

EAT-RITE NEWS

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PGX Will Change Your Life!!

Years of research involving thousands of participants has shown that PGX can have a positive impact on something that affects almost everyone: blood sugar levels. Regulating blood sugar is a key factor in many health conditions, including weight gain. Most people gain weight gradually, adding five or ten pounds every decade. Change isn't easy. Incorporating PGX into your diet can help you lose weight safely and gradually, even if you are not ready to make other positive diet and lifestyle changes at first. Naturally, the beneficial effects of PGX will be greatly enhanced by a healthy diet and exercise, leading to incredible results.

What to expect from PGX:

- *Supports healthy weight loss
- *Reduces food cravings
- *Supports healthy blood sugar and cholesterol levels already within the normal range
- *Lowers the glycemic index of meals
- *Safe and stimulant free

Research has shown that people who gain weight often spend much of their day on a "blood sugar roller coaster," with blood sugar alternately surging and plummeting, leaving them tired or irritable and leading to frequent and unhealthy food cravings. Eating the wrong foods (especially high glycemic index foods) magnifies the problem, but the underlying cause is insulin resistance, a condition where insulin is released after meals, but the body fails to respond appropriately.

Research has shown that PGX may help restore insulin sensitivity and get you off the blood sugar roller coaster. PGX is a unique complex of naturally-occurring, water-soluble polysaccharides (dietary fibers) and is the result

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Revitalize and Detoxify

Have you ever noticed that many people treat their cars better than their bodies? They wouldn't dream of ignoring a warning light on the dash for an oil change or regular maintenance, but they often ignore the tell tale signs that their body is in dire need of critical support. What are some of the body's warning signs? If you answer yes to any of the following questions, you definitely need a revitalization and detoxification tune-up.

Do you feel that you are not as healthy and vibrant as other people your age?

Do you have low energy levels?

Do you often have difficulty thinking with clarity?

Do you often feel blue or depressed?

Do you get more than one or two colds a year?

Do you struggle with your weight?

Do you suffer from lack of interest in life or sex?

Do you have digestive disturbances?

Do you have dark circles under your eyes?

Are you constantly hungry?

By reducing the toxic load on the body and giving the body proper nutritional support, in most cases these bothersome symptoms will disappear. Even more important, by addressing these warning signs now enhancing detoxification mechanisms can assure better long-term health and avoid the progression of minor problems to more serious conditions.

What are Toxins and How Does the Body Get Rid of Them?

A toxin is defined as any compound that has a detrimental effect on cell function or structure. Toxic substances are everywhere. In the air we breathe, the food we eat, and the water we drink. Even body processes and the bacteria in the intestines produce toxic substances.

The Seven Day Total Nutritional Cleansing Program from Natural Factors is a revolutionary 2-step designed to effectively eliminate stored toxins and tune-up your detoxification system.

After completing the Seven Day Program you will feel energized, have an increased sense of well being, have shed some pounds and will have taken vital steps toward insuring good health!



of years of extensive clinical and laboratory research at leading universities in collaboration with the Canadian Center for Functional Medicine. PGX is an amazing nutritional ingredient proven to promote healthy blood sugar management by slowing digestion and reducing the glycemic index of meals.

Feel good about eating again.

Changing life-long eating habits can seem impossible when you're overweight. If you don't have the "willpower" to stick to restrictive diets; if you have to fight fatigue in order to exercise; or if you have uncontrollable food cravings; don't beat yourself up. Poor blood sugar control may be at the heart of your weight problem. PGX can start changes from the inside out, getting you off the blood sugar roller coaster and helping you feel in control again. Then change can occur comfortably and naturally.

For a limited time, when you buy a bottle of PGX you will receive a copy of the *Vice Busting Diet*, a wonderful support book that gives a 12 week plan to break your worst food habits while changing your life forever.



CHECK OUT THE WEBSITE AT WWW.eat-rite.com Sign up for emailed newsletters and specials

ANTIBIOTIC ABUSE

The flu is a very contagious upper respiratory infection caused by the Influenza virus. Symptoms include generalized achiness with a runny nose, sneezing, cough, headache, sore throat, weakness, chills, fever, and possibly vomiting and diarrhea. Because the flu is caused by a virus, antibiotics won't work on it. The usual treatment is simply rest with plenty of fluids. A virus also causes the common cold and antibiotics will not work on it. The problem is that many people insist on an antibiotic from their doctor when they are sick. The result of this antibiotic abuse is a super germ that is antibiotic resistant. In the past, resistance has been largely limited to places where antibiotics are used mostly, especially hospitals. Now resistance is becoming almost as serious outside medical centers because antibiotics are too often prescribed inappropriately. Compounding the problem, doctors often write prescriptions for newer broad-spectrum medicines that wipe out beneficial bacteria along with illness-causing organisms. This makes it even easier for superbugs to develop resistance because the beneficial bacteria that keep it under check have been destroyed.

Developing more medicines will not solve the bacterial resistance problem. The only way to minimize the threat of bacterial resistance is to use antibiotics less. A University of Colorado study found that providing educational materials to patients at four clinics cut antibiotic prescriptions for acute bronchitis from 74 to 48 percent. Without understanding, patients pressure doctors for drugs and doctors often cave in. Unless both doctors and patients take steps to change things, medicines we've taken for granted will no longer be able to protect us against common diseases.

To combat drug resistant bacteria follow these simple steps.

1. Don't assume antibiotics will help. Talk with your doctor, and determine if a antibiotic is necessary.
2. Wait it out. Don't ask for drugs if your doctor thinks you will get better with out them.
3. Follow your prescription. Do not skip doses of antibiotics, and finish all of your prescription.
4. Wash with regular soap. Many experts fear antibacterial soaps further promote antibiotic resistance in the environment without providing any advantage against germs
5. Handle food carefully. Avoid using knives and cutting boards used to cut raw meat, with vegetables.

For more information on boosting your immune system visit with one of our knowledgeable staff.

HIGHLIGHTS

- ∞ Be sure and tune in to the Eat-Rite Health promotion Wellness Hour every Thursday at 5:00 on the Kingdom Keys Network. 88.3 fm in Amarillo.
- ∞ Don't forget our pickup window for call in orders. The pickup window is located on the north side of the building and will save you time for picking up call in orders. Call your orders in to 353-7476 and we will have it ready at the window.
- ∞ Mark your Calendars now for April 18th and 19th for Blood Testing.