

The GR² Weight Loss Challenge



Weeks 7-8 Newsletter: GR² Control[®] Appetite Reducer and the Importance of Water and Fiber

There's No Need To Feel Hungry With The GR² Control[®] Appetite Reducer

Receptors in the digestive tract can “learn” to feel full. For many people, these receptors have learned to feel full on too many calories, and the desire to overeat overrides all other neural signals. However, these receptors can be “re-programmed” to feel full on smaller portions of food. GNLD's GR² Control Appetite Reducer does just that. With its unique blend of six fiber sources, it works with your body's natural ‘feedback network’ to help you feel fuller on smaller portions, without the added calories.

The secret to the GR² Control Appetite Reducer is glucomannan, a special kind of fiber from Konjac. Konjac fiber is a starch from the root of the konjac plant (*Amorphophallus konjac*) that grows in China and Japan. The main component of the konjac root is glucomannan, a non-caloric, bulky fiber that has been shown in studies published in the *Journal of the American College of Nutrition* (Oct 2002, Feb 2003) to help reduce cholesterol.* The second study, conducted among 22 patients with diabetes, also found that a konjac glucomannan supplement can help reduce serum glucose levels.* Glucomannan has the unique property of expanding up to 50 times its weight, providing hunger-curbing fullness and satisfaction on less food.

GR² Control Appetite Reducer also helps you to control your glycemic response by slowing carbohydrate release into the bloodstream, thereby encouraging the body to burn fat for fuel, instead of placing it in storage.* It's convenient to take, just 2 tablets taken 20-30 minutes before mealtime (6 tablets/day) with a tall glass of water will help you eat less and still feel satisfied. And since the product contains only fiber — konjac (glucomannan), barley bran, oat fiber, soy fiber, orange fiber and gum Arabic — it has zero calories and no added sodium, sugar or other sweeteners, artificial colors, flavors, or preservatives. And very importantly, GR² Control Appetite Reducer is non-habit forming, providing a safe, natural alternative to potentially harmful ‘diet pills’ and chemical appetite suppressants.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Fiber Helps Weight Loss

Eating enough dietary fiber may be a valuable trick for losing weight that is easily overlooked. Of its many health benefits, fiber helps to curb hunger, suppress appetite, increase the rate of digestion and improve intestinal health.

Fiber is the part of plant-based foods that our bodies can't digest. It passes through our digestive tract without providing nutrition or calories, and yet it is very healthy for us. There are two types of dietary fiber: soluble and insoluble. Soluble fiber dissolves in water and is found in foods such as Oats and Oat bran, dried beans and peas, nuts, barley, flax seed, fruits such as oranges and apples, vegetables such as carrots, and psyllium husk. When eaten, soluble fiber forms a bulky gel that regulates the flow of waste materials through the digestive system. Soluble fiber also helps transport cholesterol out of our body, reducing our risk for heart disease.*

Insoluble fiber does not dissolve in water and is made from the cell walls of plants. It is most common in certain vegetables such as green beans and dark green

leafy vegetables, fruit skins and root vegetable skins, whole grains and cereal, seeds and nuts. This type of fiber promotes bowel movements, helping to eliminate waste matter and thus improve intestinal health.

So how does fiber help us to lose weight? Fiber helps to bind fat in the gut to eliminate it. It also speeds transit time to improve regularity. And, it helps us to feel full naturally for longer periods of time in between meals. Research has also shown that fiber can help stabilize blood sugar levels*, which we know is key to avoiding the insulin trap that promotes fat storage (see Newsletter week 3-4 for more information on this). So the key to achieving and maintaining a healthy weight then is to eat more fiber-rich plant foods in every meal. Experts recommend 20 – 25 g/day for all adults and this is a minimum if you are striving to lose weight.

And as you gradually increase your fiber intake, be sure to also drink plenty of fluids throughout the day to help your body naturally and easily eliminate that fiber and prevent constipation. Which brings us to our next important topic...water.

GNLD FIBER SOLUTIONS

A balance of all 5 forms of soluble and insoluble fibers: Cellulose, hemi-cellulose, gums, pectin, and lignin

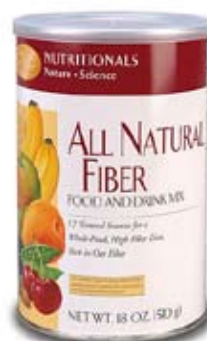
CONCENTRATED FIBER IN TWO CONVENIENT FORMS



Multi-Fiber Blend

Concentrated & Versatile
Increase the fiber content of everything you eat

10 g serving provides:
Soluble fiber: 1 g
Insoluble fiber: 6 g



All Natural Fiber

Smooth & Tasty
Ready to drink

30 g serving provides:
Soluble fiber: 2 g
Insoluble fiber: 6 g

Water Helps Weight Loss Too

Did you know that water makes up about 60% of your total body weight? Water is your most vital nutrient. Water helps to prevent dehydration and regulates appetite, increases metabolism, boosts energy levels, reduces blood pressure, lessens chance of developing kidney stones, assists with nutrient absorption, removes toxins from the system, and improves skin.* Dehydration is more common than we think; in fact, thirst is a sign that the body is already becoming dehydrated.



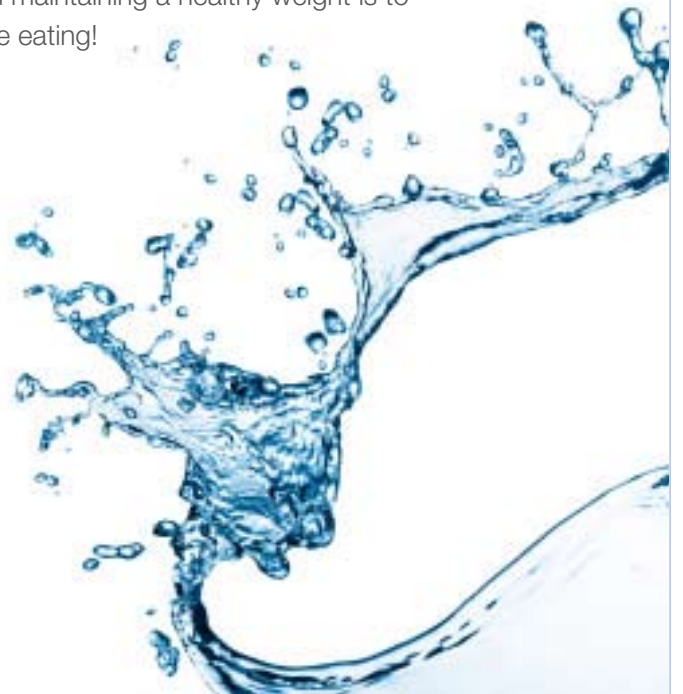
All functions within the body require the presence of water and a well hydrated body enables these functions to occur quickly and efficiently. All chemical processes involve energy metabolism and drinking plenty of water will make us to feel more energetic and boost our metabolic rate.* Drinking water is important if you're trying to lose weight as studies have shown that thirst and hunger sensations are triggered together. If the body is slightly dehydrated, the thirst mechanism may be mistaken for hunger and one may eat when the body is actually craving fluid. As most food contains some water, if one doesn't drink much they may be subconsciously driven to eat more to help balance the body's necessary water supply, resulting in increased calorie consumption. Drinking more water then can help to prevent overeating and benefit weight loss.

The National Research Council recommends approximately 8 – 10 cups of water per day for women and 10 – 12 cups a day for men. Note that the fluids and juices in our food such as fruit, soups, tea and coffee, dairy products, etc., all contain water and these foods should be included as part of our water intake. When exercising, as part of your weight loss program, a bit more water should be included to account for water loss from sweating. And unless you are training hard or sweating profusely during exercise, you probably don't need the many electrolyte replacement or power nutrition beverages on the market. Drinking plain water before, during and after exercise will keep energy levels high and help recovery after training.

If you are striving for weight loss, it is important to drink water throughout the day. Be sure to watch your salt intake to prevent excess water retention. If you don't like drinking plain water, try adding a slice of lemon, lime or other fruit for natural calorie-free flavoring. But be careful not to consume too many sugary or artificially sweetened beverages in place of water. You don't need water with vitamins or any other nutrients and you should strictly avoid water that contains extra calories. What's most important for achieving and maintaining a healthy weight is to keep drinking. Feel hungry? Drink some water 15 minutes before eating!

Ways to incorporate drinking more water into your day

- Have a glass of water upon waking in the morning.
- Drink water with every meal, regardless of other beverages you may be drinking.
- For every caffeinated beverage you drink, have a glass of water to account for any water you may excrete as a result of caffeine's diuretic nature.
- Always have water readily available at home, in your car, and at your desk or workplace; carry your water bottle everywhere you go.
- Drink 8 oz. of water every 15 minutes you exercise.



Food Preparation Tips For Healthy Weight Loss

Go from Bland to Grand with a Spiced Up Flavor Fix

- Liberally use herbs and spices! Whether fresh or dried, they provide great taste and protective phytonutrients. But watch out for hidden sodium or MSG.
- Garlic, onions, ginger, lemon rind, and others are full of health-promoting compounds.
- Salsa boosts the flavor of many dishes, is non or low-fat, and is loaded with phytonutrients.
- Try low-sodium soy sauce, fresh ground pepper, Dijon mustard, or horseradish for added taste without the calories.
- Balsamic vinegar makes a wonderful base for a dressing or sauce.
- Substitute fat-free yogurt for sour cream or mayonnaise in creamy dressings and sauces.

Less is More when it Comes to Fat

- Replace saturated-fat-laden butter with healthier trans fat-free butter substitutes. When sautéing, lightly spray the pan with a spray oil.
- Replace whole eggs with egg whites to reduce fat and cholesterol intake.
- Opt for low-fat or skim milk, cheese, and other dairy products to replace full-fat varieties.
- Remove skin from poultry and trim fat from meat.



Refreshing Lemon & Cucumber Water

Pamper yourself even when you can't get to the day spa. Create a delicious pitcher that looks as divine as it tastes! It's so easy and makes a great alternative to plain old tap water.

Ingredients

1 gallon cold water
2-3 slices fresh lemon
2-3 slices cucumbers

Directions

Place all the ingredients into a pitcher and serve! For a stronger taste, let the water sit in your refrigerator for an hour prior to serving. As an alternative, substitute oranges for the lemon and honey dew melon for the cucumbers.

Source: www.RecipeZaar.com



Nutritional Information

Refreshing Lemon & Cucumber Water

Servings Per Recipe: 16

Amount Per Serving

Calories: 2

Total Fat: 0 g

Fiber: .1 g

Protein: 0 g

Carbohydrate: .7 g
