

## **“A NEW CONCEPT IN WEIGHT CONTROL”**

### **UNDERSTANDING FAT**

Before we can successfully begin to lose weight permanently, we must understand why we gained weight. The team at NCP would like to assure you,

#### **IT'S NOT YOUR FAULT!**

Whether you are a few pounds overweight or you consider yourself obese, we understand that your body is doing the best job possible under its current chemical stimulus.

A body that is storing fat is not necessarily being overfed. In fact it may think it is being underfed, and it may be absolutely right. It is important to realize that the body has an innate intelligence that it uses to regulate extremely complex systems every second of our lives. We must trust this intelligence, understand its importance, and learn to work with it if we are to be successful in permanent weight control. Viewing the body as an organism with its operational intelligence independent of the mind allows us to arrive at solutions that finally make sense.

The body that stores fat is doing so at a great expense. As with all body tissues, fat must be kept cleansed, nutrified, and oxygenated. This is accomplished by building as much as 200 miles of capillaries for each pound of fat, a very significant contribution by the circulatory system. It would be much simpler to expel fat as waste rather than storing it and keeping it alive. Given this fact, we must assume that the body intends to use the fat it is storing.

### **THE CHEMISTRY OF OVERWEIGHT**

From the chemical perspective the overweight body is expressing a vital need which it cannot fulfill under its current stimulus. It should be assumed that this body is missing a key chemical factor that it needs to burn off

the fuel that it is storing. Yes, fuel! What else could the body use this material for? The chemistry of excess weight begins when the body is no longer able to properly assimilate and utilize the key nutritional ingredients necessary for proper cellular metabolism. It stands to reason that if the body needs the fuel but doesn't have the means necessary to burn the fuel cells, it would begin to search out the missing elements, and store the material that it needs for future use. This would explain why many overweight individuals suffer from cravings or hunger responses even after a large meal. The body's innate intelligence is simply searching out the elements it needs in order to balance its chemistry and begin to use the fuel it has been storing.

## **THE SENSIBLE SOLUTION**

### **FEED AND CLEAN THE BODY**

Since this basic concept is the foundation philosophy of Natural Choice Products, and the key to gaining and maintaining more resilient health, it should stand to reason that it would also be the ground work for successful weight control.

### **FEEDING THE BODY**

To begin properly feeding the body, enzymes must be added back into the daily dietary regime immediately. By replacing the enzymes in our food with digestive enzyme supplements we facilitate the process of predigestion in the cardiac, or upper portion of the stomach. By promoting predigestion with food enzymes we allow our digestive system to function as nature intended. Predigestion with enzymes allows the efficient assimilation of the foods ingested reducing the need to store reserves. **Natural Choice Products DIGESTIVE ENZYME BLENDS** should be taken before all meals or snacks to correct the digestive process.

- **MULTIPLE DIGESTIVE ENZYME**
- **GASTRIC DIGESTIVE ENZYME**
- **CHEWABLE DIGESTIVE ENZYME**

Individual dietary habits are often taste driven and may lack certain essential elements that are critical to the chemical balance of the body. Diets lacking in certain elements can leave the body searching for nutrition by eliciting an undue hunger response. To insure that the body is receiving the necessary nutritional stimulus to overcome this problem, a balanced source of protein, fat, carbohydrates, and fiber are required. **Natural Choice Products NUTRITIONAL ESSENTIALS** provides the necessary balance of these essential raw materials and may be taken as often as desired.

Complete, proper feeding of the body, and achieving good chemical balance, requires the dense nutrition found only in the plant kingdom. For this reason **Natural Choice Products** offers **SUPERFOOD SUPPLEMENT**. Those who experience intense cravings should benefit from this intricate, nutrient rich formulation. Readily available at the cellular level, **SUPERFOOD SUPPLEMENT** stimulates the regulatory systems to stop searching for missing nutritional elements. Some people may notice a slight, initial cleansing reaction using this formula. Those who do should start with smaller doses and gradually build up to the recommended dosage.

### **CLEANING THE BODY**

Although enzyme supplementation and proper nutritional stimulation will begin to mildly cleanse the body, this process can be greatly assisted by concentrating on the bowel. **Natural Choice Products PROBIOTIC BLEND** is a powerful combination of patented bacterial strains intended specifically to relieve intestinal toxemias. A toxic intestine is a prime contributor to disease and puts an extreme strain on the organs of elimination. By cleaning the intestine we allow the liver to function more efficiently, which is very important to a healthy, effective weight control program. **PROBIOTIC BLEND** can be used in larger doses for those who feel overly toxic.

## ***SPARK THE CELL***

Natural Choice Products ***Metabolic Accelerator*** was created to gently increase the metabolic processing of stored fat. High potency Lipase, a fat digesting enzyme, has been added to assist in the breakdown of fats and to control ketosis. Carefully blended amino acids, herbals and adrenal substance spark the body to begin using its fatty stores as fuel. Do not exceed the daily recommended dosage of ***Metabolic Accelerator***. A lower dosage is completely acceptable.

## ***WEIGHT MANAGEMENT REGIME***

### **MORNING**

1. Take 4 ***Metabolic Accelerator*** upon rising with eight ounces of water.
2. Wait 30 minutes. Take 8 to 12 ***Superfood Supplement*** with a ***Nutritional Essentials*** drink. This should be taken before breakfast.

### **AFTERNOON**

1. ***Nutritional Essentials*** dietary supplement drink.
2. Take 4 to 6 ***Superfood Supplement***. This should be taken before lunch.

### **EVENING**

Eat a balanced meal with the appropriate ***Digestive Enzyme***. Avoid eating until full. Eat until no longer hungry, then stop. Take one to two ***Probiotic Blend*** two hours after dinner.

### **BEDTIME**

Take 8 ***Metabolic Accelerator*** with 8 ounces of water.

***IMPORTANT:*** Take two to four ***Digestive Enzymes*** with every meal or snack.

## ***HELPFUL HINTS***

### **• LET THE PRODUCTS DO THE WORK**

The Natural Choice Products weight control program is not a diet and should not be considered as such. It is designed to fully address the dietary needs of the body, which can then make changes without a great deal of mental effort on your part. Be consistent with the supplementation and trust your body to change bad dietary habits. It will!

### **• AVOID SCALES**

Scales are no measure worth looking at when first gaining control over a weight challenge. Give your body the time it needs to make changes and wait 30 days before stepping on the scales.

### **• DON'T EAT OUT OF HABIT**

The most important feature of enzyme nutrition is predigestion in the upper portion of the stomach. Many people habitually eat until they feel (stuffed) full. **Natural Choice Products** digestive formulations are fast and powerful and may affect the full-feeling some are used to by rapidly digesting food as it is consumed. To break this habit pay attention to your feelings of hunger. When you're no longer hungry, consider ending the meal.

### **• TAKE ADVANTAGE OF YOUR ENERGY**

As your body adjusts to your new dietary program you may experience a higher level of energy and a sense of overall well being. If this is your experience you may choose to expend some of this energy in some healthful activity such as taking a short walk or doing some form of light exercise.

### **• BE PATIENT**

Remember you have reached your current level of health over many years. Don't expect too much from your body too fast. Permanent weight loss takes time.

### **• DON'T BE AFRAID TO SNACK**

Start trusting your body to know what it needs. If you feel like snacking try to choose healthy snacks, such as fruits or vegetables.

**If you are planning to lose a significant amount of weight, please consult your physician regularly.**

For additional information on **Natural Choice Products** or to see our full line of high quality nutritional supplements, visit our website at: [www.1inhealth.com](http://www.1inhealth.com), call toll free: 800 626-5143, or email us at: [customerservice@naturalchoiceproducts.net](mailto:customerservice@naturalchoiceproducts.net)

**NATURAL CHOICE PRODUCTS**

**WEIGHT MANAGEMENT**  
**"THE RIGHTWAY"**

**WITH FINE FOOD SUPPLEMENTS THAT MAKE SENSE**

**A NEW CONCEPT  
IN WEIGHT CONTROL**

**SIMPLE  
EFFECTIVE  
NATURAL  
SENSIBLE  
ECONOMICAL**

**NATURAL CHOICE PRODUCTS**  
109 Cooperative Way, #101, Kalispell MT 59901