

Looking Good, Feeling Great

Special Weight Loss Report

If you've tried just about every diet, weight loss program and 'miracle' fat dissolver on the planet but still have been unable to lose weight and keep it off, sit down now and give us your undivided attention, for what we are about to share with you could very well be the most important piece of information you've come across all year!

Discover...

The Real Weight Loss Solution

Inside This Special Edition We Will Reveal Why Many of Today's Heavily Advertised Weight Loss Products and Fad Diets Just Don't Work, and Exactly What You Can Do To Achieve Real Weight Loss. Now, Thanks To a New Medical Approach You Can Finally Lose the Weight You Want, Whether It's 15 or 50 Pounds, Without Dangerous Drugs, Impossible Diets or Living In a Gym!

Read This Special Report Now and Discover...

- **THE MISSING WEIGHT LOSS LINK!** *Discover The Real Reason Why You Can't Seem To Lose Weight and Keep It Off No Matter How Hard You Try or What Diet You Go On!*
- **THE SECRET TO BANISHING BELLY FAT ALMOST AUTOMATICALLY!** *Look Inside To Discover What Recent Research Has Demonstrated To Be The One Hormone Responsible For Abdominal Fat In Both Men and Women And How You Can Keep It Under Control!*
- **WHY THE WRONG TYPE OF EXERCISE COULD HARM YOUR WEIGHT LOSS EFFORTS!** *Learn How a Not So New Approach To Exercise Can Not Only Help You Tone Your Trouble Spots But Can Keep You Injury Free and Feeling Great!*
- **THE BODY SHAPING SECRET THE STARS USE!** *Discover How a Simple, Non-Surgical Medical Treatment Picks Up Where Diet and Exercise Leave Off To Melt Away Persistent Fat and Cellulite While Contouring Your Body Into Show-Off Shape!*
- **THE FIRST NEW APPROACH TO WEIGHT LOSS THAT WORKS FOR BOTH MEN & WOMEN IN DECADES!** *That's Right, Thanks To Our Physicians Weight Loss & Body Shaping Program, You Can Easily Speed Up Lazy Metabolism, Burn Off Fat, and Change Your Fat To Muscle Ratio In a Matter of Months! So If You're Sick and Tired of the Same Diet and Exercise Programs Look Inside and See How This Complete Medical Approach To Weight Loss Can Make the Difference For You!*
- **SPECIAL BONUS SECTION: THE TRUTH ABOUT WEIGHT LOSS PRODUCTS & PROGRAMS!** *This Special Consumer Beware Section Exposes The Riveting Truth About Miracle Over The Counter Pills & Internet Claims On How To Lose Weight Overnight! Look Inside As We Set The Record Straight & Expose This Pathetic Money Making Scam...WATCH OUT FOR ADVERTISING HYPE!*

Keep Reading Now To Discover How You Can Finally Say Good-bye To The "Yo-Yo" Diet Syndrome and Hello To a Slimmer Sexier You In a Matter of Weeks!

...Now, You Too Can Take The Weight Off and Keep It Off Even If Dieting, Exercise and Your Own Family Genes Have Failed You!

Dear Friend and Neighbor,

Are you looking for a quick and easy way to lose weight?

If so, you're not alone.

In fact, an estimated 50 million Americans will go on diets this year. And while some will succeed in taking the weight off, very few—perhaps 5 percent—will manage to keep all of it off in the long run!

So, Why Do So Many Dieters Fail To Lose Weight?

One reason for the low success rate is that many people simply look for quick and easy solutions to their weight problems!

So they succumb to quick-fix claims such as “*Eat All You Want and Still Lose Weight!*” or “*Melt Fat Away While You Sleep!*” and they invest their hopes (and their money) in all types of pills, potions, gadgets, and programs that hold the promise of a slimmer, happier future.

Unfortunately, because of this “quick fix approach” to weight loss, most dieters *gain back* one to two-thirds of the weight they've lost by the end of the first year, with almost all of the weight returning within five years!

Unbelievable, but true!

Losing weight may not be effortless, but it doesn't have to be complicated. To achieve long-term results, it's best to avoid quick-fix schemes. Focus instead on the underlying causes of your weight gain.

Why Do We Gain Weight In The First Place? ...The Missing Weight Loss Link!

For years, theories about why we gain weight have revolved around the *calories in-calories out* model. In other words, if you take in more calories than you burn off, you will put on weight.

Therefore, if you eat less food and exercise more, weight loss should occur, right? ...WRONG!

Unfortunately, for most of us it's not that easy!

In fact, those of us who have ever been on a calorie restrictive diet, exercised on a daily basis and drank glass after glass of water but still the needle on the bathroom scale didn't move an inch can vouch...

Losing Weight Is Just Not That Easy!

To further prove this point, we're sure you know someone that eats more calories than a bear getting ready for hibernation and never ever sets foot in a gym but doesn't put on one single solitary pound...

It's just not fair!

But it doesn't stop with we adults; today, even our children are struggling to keep their weight in check!

That's right!

One in four children between the ages of two and five are obese!

And for them, the same holds true...**CALORIC RESTRICTION ALONE IS NOT ENOUGH!**

So, if this isn't the solution, what is?

Well, the answer is quite simple...

Look At the True Causes of Weight Gain and Not Just Calorie Consumption!

The sad fact of the matter is that most diet plans fail to look at the underlying causes of weight gain and only focus on caloric intake, protein or carbohydrate consumption and exercise levels.

Now don't get us wrong, although these factors are important, there is much more to weight loss than just that! Fortunately, help is on the way!

Cracking the Obesity Code

Governmental organizations, private companies and physicians alike are now doing more and more research into the science of fat loss. Some of these studies are already shedding new light on the causes of weight gain and obesity.

In fact, our own review of the literature showed that there are not one, but *ten* factors responsible for why we pack on the pounds and, even if you diet and exercise on a regular basis, if they are not identified and corrected, your weight loss efforts could possibly be in vain!

If You Really Want To Take the Weight Off and Keep It Off, Be Aware of These 10 Factors That CAUSE Us To Pack On the Pounds!

These "weight gain factors" are as follows:

WEIGHT GAIN FACTOR #1 **BAD FOOD SELECTIONS**

a. **The Quantity– Quality Rule:**

As mentioned earlier, one of the shortcomings of most diet plans is they focus primarily on the *quantity* of certain food groups we consume. Again, this is an important factor to monitor but unfortunately, even if you were to dramatically reduce the *quantity* of food you take in, if the *quality* is poor (processed foods or foods laced with insecticides and steroids) it will disrupt your hormonal balance (e.g. insulin & estrogen) resulting in unwanted fat/weight gain and a multitude of other health problems!

b. **Be Aware of Food Allergies:**

Yes, we are what we eat! But we are also a product of what we can't digest (just ask anyone with a food allergy). You see, long-term exposure to foods we cannot break down properly leads to water retention and weight gain, to name just a few. And if this isn't bad enough, to make matters worse, over time the excess water we retain as the result of a food allergy can lead to *cellulite* formation! (Not a flattering accessory to your bathing suit!)

The Real Weight Loss Solution #1:

To assure you get the best results from your diet program, be sure to first see a doctor who will properly screen you for “hidden” food allergies, and avoid consuming low quality foods at all costs!

WEIGHT GAIN FACTOR #2 **INCREASED STRESS LEVELS**

Now, unless you’ve been living under a rock all your life, we’re sure you’re aware of the many health complications such as high blood pressure and cardiovascular disease that can result from prolonged levels of stress.

However, what most of us fail to realize is that one of the by-products of our stress is a chemical called *cortisol*, which is secreted by our adrenal glands and is a contributing factor to why we pack on the pounds!

In brief, *cortisol* causes us to gain weight by activating our fat cells to go into survival mode and store fat.

To make matters even worse, *cortisol* causes that stubborn “belly fat” (you know, the kind that doesn’t budge no matter how many sit ups you do) to become even more resistant to our weight loss efforts!

In other words, if your body needs to tap into some of its fat stores for energy, other areas will give up their fat before the fat cells around your belly does!

You can see now how elevated *cortisol* levels can actually sabotage even the most thought out diet and exercise plan, which leads to frustration (and yes, higher cortisol levels) every time you step on the scale!

The Real Weight Loss Solution #2:

Steps that can be taken to lower the levels of *cortisol* in your body would be to avoid what we call those daily “stress triggers” and incorporating a sound exercise and nutrition plan (including vitamins and supplements). This will halt the flow of harmful cortisol *before* it can trigger the creation of unwanted belly fat.

Note: There are many issues to be considered with nutritional supplements: source, potency, absorption, and correct combinations. As part of our *Physicians Weight Loss & Body Shaping Program* you will receive a complete evaluation of whatever vitamin and supplement you are presently taking, accurate medical testing to determine *your* needs for appropriate supplements and access to the highest quality, and potency supplements NOT available anywhere else except through a physician!

WEIGHT GAIN FACTOR #3 **LACK OF SLEEP**

Okay, we all agree that not getting enough sleep can lead to noticeable bags under our eyes.

However, not getting our 8 hours at night can lead to more than just a couple of extra wrinkles...How about a couple of extra pounds!

You see, when we sleep, our brain releases certain hormones that help our body repair.

One such hormone is called *human growth hormone* (HGH).

Among many things, HGH is responsible for tissue repair and growth (it increases our muscle and bone mass). It also helps decrease body fat, particularly around the abdominal area.

The Real Weight Loss Solution #3:

The next time you think about staying up to watch the late show, consider what losing those extra hours of sleep will do to your skin and your waistline! So, hit the hay early!

As part of the initial workup we perform on our weight loss patients, we order blood work and check their HGH levels. If low, we can consider supplementing that loss.

WEIGHT GAIN FACTOR #4 **LOW BASAL METABOLIC RATE**

When you hear someone say they have a slow metabolism, they are actually referring to their *Basal Metabolic Rate* (BMR).

By definition, your BMR is the number of calories your body burns per day when at rest.

A slow BMR then would result in your body storing fuel as fat, whereas a fast BMR will burn this fuel (or fat) and create energy.

Several factors can influence your BMR, ranging from exercise to hormones (the major ones being the *thyroid hormones*). So, one way you can increase a slow BMR is through exercise.

Another way is by evaluating your thyroid levels, and if they are low, balance them naturally or with medication.

The Real Weight Loss Solution #4:

Again, as part of the initial workup we perform on our weight loss patients, we order blood work and check their hormone levels including their thyroid. Since this is a *physicians* weight loss program, if something is low, we will be able to prescribe a treatment plan and monitor your hormone levels, thus negating the need to see two different doctors.

Which brings us to our next factor...

WEIGHT GAIN FACTOR #5 **HORMONE IMBALANCE**

Hormones stimulate, regulate and control thousands of functions in our body, weight management being one of them.

Once the delicate balance between them is disturbed (as in the case of menopause), weight gain often ensues.

For instance, research has proven that low thyroid function and subsequent decreased *thyroid hormone* levels slows your *Basal Metabolic Rate* (BMR), causing you to gain weight and resist weight loss.

Another example, pointed out earlier is that stress and increased *cortisol* levels (your stress hormone) have been shown to not only cause increased fat storage but also affect *serotonin* levels. This hormone, known as the “*feel good hormone*”, is released by your brain and plays an important part in managing your weight by signaling when your stomach is full. Without it, your brain thinks your body is still hungry, causing you to eat more. Over time, this leads to weight gain!

Another hormone that is a culprit when out of balance is *insulin*!

Released from the pancreas in response to changes in blood sugar levels, over time, a diet high in sugar (especially the bad ones) and low in protein can disrupt your body’s ability to regulate blood sugar levels and

cause the pancreas to release too much insulin, resulting in increased fat storage and subsequent decreased fat breakdown.

In other words...

YOU GAIN WEIGHT!

Other hormonal changes occur as we age. That's right! As men and women age, decreased hormone levels such as growth hormone, testosterone, and in women, estrogen and progesterone, lead to weight gain that is very difficult to shed.

The Real Weight Loss Solution #5:

The trick to real weight loss when a hormone imbalance is the cause is to minimize your "fat-storing" hormones and boost the levels of your "fat-burning" hormones.

With our *Physicians Weight Loss & Body Shaping Program*, you'll be tipping your hormone scales back in your favor. That way those extra pounds will disappear far more easily than they have in the past.

WEIGHT GAIN FACTOR #6
SLUGGISH LIVER FUNCTION

Did you know that a healthy liver is essential for fat and weight loss?

That's right!

By acting as not only our body's major detoxifier and center for hormone processing but also the site for fat breakdown, any disruption in the liver circulation pathway will lead to increased levels of hormones, toxic chemicals and fat accumulation. This is why a person whose liver is functioning sluggishly, although not significantly enough to be detected on standard blood work, is *prone to weight gain!*

Some causes of slowed liver function include:

- Poor dietary choices and food allergies.
- Excessive alcohol consumption and smoking.
- Environmental chemicals found in food, water and air.
- Type II diabetes.
- Obesity.
- Synthetic drugs (antibiotics) and hormones such as *Premarin/Provera* & birth control pills.

So what can you do to help get your liver in gear so that it works for you and not against you in your battle of the bulge?

The answer is simple: Start with dietary and lifestyle changes and see how you feel. If you fail to notice a change, there are several herbs that can be used to help restore healthy liver function.

The Real Weight Loss Solution #6:

As part of our *Physicians Weight Loss & Body Shaping Program*, one of the standard tests we use is a liver functional assessment study.

Additionally, we take a thorough history and perform a complete physical examination to determine if liver congestion is a contributing cause of your weight gain. If we find your liver is not up to speed, we will make the appropriate recommendations including vitamin and herbal suggestions.

WEIGHT GAIN FACTOR #7 GENETICS

Does obesity run in your family?

If so, realize one thing...

Just Because You May Have a Genetic Predisposition To BEING Overweight Doesn't Mean You Have To BE Overweight!

Yes, you read it correctly!

You may be genetically resistant to *Leptin*, a hormone that controls appetite and fat storage, or you could inherit a susceptibility to medical conditions that can lead to obesity.

But so-called fat genes are as rare as hen's teeth!

More than likely you've just inherited some bad lifestyle habits (like a high-carbohydrate diet and lack of exercise). And that's good news since you can change your habits, not your genes!

You see, genetics is the only one of the 10 "weight gain factors" that actually gives us a preview of what may come (but not necessarily what will come) if we don't make a change in our dietary and lifestyle habits!

In other words, by making a conscious effort to eat and live differently than previous generations in your family tree you can capitalize on your knowledge and use it to win your own personal weight loss battle!

It's that simple!

The Real Weight Loss Solution #7:

Now with the right dietary and lifestyle modifications such as making smarter choices regarding the food you eat, correcting your metabolism and hormonal imbalance, decreasing your stress levels and sleeping better, you can not only take control of your destiny and get the body you've always desired, but keep it too!

WEIGHT GAIN FACTOR #8 NOT ENOUGH OR THE WRONG TYPE OF EXERCISE

Are you tired of not getting the results you want with your exercise program? Well the problem might not be you, but actually your exercise program!

Let us explain...

Without a doubt, regular exercise is important in any weight loss program. In fact, it's almost impossible to lose weight or even maintain your current weight (not to mention current health in general) without physical activity. The question, though, is how much and which exercise program is best?

So let's set the record straight!

As far as *duration* is concerned, although any amount of activity is better than none, it's best to start slow and work up to 30-60 minutes of activity a day (at least 3 days per week dedicated to cardiovascular work), at increasing levels of intensity. We have found that this strategy mobilizes fat better than other workout strategies!

With regards to which type of exercise is best, the key is creating a program that's right for *your* body type.

Over the years we have found time and time again that exercise programs work best, whether it is cardiovascular or resistive training, if they are designed with the person's particular body type in mind.

As you may already know, there are 3 basic body types:

1. *Ectomorph* (thin)
2. *Mesomorph* (muscular)
3. *Endomorph* (round)

Each body type has its corresponding activities that are best suited for that particular frame.

The Real Weight Loss Solution #8:

With this in mind, once you know what your body type is, developing a fitness program that incorporates exercises and activities specific to your type will not only help you be more successful at getting the shape you've always wanted, but the likelihood of developing an exercise induced injury goes down dramatically...and that's a good thing!

WEIGHT GAIN FACTOR #9

LACK OF PROPER MONITORING OF YOUR WEIGHT LOSS AND EXERCISE PROGRAMS

Did you know that neglecting to track and monitor daily food intake is one of the main reasons most people cannot lose weight and keep it off, no matter what program they follow?

This fact was proven in a landmark research study carried out by *Kaiser Permanente*.

In this year-long study on weight loss, 2,037 overweight people were enrolled in a weight loss program. They were advised to eat just 500 fewer calories a day and exercise for 30 minutes.

However, some of the volunteers were also given instructions to count calories, either once a week, 2-3 days a week, 3-4 days a week, or 5 days a week, while another group of volunteers were not instructed to keep track of their food intake at all.

The Results Were Shocking!

At the end of the program, which as we stated consisted of a full year of dieting and exercising, the people who didn't monitor their daily caloric intake at all actually weighed more than they had at the beginning of the study!

As far as the other groups are concerned, those who monitored their calorie consumption only one day a week neither gained weight nor lost weight! Meanwhile, those who counted calories three to four days a week lost, on average, about ten pounds!

Pretty impressive, eh? Well, hold onto your hats because it gets even better...

Those who counted calories five or more days a week fared the best, dropping an average of 23 pounds!

Pretty amazing! Just imagine if they would have been told to monitor their exercise program as well!

The Real Weight Loss Solution #9:

Computer software is now available that can make it easy for you to track your food intake more easily than ever before. It even does all the tedious calculations for you to determine how many calories, vitamins and minerals, even grams of fat, carbohydrates and protein you are consuming each day. You can create your own food plan or use the software to greatly enhance your ability to succeed with your assigned diet plan.

Okay, now for the last and most important factor...

WEIGHT GAIN FACTOR #10
**NOT HAVING YOUR DIET EVALUATED AND MONITORED BY A DOCTOR TRAINED IN
THE SCIENCE OF WEIGHT MANAGEMENT**

Now that you know the 10 factors responsible for why we're fat, it's easy to see now why most diet plans fail! But how can you determine if one or all of these factors are responsible for your weight gain?

The answer is simple...

The Real Weight Loss Solution #10

See a doctor trained in the science of weight management and who understands the 10 factors that make us pack on the pounds.

Allow me to once again introduce myself.

My name is Dr. Vernon F. Williams and I am a physician practicing right here in town. Our office is located at 19016 Stone Oak Pkwy suite 240. In fact, our office is probably just a short walk or ride from your home.

We am not only licensed to practice medicine and have advanced training in anti-aging medicine and weight control therapy, but we also have experience in identifying and treating the 10 weight gain factors described in this report.

This is important!

You see, choosing a weight management doctor is not like choosing a doctor for a high school physical...expertise is needed!

That's why being "familiar" or "knowledgeable" about weight gain isn't even *close* to being enough!

You need someone like us who have expertise in the art and science of weight management and will work with you on a program to help you lose the weight you want and KEEP IT OFF!

In fact, over the years we have helped numerous people just like you find a better way to lose the weight they want and get the body they *desire* using our easy to follow plan!

The Physician's Weight Loss & Body Shaping Program

*A New Approach To Size and Inches Reduction
That Works For Both Men and Women!*

That's right!

While other weight loss plans only say you can lose pounds and inches, our customized weight loss and body-shaping program ACTUALLY DOES IT!

Here's how our 3-step program works:

Step I: The Initial Weight Loss Evaluation:

During this crucial first part of our weight loss and body-shaping program one of our medical staff will consult with you to determine which of the "weight gain factors" may be causing you to gain weight.

We will then go over your goals.

Additionally, the following baseline studies will be performed:

1. Height/Weight & Body Tape Measurements
2. Percent Body Fat Analysis
3. Lean Body Weight vs. Body Fat Weight
4. Basal Metabolic Index (BMI) & Rate Calculations
5. Goal Weight & Body Fat To Lose Computations

Step II: The Comprehensive Weight Loss Examination:

At this point, a thorough consultation and examination will be performed and, if necessary, diagnostic tests such as blood and urine analyses will be ordered to evaluate organ function and identify any underlying “weight gain factors” such as a hidden food allergy.

Step III: The Weight Loss & Body Shaping Plan:

Next, we will review all your test results and body measurements with you, then prescribe a completely customized plan for you that may include one or all of the following: dietary recommendations, nutritional supplements and exercise recommendations.

This is done with the primary goal in mind to...

1. Eliminate stored fat
2. Prevent the formation & accumulation of new fat
3. Stop hunger and curb those sweet cravings
4. Change your fat to muscle ratio & improve your body shape.

Unlike other weight loss programs we give you a medical cosmetic option to help you improve your body shape by incorporating *Cosmetic Mesotherapy* with our proven physicians weight loss and exercise program to help you not only lose pounds, BUT INCHES TOO...especially at those stubborn spots around your thighs, abdomen, back of your arms and under your chin!

At the end of the program, monthly monitoring and evaluations can help keep you on track!

Okay, so what do you do now?

Unfortunately, if you're like most people we have helped over the years, you've probably already tried conventional diet plans and weight loss remedies.

Or maybe you've even met with your private doctor who gave you a piece of paper to read about proper diet and you left with a prescription for some weight loss drug, but will power and your results were only temporary at best.

So what is the next step towards looking your best and regaining control of your life?

Do you just finish reading this report and put it down where it will eventually find its place under a pile of other papers, or do you take action NOW?

Well, if you're finally ready for a *real* weight loss solution, we have a special offer for you!

**We Would Like To Offer You Our Weight Loss & Body Shaping Evaluation
ABSOLUTELY FREE!**

The only catch is that you must call by the date stamped on the insert that came with this report!

That's right...You can just come in and try the first part of our *Physicians Weight Loss & Body Shaping Program* and see if you feel comfortable with us and our unique program absolutely *free!*

During this time we will perform the initial weight loss evaluation and we can then discuss your specific situation in detail to see if our program is the best option for you.

There will be absolutely NO OBLIGATION and NO PRESSURE to go further!

If, after the appointment, you believe there is no benefit to working with us, you simply leave.

No hard feelings!

It's easy to take this first step, simply call our office today at **(210) 495-8558** and tell our receptionist that you would like to schedule your **FREE Initial Weight Loss Evaluation**, the first phase of our *Physicians Weight Loss & Body Shaping Program*.

But don't procrastinate; if you would like to do something about your weight and lose the pounds you want safely while improving your overall health, make that call right now!

We look forward to meeting with you in the not so distant future so that maybe we can help you like we have helped numerous other local residents get the body of their dreams!

Either way, we hope you've found this report informative and wish you good luck and good health.

Sincerely,

Vernon F. Williams, M.D.

P.S. If you are concerned about cost, remember, the screening is absolutely free! Furthermore, if additional testing or treatment is needed, it is often covered by most insurance.

So, what have you got to lose?

Absolutely nothing...unless you choose to ignore this letter, then you just might be missing an opportunity of a lifetime!

P.P.S. When you call our office, feel free to ask our staff about our other non-surgical, cosmetic treatments and programs to help you look and feel your best at every age!

The information provided in this report is meant as a general source of information only and should not be substituted for sound medical advice. If you are considering one of these procedures, you should consult further with a medical professional for complete information on the benefits and risks of all treatments described in this report.

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SPECIAL BONUS SECTION!

Exposed: The Truth About Weight Loss Products & Programs!

Are you one of those people who struggle to lose 10 pounds, only to gain it all back and then some in a couple of weeks?

Have you spent a small fortune on those so-called miracle fat burners and diet products found on the internet or in magazines trying to shed those unwanted pounds and inches?

Well, if you've answered yes to any of these questions, you're not alone.

Americans spend an estimated \$30 billion a year on all types of diet programs and products, including diet foods and drinks. Trying to sort out all of the competing claims — often misleading, unproven, or just plain false — can be confusing and costly.

This special section is designed to give you the facts behind the claims, to help you avoid the outright scams, and to encourage you to consider thoroughly the costs and consequences of the dieting decisions you make.

THE FACTS ABOUT WEIGHT LOSS:

Here are some general points to keep in mind:

Any claims that you can lose weight effortlessly are false. The only proven way to lose weight is either to reduce the number of calories you eat or to increase the number of calories you burn off through exercise. Most experts recommend a combination of both.

Fad diets rarely have any permanent effect. Sudden and radical changes in your eating patterns are difficult to sustain over time. In addition, so-called “crash” diets often send dieters into a cycle of quick weight loss, followed by a “rebound” weight gain once normal eating resumes, and even more difficulty reducing when the next diet is attempted.

IN SEARCH OF THE “MAGIC BULLET”:

Some dieters peg their hopes on pills and capsules that promise to “burn,” “block,” “flush,” or otherwise eliminate fat from the system. But science has yet to come up with a low-risk “magic bullet” for weight loss. Some pills may help control the appetite, but they can have serious side effects. Other pills are utterly worthless.

None of these substances, which include alcohol, caffeine, dextrose, and guar gum, have proved effective in weight-loss or appetite suppression.

BEWARE OF THE FOLLOWING PRODUCTS THAT ARE TOUTED AS WEIGHT-LOSS WONDERS:

- *Diet patches*, which are worn on the skin, have not been proven to be safe or effective. The FDA has seized millions of these products from manufacturers and promoters.
- “*Fat blockers*” purport to absorb fat & mechanically interfere with the fat a person eats.
- “*Starch blockers*” promise to block or impede starch digestion. Not only is the claim unproven, but users have complained of nausea, vomiting, diarrhea, and stomach pains.
- *Glucomannan* is advertised as the “*Weight Loss Secret That’s Been in the Orient for Over 500 Years.*” There is little evidence supporting this plant root’s effectiveness as a weight-loss product.
- *Spirulina*, a species of blue-green algae, has *not* been proven effective for losing weight.

To achieve long-term results, it's best to avoid quick-fix schemes and complex regimens. Focus instead on a balanced, healthy diet and sensible, regular exercise for maintaining your ideal weight.

Note: Before beginning any diet plan, consult with a doctor, a dietician, or other qualified health professional to determine your ideal healthy body weight.