

Weight Loss Results

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We are sure that you will find these articles informative and perhaps life-changing.

Best of Health!

Lynn and Lambert



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Weight Loss: Don't Give Up!

Whether you have a little or a lot to shed, it's important to stay motivated. Some people give up weight loss diet and exercise programs a few months into the year, but for those die hard fans of a better body, you keep at it day after day waiting for the first glimpse of change. Then, not only do you notice, but so do family, friends, and co-workers. Their reinforcement along with the dropping numbers on the scale, spur you on to victory. But, one day, the numbers stop falling. Thirty pounds from your goal, and still there is no movement on the scale. What should you do?

Don't give up! Take this viewpoint; you may not be losing weight, but neither are you gaining weight. Plateaus are experienced several times over the course of a weight loss program. In the beginning, weight loss is steady because it's new to the body. Your increased metabolism and decreased caloric intake work to shed those pounds. Water loss accounts for at least the first ten pounds of weight loss. As your body works to adjust to your physical activity, more calories are burned which translates into more weight loss. Plateaus come when the body has become accustomed to the routine. Don't stress over it. Giving up now will only put you right back to square one.

Throw out the scale! You may have heard this before, but it's true: muscle weighs more than fat. If weight training has been a component of your weight loss program, then as the muscle mass increases so will your weight. You may still be losing fat, but the weight of the increased muscle balances everything out. Therefore, examine your diet and exercise program. If your fitness routine hasn't changed since the beginning, consider making a few changes. Try a new activity. If you're used to aerobics five times a week, switch to the treadmill or an elliptical trainer. Muscles need to be challenged on a regular basis in order to grow. If the exercises are still a challenge, then take a look at what you are eating. If you've been having a "eat what you want" day more than once a week, you could be taking in too many calories. Go back to what you were doing at the beginning of the program. Keep a record for a couple of weeks to track what works and what doesn't.

Remember, don't give up! Weight loss regimens take time. As your body begins to adjust, you will see results. Furthermore, if you do change something in your routine, give the change a full thirty days and then check

the results. Weight loss isn't easy, but it is rewarding once you reach your goal.

Healthy Eating: Tasty Foods

It seems as if people do not eat healthy foods because they feel it will not taste as good as regular foods. However, if your health food doesn't taste good, you're eating the wrong health food. Just because something is good for you doesn't mean it has to taste bland. Nor does the food you consume have to be boring either. There are plenty of ideas out there for eating healthy without making sacrifices on taste. Here are just a few of them.

New alternatives to eating healthy foods: While the health food market has changed in recent years, many new products and healthy alternatives are now available. Next time you're at a health food store, look around at all the different options. There are healthier versions of previously unhealthy foods. Try them; you might be pleasantly surprised with the taste.

Prepare your own food: While it is easy to buy frozen foods and use the microwave to fix dinner, the problem is that convenient isn't necessarily healthy, and the foods that are marketed as such usually do not taste so great. Preparing your own food allows you to not only eat healthier, but to maintain and control the flavor as well. If time is not on your side to prepare home cooked meals, you can use a Saturday to cook several meals for the following week. In this way, you will have an entire prepared; all you have to do is take it out the night before, place it in the refrigerator and prepare it when you get home. More importantly, you will have a meal deplete of blandness and questionable texture.

Spice up your cooking: Good food doesn't have to be bland. Add different herbs and spices like Rachel Ray does with her meals. A great way to add taste without adding a lot of fat or calories is to add more spices. Check out the Food TV site and click on Rachel Ray's prepared meals. The spices she uses may be sitting in your cabinet. The meals she prepares are always changed by using a different array of spices. Give it a try!

Fruit can be just as sweet: Fruit is a great way to get your fix without binging on candy and chocolate. Instead of your normal afternoon snack, try an apple or fruit of your choice which you can easily toss in your purse. At dinner, add fruit as a dessert, side dish, or even put some into the main course. Fruit gives you lots of vitamins and minerals and it satisfies your

need for sweets. Another great idea is to juice various vegetables and then add fruit to flavor. You'll be getting the added benefit of vegetables with the taste of fruit juice. It's quite delicious!

Dieting and foods are not synonymous with bad tastes. You can prepare food which is not only good and tastes great, but with a little ingenuity and a few recipes; you can enrich your diet regimen and ultimately lose weight at the same time.

With the obesity epidemic we are experiencing today in the Western World, there has been a proliferation of programs and associated websites dedicated to weight loss. Some of these products work and some of them don't. There is no denying that weight loss is hard, and requires some work. The trouble is finding the supplement that will help you with your weight loss goals. Some of the options include diet pills and diet supplements. The problem with this is that you have to have extensive knowledge of your body type and fat content. There are also many meal replacement shakes available but many of these can be very expensive. Often times, these shakes can also be high in sodium and preservatives which can cause other health problems. With all this confusion, many people just give up.

Some people wish to lose weight but do not want a high chemical diet to achieve their goals. Many people may be worried about side-effects attached to some high chemical supplements. The answer for these people is an all natural supplement.

Throughout history, civilizations have used herbal remedies for weight loss and other medical ailments. If you are looking to lose weight with a herbal remedy, you need something that is a specially designed nutritional formula which delivers high quality protein, is low in active carbohydrates, high in good quality fiber and vital fats, including the omega 3 and omega 6 essential fatty acids along with phytosterols, which support heart health. There are herbal weight loss nutritional supplements on the market today that naturally suppress hunger and cravings for all the foods that have made some people gain weight. However, with a diet replacement shake or supplement, you need to ensure it contains all the requirements mentioned above to ensure a healthy body and you have fulfilled your daily vitamin and mineral requirements.

As well as the possibility of using meal replacement shakes, there are many other herbal options you can consider. Green tea has been used in Asian cultures for centuries for its health benefits and has many weight loss benefits as part of a healthy diet. It also tastes great.

If you do a search on weight loss through any internet search engine, you will get millions of results. Many of sites will have testimonials from people that this may have worked for. However, you should not buy the first product you come across, you should do extensive research and pick a product that is full of natural ingredients that will help with weight loss but still help you maintain a healthy diet.

When you think about seaweed you may visualize the smelly green/brown vegetation that washes up onto the shore. Not a pretty sight, but you may be surprised by the powerful nutrient punch seaweed has to offer. Think of seaweed as: “Vegetable of the Sea”.

Benefits of a diet that includes seaweed:

- Live longer
- Weight Loss
- Healthy Heart and Veins
- Healthy Thyroid
- Fights Radiation Poisoning
- Lower Cholesterol and Blood Pressure
- Prevent Ulcers
- Fights Constipation
- Detoxify
- Lung Health
- Neutralize Acids

Is seaweed a miracle potent? No, although some people believe it is from the results they see and studies they have read. Seaweed is a unique health food supplement rich in valuable nutrients that our body needs. It's not a quick fix, but a long term investment that will produce results over time.

Seaweed is rich in vitamins and minerals such as, calcium, natural iodine, selenium, enzymes, plus a list of others such as: A, B, C, D and Vitamin K.

In today's stressful world seaweed can have a calming effect that helps in our daily routines. Your nervous system will benefit from seaweed by improving nerve and brain signals. This can help your alertness and memory, which could promote improvements in many aspects of your life...

British scientists are trying to make junk food healthier by adding seaweed. They believe the high fiber content along with the vitamins and minerals will add some nutrition to an otherwise very unhealthy product. This may even fight excess weight. It is far better to not eat the junk food in the first place.

There was a time in certain cultures where seaweed was thought very highly of. Only royalty had easy access to it. Now anyone can benefit from seaweed's nutritional qualities.

Are you worried about pollution in seaweed? The world we now live in is highly polluted. The lands and produce grown there are frequently more polluted than the oceans generally are. Pesticides are extensively utilized in our crop's growth production. Overall the oceans seem to be the better choice.

So if you particularly want to add fiber, vitamins and minerals that you may not be consuming enough of, then consider supplementing your diet with seaweed. You may not like the taste of seaweed but seaweed has many health benefits.

There are some high quality seaweed supplements that you may consider if the strong taste is unbearable for you. This is a small investment that could reap significant rewards for you and your health. So invest in the most important thing in your life, You!

Anti-Inflammatory Foods

Inflammation is the immune systems way of defending against infection and disease. Sometimes your body can be thrown-out-of-balance by the foods we consume, pollutants or the lifestyle you lead.

This can cause the immune system to produce excess inflammation and difficulties will develop. Sometimes these problems start off slowly and are not apparent for several years. Sooner or later inflammation will catch up to you and this will become apparent with problems appearing such as Arthritis.

Besides Arthritis, inflammation can cause cancer, heart disease, lupus, Alzheimer's and other serious diseases.

As you know drugs have unwanted side effects and can create problems that are worse than what they are treating. There are options such as diet, exercise and supplementation that can help without these side effects.

As with most health problems, inflammation can be brought under control by being in balance with nature. It's clear that the percentage of illnesses today is far greater than past generations. This is due to convenient fast foods, processed food and pollutants in our food and water, as well as all the prescriptions we take for diseases that didn't even exist 50 years ago.

What puts you at greater risk for inflammation?

Obesity:

Being overweight causes inflammation because the fat cells produce cytokines. Cytokine is a protein which encourages inflammation. This can further lead to diabetes.

Diet:

A diet consisting of prepared foods, overcooked foods and fast food will start a landslide to bury you in inflammation and other health problems.

Cooking at high temperatures will oxidize fats which help produce compounds called “glycotoxins”. This is the beginning of damaging free radicals which not only increase inflammation but ages you faster.

Excess sugars, refined flour, starches and saturated fats are undermining your health by causing inflammation.

An unbalanced ratio of omega-3 to omega-6 can be a problem as well. Most western diets have too much omega-6. To adjust for this add omega-3 to your diet. You could eat more healthy fish with low mercury content or take omega-3 fish oil.

How can you decrease unwanted inflammation?

Lifestyle:

You can beat the battle against inflammation by changing your lifestyle. What are the most important things that you can start on right now?

Lose weight in a healthy way by exercising regularly. Start eating normal portions again and make sure you eat healthier and smarter.

Go for walks or join a gym. In any case get moving and you will see tremendous results.

Diet:

You want to cut out all of the negative foods such as processed and fast foods. Watch your portions and eat mostly fresh organic food. Be sure to eat some raw fruits and vegetables as well. Add nuts and seeds to your diet and you are well on your way to recovery.

Here is a list of foods that may help control inflammation:

Salmon (or fish oil with omega-3

Garlic

Onion

Ginger

Blueberries

Acerola Cherries

Lemons
Raspberries
Strawberries
Kale, Turnip Greens
Spinach
Sweet Potatoes
Curry
Quercetin
Resveratrol

A good quality dark chocolate also has beneficial properties. Make sure it has little sugar content and go easy.

In summary

Make sure you have a healthy omega-3 to 6 ratio
If you are overweight then start losing it in a healthy way
Eat a healthy diet full of nutritious food such as fish, nuts, fruits and vegetables
Unstress
Stay away from processed and fast foods
Cut back on sugar and refined foods
Don't over cook food
Make quality friends
Be happy
Consider a natural supplement such as [Resveracine](#), [Flexacine](#) or [Flex Protex](#)

You can stop inflammation by starting now. This is the beginning of a healthier you!

Rice'n Shine

Rice has been a staple for many for over thousands of years and is consumed daily by two thirds of the population. Rice'n Shine is a product which has been touted as the most nutritious form of fiber, protein, vitamins and minerals as well as antioxidants vital to one's health.

Used by most as their primary source of nutrition, Rice'n Shine provides a blend of protein, and good fats as well as other healthy components. When used as a meal replacement drink, utilizing rice bran, its benefits include protein, is low in carbs and high in fiber. It also includes the well known and important omega 3 and omega 6 fatty acids which increase the health of the heart.

Developed by Patty McPeak, Rice'n Shine increases energy levels; allows you to maintain a healthy weight; and is one of the richest sources of vitamins, minerals and antioxidants available. According to Patty McPeak, it is the bran which comes off of the brown rice kernel. Brown rice is akin to whole wheat bread, and when wheat bran is removed when whole wheat flour is turned into white flour, rice bran is removed from brown rice when it is turned into white rice. Thus, the nutritional value in the bran is lost.

What McPeak did was to take and preserve the bran, and turn it into a blend that preserves the kernel itself. She has also been seen on infomercials explaining the process and how important Rice'n Shine can be in one's dietary regimen. According to McPeak, only 33% of vitamins are absorbed by the body, whereas Rice'n Shine is a whole food which contains more nutritional density than vitamins. In addition, this drink can lower sugar blood levels in Type I and Type II diabetes, as ascertained through studies conducted using Rice'n Shine. She also stated that one of the first things people notice who drink this product is a feeling of increased energy; and because of its high fiber, keeps your gastrointestinal tract clean.

Rice'n Shine can be taken for breakfast in the morning by blending it with water. You can also drink it in the afternoon as a smoothie or mix with ice cold water for an energizing and stimulating low-calorie drink. Available in vanilla and chocolate, this drink also helps in the anti-aging process due to its abundance of antioxidants.

If you want to increase your nutrients; increase fiber, and participate in taking a product which has known beneficial affects; try Rice'n Shine.

Seaweed

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Discover Real Weight Loss Results That Work

This article will review the health benefits of losing weight and how to reach these goals. **Weight loss** isn't easy to achieve but with a little determination and quality information you can make it happen. Many of you will start off the New Year with excitement about reaching your ultimate goals. Keep that excitement and let's begin!

Weight loss is not something that can be done quickly in most cases. It's more of a lifestyle change that you desire. If you really want to change then do it.

Some points you want to consider for your new healthier weight loss program will be gaining the knowledge to succeed. Another matter is your overall health. If you are healthier your weight will be also. Learn about portion sizes and negative calories.

One thing you will need to acquire for your weight loss results is information.

Information about weight loss may require some intelligent research on your part. There are many things that are just plain common sense and are where your will power will have to kick in.

Drinking cokes and sweet drinks all day won't benefit your weight loss program. You may have to learn what junk food actually is with your research, and then cut these out of your diet as much as possible. Exercise works even better than cutting calories so make sure that you incorporate some form of exercise into your everyday routine. Calories do count though so make sure that you do count them if you want to see greater weight loss results.

Portions are another key point to consider. You must realize that you have been forced by the media and fast food restaurants to consume unnatural portion sizes. "Super size it" is a phrase that you will realize is harmful to your health. "Just say no" is your new positive motto.

Eat your larger meals earlier in the day and don't skip breakfast. Eat a lighter dinner. You may have greater results by eating six smaller meals throughout the day instead of the traditional three.

A healthier you is a slimmer you! Take a healthy approach to life if you want to reap the benefits of weight loss. Your body can't function correctly and eliminate body waste efficiently if it's not in shape.

When you are healthy you will be confident and feel better about yourself and others. You will make smarter choices that you can cherish in the years ahead. Think about it as investing in yourself. Aren't you the most important person to invest in? Others around you will benefit from your improvements as well.

Some nutritious foods are known as "Negative Calories Foods". What are these "magical" foods? Tomatoes actually burn more calories when you eat them than they contain. Other foods that may fit into this category are:

Apples

Grapefruit

Oranges

Lettuce

Onion

Spinach

Broccoli

Celery and more...

This means that you are consuming fewer calories than you are burning by your effort to chew and consume them. You burn more energy digesting them than they actually contain.

Most negative calorie foods contain plenty of vitamins, minerals and enzymes to break down these foods for better digestion.

Remember weight loss is not easy and effortless. You will have to put work into it just as you do with other important things in your life. You just have to decide precisely what is important to you and if it is worth your precious time. I hope that you will decide on the most important thing in your life, you!

Weight Loss and Appetite Control

Modern life has encouraged people to become sedentary and the temptations for fast, unhealthy foods are everywhere. Therefore, it's no surprise that obesity has become an epidemic and more people are overweight now than ever before.

Our culture today is completely different from that of our grandparents. Most work requires us to be sedentary, sitting at the computer for hours. With our fast paced life style, it is too easy to eat fattening, high calorie, low nutrition foods and difficult to eat home cooked nutritious meals. Instead of eating a bowl of oatmeal or fruit and a toast with jam for breakfast, it's common to grab a donut or two on the way to work. With a short lunch break, it's convenient to grab a burger, fries, and soda at a fast food place. At work and at home, we don't have to do as much physical work as our grandparents thanks to modern technology.

Many people are also sedentary during their free time instead of being active. Watching TV and movies, playing video games, and surfing the internet are common activities now part of our culture.

Because of our sedentary and junk food laden culture, around 2 out of 3 Americans are overweight or obese. Many people see obesity as a cosmetic problem, but it is much more than just that. Carrying around too much weight has negative health effects which include:

- High blood pressure
- Diabetes
- Abnormal Blood Fats
- Coronary Artery Disease
- Stroke
- Osteoarthritis
- Sleep Apnea
- Cancer
- Fatty Liver Disease
- Gall Bladder Disease
- Fertility Problems in Women
- Lower Libido

It is crucial for overweight people to lose weight for their health. Even modest amounts of weight loss will improve your health.

If losing weight was easy, then everyone would be thin. Everyone knows diet and exercise is the key to losing weight, but many still struggle.

One reason is appetite. People who want to lose weight find it extremely difficult to stick to diets. Eating a salad with water for lunch is nearly impossible for someone who is used to eating giant sized portions of greasy food with soda for lunch. People want to feel satisfied after eating a meal. If someone eats a small, healthy meal, but is left feeling hungry and unsatisfied they will end up grabbing something they enjoy eating and eat until they are full and satisfied.

To lose weight, you must reduce your caloric intake, which means eating smaller portions and/or lower calorie foods. This can be extremely difficult for people who have large appetites. The answer to losing weight may lie in simply taking an appetite control pill.

These pills can be miracle workers for those who love to eat giant portions of foods. The appetite control pill reduces your appetite so you don't want to eat a lot. Even if a delicious chocolate cake were right in front of you, you would simply have no desire for it. With an appetite control aid, you will save a lot of calories and fat grams each day, resulting in weight loss.

A newer, popular appetite control supplement is called Hoodia, which is very effective in suppressing the appetite. It has been used in South Africa by the Bushmen for thousands of years, but the West has not heard of it until recently.

Hoodia tricks the brain into thinking it is full and leaving you simply unable to overeat. Not only does Hoodia help you lose weight, but it has no harmful side effects at all. For anyone who wants to lose weight or is struggling with losing weight, Hoodia is recommended.

Lack of Energy-Causes and Treatments

What would you do with more energy? Perhaps get more work done, do something fun, work out, play with the kids more. Ever had lots of stuff to do, but you were just didn't have the energy to do anything? Many people wish they could have more energy, like a toddler does. A common complaint doctors hear is a lack of energy and feeling fatigued.

Lack of energy is not an uncommon problem. The problem may be figuring out why there is a lack of energy. There are many possible causes. One of the main causes of a lack of energy is a deficiency in certain vitamins. If you are not eating healthy, well balanced meals with the vitamins and minerals your body needs, reduced energy and feeling tired much of the time is a result. In an age where fewer people are eating nutritious, healthy meals every day, it's not surprising to know how common a lack of energy is. A deficiency in vitamins can lead to disease and illness, so it's crucial for your health you get enough vitamins in your body everyday.

A condition called anemia often results when you don't get enough of certain crucial vitamins and minerals, especially iron. Anemia means that your blood doesn't have enough hemoglobin, which is in red blood cells. People who have anemia feel very tired and have little energy.

Certain vitamins prevent anemia and fatigue and fight it off. If you have a problem with having enough energy, there are certain vitamins you need to take which are iron, vitamin B2, folic acid, and biotin.

Iron produces red blood cells, and red blood cells mean energy. A lack of iron means our body is not producing enough red blood cells. A simple blood test can tell if you have an iron deficiency.

Vitamin B12 is also important for increasing energy because it also produces red blood cells like iron, as well as processes carbohydrates, proteins, and fats.

Folic acid is also in the B vitamin family. It makes new cells in your body and works with vitamin B12 to produce hemoglobin in red blood cells.

Biotin is another B vitamin that helps your body cells produce energy.

If you are not getting enough of these vitamins in your diet, it may very well be the reason you don't have enough energy.

There are lots of foods you can increase in your diet which are high in these important vitamins.

Iron- green leafy vegetables such as spinach, liver, meats, sea food, beans, whole grains, nuts, fortified cereals.

Vitamin B12- meat, poultry, fish, eggs, milk, fortified cereals.

Folic acid- Liver, kidney, meats nuts, lentils, whole grains, raw fruits and vegetables.

Biotin- Nuts, seeds, eggs, whole grains, and fortified cereals.

The best way to make sure you get enough vitamins to fight off fatigue and regain energy is to take a daily multi vitamin, regardless of your eating habits. This way you know for sure you get getting enough vitamins and minerals.

The sooner you start taking a daily multi vitamin the better, because increased energy means you can get a lot more out of life.

The Weight Loss Cure Book

Because obesity has become a pandemic in our society, more and more people are looking for ways to lose weight. Whether they join weight loss clubs; engage in diets drinks or choose the variety of weight loss regimens available; the problem still exists. The weight loss cure book by Kevin Trudeau offers a unique alternative to this problem.

Whether or not you have seen Mr. Trudeau's infomercial about this weight loss book, along with the other books he has written; you have to seriously wonder if this book is, in fact, the answer. While his notion that pharmaceutical companies prescribe medications for conditions which can be treated by other methods is not a new concept, he has nonetheless revealed many home remedies and as well as holistic treatments which have been very successful, and which have been used for thousands of years.

This weight loss cure book is no exception. What he is basically describing in this book is a way to lose weight without depending on fad diets, pills, or other forms of weight loss treatments. Evidenced by his weight loss, Mr. Trudeau has been an outspoken advocate against traditional medications which pharmaceutical companies have been promoting, and others of his ilk have followed suit.

In an effort to prove this cure works, he utilized the protocols, and in six weeks lost 45 pounds. He also revealed in his infomercial that no exercise was needed; his energy level increased; and his eating habits drastically changed. Moreover, once you have completed the protocol outlined in the book, you will never feel hungry and your metabolism will increase, thereby allowing for more fat to be burned. If you have had the opportunity to see Mr. Trudeau in his infomercials, you will notice the dramatic change in his weight as well as take note of his youthful appearance.

If you have tried to lose weight and failed, you should purchase this book. Ensure you check with your doctor before trying any weight loss diet wherein you lose weight as rapidly as Mr. Trudeau claims. However, it is worth the price. It is also important to note that he has also tried other weight loss programs without success. He would lose the weight and gain it back. If you are spending a few hundred dollars on weight loss programs with

prefixed menus, it behooves you to spend \$28.00 for this book and give this protocol a try.

The weight loss cure book may be just the answer you are looking for and may also provide answers to questions which traditional types of weight loss diets have failed to provide.

Think Straight

Stress is part of our normal day; whether it is work-related; or resulting from having to accomplish too many things at once, we are all familiar with it. ThinkStraight was developed by Robert Rudelic in an effort to address “stress/anxiety, depression, emotional ups and downs, energy, and overall brain function which includes mental alertness, ability to focus and concentrate, memory, analytical and problem solving capabilities and problems getting quality sleep.”

What are the affects of ThinkStraight? The combination of nutrients and herbs used in ThinkStraight allow for a reduction of stress and increases energy. Moreover, it allows for a good night’s sleep which, without it, can be a factor in stress. Using this supplement can increase memory and mental awareness. The components found in this product include: vinpocetine; theanine; Rhodiola rosea and other herbs and nutrients which allow the user to be able to think more clearly.

Vinpocetine seems to be beneficial by increasing blood flow to the brain. Derived from the periwinkle plant, it improves memory. Rhodiola rosea improves ones mood and helps in alleviating depression. It also increases physical and mental performance and reduces fatigue. Theanine, which is found in tea and is an offshoot of the camellia sinensis plant, allows one to relax and has a direct link to serotonin and dopamine found in the brain.

In addition to taking this supplement, there is no doubt one has to follow a diet regimen which includes fruits and vegetables to obtain the highest amount of appropriate nutrients on a daily basis. So too, exercise combined with a proper diet, can alleviate most of the stress you may experience during the day. Regardless, ThinkStraight is another supplement which can be used in conjunction with diet and exercise to assist in obtaining a clearer train of thought, provide a restful and recuperative sleep, and allow you to think more clearly and feel constantly alert.

If you are among the many people whose daily stress interferes with your ability to carry out daily tasks or work more efficiently; ThinkStraight can help. In addition, the component Ginkgo Biloba is another component used in ThinkStraight which, as we all know, helps to alleviate minor anxiety and depression. Along with these components, it also contains “Vitamin B6 for increased energy, Vitamins C and E for mood moderation, and T-3 Arginol

Complex which is a proprietary blend of Velvet Antler, Siberian Ginseng and Tocotrienols all designed to work together synergistically and safely.” Rudelic recommends you to take ThinkStraight twice a day; one in the morning, and one in the afternoon. He also suggests that you can take ThinkStraight if you are about to undergo a stressful event. This supplement can relieve stress and create calm and focus which will allow you to get through an otherwise stressful day.

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