

SPECIAL WEIGHT LOSS ALERT

HOW TO ADJUST YOUR METABOLIC CLOCK

By: Eileen Silva

If you are like countless millions of others, the more you have “dieted” over the years, the heavier you have become. In fact, most seriously overweight people are really **NOT INTERESTED** in weight loss programs...because they are tired of failure.

The first weight lost on the typical low calorie diet is, of course, water loss. Since a pound of fat is 3500 calories and a person’s caloric needs for a day are often considerable less, it might take two days of absolute fasting for a woman to metabolize a pound of body fat.

Even a man, whose caloric intake needs might be much higher, would usually take over a day on a fasting regimen to metabolize a pound of fat. So when people fall for the enticing “**quick fix**” promises, they are usually experiencing an *artificial* weight drop which is largely temporary water loss or---worse yet---muscle tissue.

While the importance of adopting a sensible moderate calorie approach of well-balanced food which provides the minimum recommended daily allowances is vital, a special element with tremendously exciting potential for permanent weight management has recently gained international prominence as Olympic athletes have publicized its use. This magic element is **L-carnitine**. **L-carnitine’s** major role in the body is to shuttle fats into the mitochondria where they

are burned for energy. Mitochondria are actually the “fat-burning chambers” within the body’s cells. Without **L-carnitine** fat cannot enter the inner cell to be metabolized.



L-carnitine promotes fat-burning which results in higher energy levels and a sense of well-being. It also acts as a mild appetite suppressant. It is the only non-surgical way to actually successfully spot-reduce,

because **L-carnitine** triggers the metabolism of fat in areas where it is collected!

Besides being a fat burner, an appetite suppressant, and an energy promoter, **L-carnitine** is also recognized for its ability to promote improved muscle tone. The October 1984 issue of *Prevention* magazine related, “After 18 years of gradual muscle disintegration, a 23-year-old woman was a quadriplegic. But daily doses of **L-carnitine** turned this slow decline around in 10 days. And after eight months of **L-carnitine** treatment, her muscles were back to normal.”

Since lean muscle tissue burns approximately five times as many calories as fatty tissue, the introduction of **L-carnitine** into the diet can assist you in permanently becoming slimmer if

you have excess body fat, and healthier all over with a strengthened heart muscle. Another key element for fat metabolizing and regulating blood sugar levels is **GTF-Chromium™**. **GTF-Chromium™** has helped thousands of people control sugar cravings too and is proven to lower serum cholesterol.

To order your “Metabolic Clock” adjustment in a can or caplet form, please contact the person who provided this report. You can be on your way to a sensible fat-burning program that will work so that you can share your weight loss testimonial like thousands of other satisfied customers:

- “I lost 10 pounds in 2 weeks!”
- “After 3 weeks I lost 10 pounds and I have a lot more energy!”
- “I lost 20 pounds in 2 1/2 weeks. This product is delicious!”
- “I have taken the product 4 times a day for 5 weeks and have lost over 25 pounds.”
- “I lost 10 pounds in 12 days by taking the product 4 times daily.”
- “I lost 9 pounds in 1 week taking the formula 3 times a day.”
- “I lost 8 pounds in a week and a half!”
- “I lost 15 pounds in 9 days!”

And the best part is that these happy dieters actually lost fat while turning their metabolic clocks back up and improving energy levels. Call today to order your supply of the delicious beverage **Trimbolic** and the non-lifestyle altering caplets **Slim ‘N Up** especially designed to help you energize and reshape your body.

You too can discover that there is life after dieting.

*Eileen Silva is a metabolic health balancing expert who has appeared on TV and radio talk shows coast to coast, lectured extensively and does individual and group weight management consultations, as well as corporate wellness programs. Her best-selling new release **Fat Chance At Last!---How to Go Beyond Willpower...** joins her other deluxe tape album series 1&2 as well as her unique breakthrough technology, a colored bar graph computerized body analysis, **Body Fitness Profile**. Thousands of clients across the United State have greatly enhanced energy, well-being, weight balance and longevity with Eileen’s customized body analysis and wellness coaching.*

For More Information Contact:

Hegan Center For Weight Management

P.O. Box 92880

Southlake, TX 76092

(817) 424-5204

www.EileenSilva.com & E-mail: ensilva@aol.com