



ONE

Eat 5 servings of fruits, vegetables, and whole grains each day. The fibres and complex carbohydrates in these foods increase the feelings of satiety, meaning you're less likely to crave for snacks in between meals. They also metabolize slower compared to simple carbohydrates (like sugar, white rice, white flour, etc.) **Herbal Klenz** is a rich source of fibre. It helps to clean your colon, keeps your intestinal tract healthy, and contributes effectively towards weight balance.

每天食用五份水果、蔬菜 and 全谷食品。这些食物中的纤维和複合性碳水化合物带给您饱足感，没那么快饿，意即您在每餐间隔时间里对零食的食欲也跟着减低。相较于其他简性碳水化合物如糖、白饭和白面粉等来说，複合性碳水化合物的代谢过程也较慢。**新生命天然净化粉**含丰富纤维，它不仅能帮助您清理结肠，也能确保肠道健康，直接对瘦身有成效。食用複合性碳水化合物是其中一种最有效的减肥方法。

two

Sleep it off. To be an efficient, fat-burning machine, your body requires at least eight hours of sleep a night. Studies show that sleep deprivation increases production of a hormone called ghrelin that stimulates your appetite, causing you to consume more calories than you need. Give your body its much-deserved rest, and sleep your way to a slimmer, leaner figure.

充足的睡眠。为了使身体有效燃烧脂肪，您的身体每天需要至少八小时的睡眠时间。研究显示缺少睡眠将提高胃激素的释放，刺激您的食欲，使您进食超过您所需的卡路里。让您的身体得到应有的休息和睡眠，恢复轻盈纤巧的身体。

three

Set realistic goals. You can lose 50 pounds in a week if you workout 12 hours a day and eat nothing but celery – but that might be the end of you. Don't bite off more than you can chew – literally. Make small goals on your way to the bigger goals. In the end, you would have achieved more.

定下实际目标。若在一周内每天运动12小时，并不吃不喝，只吃芹菜，您或许能减去50磅，但这将严重影响健康。请别操之过急，按部就班，稳扎稳打，才能使您事倍功半。从小步骤做起，一步步往目标前进。最终，您将取得更大的成就。

four

Boost your metabolism. Your thyroid plays an important role in weight control as it determines the basal metabolic rate (BMR) of your body. The most important nutrient for the thyroid is iodine, which is often depleted due to the high consumption of salt (sodium chloride), white flour products (bleached by chlorine dioxide), and exposure to chlorine and fluorine by-products in water. **Nature's Gift Kelp** provides organic iodine that is necessary for the production of thyroxin, a thyroid hormone, which promotes weight-loss by balancing your metabolic rate.

促进新陈代谢。您的甲状腺扮演着控制体重的重要角色，它影响身体的基础代谢率（BMR）。碘是甲状腺最不可缺少的营养成分。当我们食入过多盐（氯化钠），白面粉制食品（经二氧化氯漂白）及暴露于水中的氯与氟副产品时，碘成分便将相对减少。**新生命天然海藻宝**为身体提供有机碘，帮助甲状腺素的制造，对平衡代谢率和体重的控制十分重要。

FIVE

Nature's Gift Chromium Picolinate provides an organic source of GTF (glucose tolerance factor), Chromium, which helps to increase the uptake of glucose into the cells. This gives you more energy to build muscles and burn fat. **Nature's Gift Chromium Picolinate** also helps to naturally suppress cravings for sweet and sugary "junk foods".

新生命天然有机铬提供您天然的葡萄糖耐性因子（GTF）。铬能帮助增加细胞对葡萄糖的吸收，提供更多能量建设肌肉组织，燃烧脂肪促进减轻体重。此外，**天然有机铬**也能帮助减低对甜食和高糖分零食的强烈欲望。

Last but not least...

BE POSITIVE and NEVER GIVE UP! The better you feel about yourself and the longer you stick with a weight loss plan, the faster and easier it is to lose weight!

CUT THE FAT

挥别脂肪

top 10 tips for weight loss 速法瘦身

SIX

Get active. Regular exercise helps you burn excess calories and increase your metabolic rate. It also helps to increase your "lean body mass" causing MORE fat to be burnt even on days when you're NOT exercising. Rebounding is proven to be one of the best ways of staying active, especially if you're really busy and find it hard making time to workout. To burn off 150 calories, you can walk for 22 minutes, swim for 10 minutes, run for 6 minutes, or REBOUND for only 2 minutes!

保持活跃。定期运动对帮助燃烧体内过多卡路里和增进代谢率非常重要，也能保持帮助增加“净体重”，即使在您没运动的时候也能促使燃烧体内更多脂肪。弹跳被证实是保持活跃的最佳方法之一，尤其是当您忙碌和无暇运动的时候。要减去150卡路里，您可选择慢步22分钟、游泳10分钟、跑步6分钟或只是弹跳2分钟！

Don't skip meals. Skipping meals causes your body to slow down its metabolism in an attempt to conserve calories as it perceives that during this "starvation period" limited fuel is available. Try to eat regularly throughout the day, but pick your food choices well and don't eat more than you need. This takes a little control, considering the "eating culture" of society, but over time a little self-control goes a long way.

定时进餐。减肥节食不吃正餐将减低身体代谢率，因为处于“饥饿期”的身体会以为体内能量有限，因此进而保留卡路里。每天应该定时进餐，谨慎选择食品，切忌过量进食。在讲究吃的社会文化里，还需要自我克制，但只要稍加控制，将给您带来莫大益处。

SEVEN

EIGHT

Consume more "good fat". Research has proven that replacing other fats and oils with Virgin Coconut Oil is an effective method for weight loss. Taking Virgin Coconut Oil results in increased energy, raised metabolism, increased calories burnt, better appetite control, lowered body fat mass, and reduced body weight.

多食用“良性脂肪”。研究证明以初榨纯椰子油替代其他脂肪或油能有效减低体重。这将增加身体能量、代谢率、燃烧卡路里、控制食欲、减低身体脂肪指数和减低体重。

Many people are overweight due to **water retention**, which is caused by certain drugs or excessive sodium consumption. The excess sodium comes from the intake of table salt, soya sauce, and other food seasonings. The healthiest way of combating water retention is by reducing your sodium intake and supplementing with potassium. Try to cook salt-less at home or order food with "less or no salt" when you're eating out. **Nature's Gift K-Salt** provides an excellent source of natural potassium.

许多人超重是因为**水肿**，原因起于某些药品和过量钠滞留在细胞和身体组织内。过量钠的摄取包括来自调味盐、酱油及其他调味品等。最健康的解决水肿方法是减少钠的摄取，并以钾成分替代。尝试在家烹煮食物时减少放入盐，出外用餐时，尽可能点含少量或不含盐份的食物。

NINE

Eat slowly and chew thoroughly. Your body only registers the "full" feeling about 45 minutes after you start eating, so you'll tend to overeat if you gobble your food only to get that "bloated" feeling later on.

慢速进食和小心咀嚼食物。开始进食45分钟后，您的身体才会开始感觉饱足，因此，若狼吞虎咽，您有可能过度进食而导致餐后饱涨不适。

TEN