

Sensible Weight Loss

By Dr. Mike Van Thielen

Introduction

We already know that obesity has become a worldwide epidemic. According the CDC (Centers for Disease Control), in 2007, only one state (Colorado) had a prevalence of obesity less than 20%. Thirty states had a prevalence equal to or greater than 25%; 3 of these states (Alabama, Mississippi, Tennessee) had a prevalence of obesity equal to or greater than 30%. Obesity or simply being overweight is a significant risk factor for cancer, diabetes, gallbladder disease, heart disease, high blood pressure, joint-and muscle pains, arthritis, respiratory problems and psycho-emotional disorders.

Popular Diets & Weight Loss Programs

Most people reading this have been on a diet or weight loss program before. Most likely, you were able to lose some weight but regained it. The USDA and American Cancer Institute both conducted extensive research and studied the most popular diets on the market today. The conclusion of both studies indicated that ALL of them had one common denominator: THEY ARE LOW-CALORIE diets, which makes them work short-term. However, long-term results are never obtained with any of these popular diets or weight loss programs.

Low-calorie diets explained: When you consume less calories/day than your body needs to sustain life, your body is forced to get those calories from somewhere else. Consequently, your body will break down its own muscle tissue to obtain the necessary energy deficit from its protein. During these low-calorie diets your body is in a starvation-mode. Your body is deprived from the nutrients it needs. You will lose weight, guaranteed. However, when you stop these diets you will regain the weight fast. That's why they are also called 'yo-yo' diets. Even more importantly, these popular diets are UN-Balanced and therefore Un-healthy!

Sensible Weight Loss (SWL)

In order to regain and maintain an optimal body composition, a sensible approach is recommended. The SWL is a common-sense approach with emphasis on improving WHAT you eat while consuming less calories. However, all ESEENTIAL nutrients are provided on a daily basis so that the body is NEVER put in starvation mode. Participants gradually lose more and more weight, feel healthier and more energetic, and most of all KEEP THE WEIGHT OFF! The SWL will be the LAST diet or weight loss program you will EVER do! OH, and it's very easy, simple, and you will never feel like have to sacrifice. It's plain and simple AWESOME. Over 600 people already lost their target weight and never regained it. NOW, It's your turn!

The SWL program offered by ULTRAGLOBAL is a **6-week, step-by-step, EDUCATIONAL** approach - including the World's Finest Supplements. After the 6 weeks, participants continue the program on their own until their reached their target weight! Each week a **youtube video** will be available to facilitate the SWL-program directions.

For a complete REPORT on SWL, visit your ULTRAGLOBAL back-office for a DOWNLOAD.