



## The Nutritional Edge

The *International Journal of Obesity* published a study outlining the long-term success of more than 800 weight loss subjects. The study found that more than half of the subjects regained weight during the first 12 months following their weight loss. And after three years, only 1 in 4 succeeded in maintaining their weight loss.

The important lesson here is that, while there are many “plans” for losing weight, those “plans” don’t ensure lasting success. That only comes through changing habits and making smarter choices.

Most people find this aspect of weight maintenance difficult. After all, those bad habits are what got them into trouble in the first place. And, as this issue of *Science & Health Today* points out, those bad habits actually turn your body against itself, leading to cravings, fatigue and other factors that make it nearly impossible to maintain a healthy lifestyle.

Proper nutrition, however, can give your body — and your willpower — the edge it needs to achieve long-lasting weight loss success. When combined, Reliv’s Ultrim Plus®, Cellebrate® and Herbal Harmony® provide the perfect fat-blasting trifecta — reducing cravings, increasing energy, curbing appetite and boosting overall nutritional intake.

You can become the trimmer, healthier you you’ve always dreamed about — with a little ongoing help from Reliv.

To Your Health,

**Dr. Carl W. Hastings**  
Reliv Vice Chairman and Chief Scientific Officer

## The Perils of Weight Gain



- In the United States, the National Center for Health Statistics shows the number of obese adults is now even higher than the number of overweight adults: 34 percent of Americans are obese; 32.7 percent are overweight.
- Obese people stay one and a half days longer in the hospital than those who are at a normal weight. The longer a person has been obese, the longer the hospital stay.
- 46 percent of obese people have high blood pressure.
- People in their 40s who are overweight and have large bellies are more than twice as likely to develop dementia in their 70s as people with a normal weight and belly size.
- Gaining just 11 to 18 pounds doubles your risk of developing type 2 diabetes.
- Being overweight and obese can increase your risk for cancers such as colon, gall bladder, prostate, kidney and endometrial, cervical, ovarian, and postmenopausal breast cancers.
- For every 2 pounds you gain, your risk of developing arthritis increases 9 to 13 percent.
- The biggest risk factor for back pain is carrying extra weight.
- High blood pressure and cholesterol — both heart disease risk factors — are more common in people who are overweight and obese.

These statements have not been evaluated by the Food and Drug Administration. Reliv products are not intended to diagnose, treat, cure or prevent any disease.

## Could Insulin Resistance Be Causing Your Weight Problem?

No one wants to be overweight or obese. But sometimes losing weight seems like a losing battle. Ironically, people carrying extra pounds may be caught in a vicious cycle thanks to insulin resistance. Being overweight can lead to insulin resistance. And being insulin resistant can lead to even more weight gain.

Insulin, a hormone, helps the body's cells use blood sugar for energy. With insulin resistance, the cells are resistant to insulin's effects. If blood sugar isn't able to get into the cells to be used for energy, the sugar goes to the liver where it's usually converted to fat and deposited — especially around the waist.

Insulin resistance also causes a blood sugar roller coaster ride. When blood sugar dips, you feel tired, which saps your ability to exercise. It also drives you toward a carbohydrate fix for energy. The double whammy of no exercise and sugar-filled snacking continues the downward spiral toward weight gain.

But controlling blood sugar can help regulate hunger, which supports weight loss, and helps your body convert less sugar to fat. In addition, losing weight through a concentrated effort can help break the cycle of insulin resistance and weight gain.

Good nutrition, which can be optimized through daily consumption of Reliv's cutting-edge products, can help you finally break the cycle and put you on a path toward better health.



## Fiber's Role in the Weight Loss War

Adding fiber to your diet is another way to help control blood sugar and to lose weight.

Fiber slows digestion and absorption of carbohydrates in the stomach so blood sugar levels stay more consistent. But when you eat refined foods that are stripped of fiber, your blood sugar quickly soars, which can spike insulin production. That insulin spike is then followed by a sudden drop that leaves you feeling tired and hungry, clammering for more sugary foods to perk you back up. But fiber helps prevent this cycle by slowing sugar absorption into the blood stream.

Fiber also decreases absorption of dietary fat and regulates appetite by slowing the food moving through the stomach so you feel full sooner and longer. That means those second helpings won't look so tempting and you're more likely to eat less overall throughout the day.

Reliv's Herbal Harmony<sup>®</sup> packs in about one-third of your daily fiber needs in one serving. It contains both soluble and insoluble fibers as well as 21 herbs with beneficial phytonutrients, key digestive enzymes, and high antioxidant levels.

### Sources:

For a complete list of references for this issue, please view the special addendum posted on the *Science & Health Today* web page, [www.reliv.com](http://www.reliv.com) >> The Products >> articles & research >> Science & Health Today.