

newsworthy trends

Obesity in America: Carbohydrate Control Could Be Key Weapon

(NAPSA)—New progress in nutrition research may help many Americans win their “battle of the bulge,” as experts work to control our nation’s growing obesity epidemic.

The rate of obesity has increased 65 percent over the past decade; it’s estimated that 60 percent of adult Americans are either overweight or clinically obese—about 110 million overweight adults and 39 million obese adults in all. Obesity is also reaching epidemic proportions among adolescents and teens—some 25 percent of American children are overweight and about 10-15 percent are obese.

It’s a problem that leads to poor health—and high health care costs. Overweight individuals have an increased risk of adult onset diabetes, coronary heart disease, hypertension, stroke, degenerative arthritis, obstructive apnea, and perhaps asthma. Obesity-related illnesses lead to some 300,000 deaths each year with an annual medical cost for diabetes alone of at least \$100 billion. In addition to the health risks, overweight individuals often experience a decreased quality of life including depression, impaired mobility and poor self-esteem.

Fortunately, new help is available. While many diets tend to fail, and some diet medications—even natural products containing stimulants such as Ephedra—have troublesome side effects, researchers have found that an extract of white kidney beans can safely reduce the body’s absorption of complex carbohydrates, also known as starches. Starches—found in potatoes, bread, pasta and rice—contribute nearly one-half of the total calorie intake in the average American diet.

Pharmachem Laboratories has introduced Phase 2, the “first, all-natural starch neutralizer made



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from white kidney beans and clinically proven to reduce starch absorption and promote weight loss,” according to company biochemist, Dilip Choksi.

In recent studies, starch absorption averaged 66 percent less in subjects taking the ingredient, Phase 2, compared to those taking a placebo. In a second weight loss study of 60 people, those on Phase 2 lost an average of 6.45 lbs. in 30 days, compared to those on placebo, who lost less than one pound on average.

This new ingredient has been shown to be safe and well tolerated. Combined with a healthy weight loss program that includes exercise and eating a sensible diet, it may help many people look better, feel better and reduce their risk of chronic disease. Look for products containing Phase 2 at your favorite place to buy supplements. For further information, log on to www.starchstopper.com.