. After your initial weight loss goals have been met, you may find that lower doses can effectively control your appetite and will allow you to maintain your ideal weight comfortably.

This article is not intended as medical advice; visit your medical doctor for that. Please stop by our vitamin store and health-learning center and let us show you the many products we carry to help support your weight loss and wellness program. Until next time, I leave you with this message. You can develop and maintain vibrant health, abundant energy, and mental clarity. All you need is a little knowledge, will power, and determination; lots of patience, and the daily practice of healthy habits. Eat Well, Sleep Well, and Be Well.

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