

NSP WEIGHTLOSS PRODUCTS

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Good morning everyone! Recently I was asked what NSP products could be incorporated into a WEIGHT LOSS PROGRAM? After scanning through our NSP FACT SHEET BINDER this is what I found!

1. **AG-C – sweet cravings, obesity and clears congestion.
2. Aloe Vera Juice – improves digestion
3. Artemisia Combination - improves digestion and assists in eliminating parasites and worms
4. **B- 6 – used to metabolize protein as well as fats and nucleic acids. Activates over 100 enzymes.
5. B-12 Liquid – appetite
6. **Bod E Klenz – ** this is a must when starting a weight loss program.* Bod E Klenz cleans out all toxins and prepares the body for weight loss program
7. ** B Complex – helps convert carbohydrates into glucose, which the body burns to produce energy. Helps metabolize fats and proteins. Promotes healthy digestive functions.
8. Caprylic Acid – helps control yeast
9. **Carbo Grabbers – helps reduce the conversion of complex carbohydrates to calories and blocks the digestion of starches
10. Catnip and Fennel – stimulates digestion and may help regulate appetite
11. *Chromium GTF – works with insulin to metabolize sugar and may help relieve symptoms of hypoglycemia
12. *Digestive Enzymes – contains pcreatin which is necessary for protein, lipid and carbohydrate digestion
13. ** Garden Essence – digestion, metabolized carbohydrates, breaks down cellulose, digests dietary fats and oils in the stomach and small intestine, breaks down pectin, digests protein and stimulates the production of digestion fluids
14. ** Gluco Reg – helps regulate blood sugar levels, digestion, pancreas, glandular system
15. Herbal Pumpkin – appetite disorders, food cravings
16. HYC – hypoglycemic, puts moisture back into body and assists with night sweats
17. ** K – diuretic to increase flow of urine
18. Kelp – supports the thyroid
19. Lecithin – enables fats, such as cholesterol and other lipids, to be dispersed in water and removed from the body
20. **Loclo – soluble fibre absorbs toxins and unabsorbed fats in the bowel and eliminates them and improves digestion
21. **Magnesium – helps burn fat and aids with PH Balance

22. **Lym-mx – used to maintain lymphatic flow and helps cleanse lymph vessels throughout the body
23. ** Nutri Burn Cocoa or Vanilla – a weightwatchers dream because it is high in protein and low in fat and carbs and can be used for weight management
24. * Natures Hoodia – decreases the desire to eat and helps metabolize fats
25. ** Pantothenic Acid (B5)- helps convert fats, carbohydrates and proteins into energy. Better conversion of food into energy may help enhance athletic ability and stamina. Has been studied for its cholesterol and triglycerite lowering properties.
26. Protease Plus – breaks down protein compounds and the minerals help activate enzymes.
27. **Protein Digestive Aid - helps digest proteins and assists absorption of nutrients and aids in pre digesting proteins in the acidic environment of the stomach.
28. ** Psyllium Hulls Combo absorbs toxins from the digestive tract which are then eliminated in bowel movements and binds to fat to eliminate it from the body. Use Loclo or Psyllium Hulls daily
29. Spirulina – may help treat obesity and compulsive eating disorders and stabilize blood sugar levels.

This is what I found now lets see what you can find???? Send me your finds with the NSP Products and I will incorporate them into my library of NSP WEIGHTLOSS PRODUCTS. .

If you are wanting to lose weight then

1. Set reasonable goals for your weight loss program. Yogi Berra states ""If you don't set goals, you can't regret not reaching them."
2. Then - Follow through with your Weight loss Program Goals – remember the old saying "if at first you don't succeed – try and try again. F.W. Nichol tells us, "When you get right down to the root of the meaning of the word 'succeed', you find it simply means to follow through."
3. Ensure that you are on a good WEIGHTLOSS PROGRAM and are doing some form of exercise for a minimum of 1 hour per day. Check out Curves – it is a great program.

Work in TEAMS - Help others around you, as Brian Tracy states "Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, 'What's in it for me?'"

Wishing Success to you all and with appreciation for everything you do.
Blessings Kathy Deane