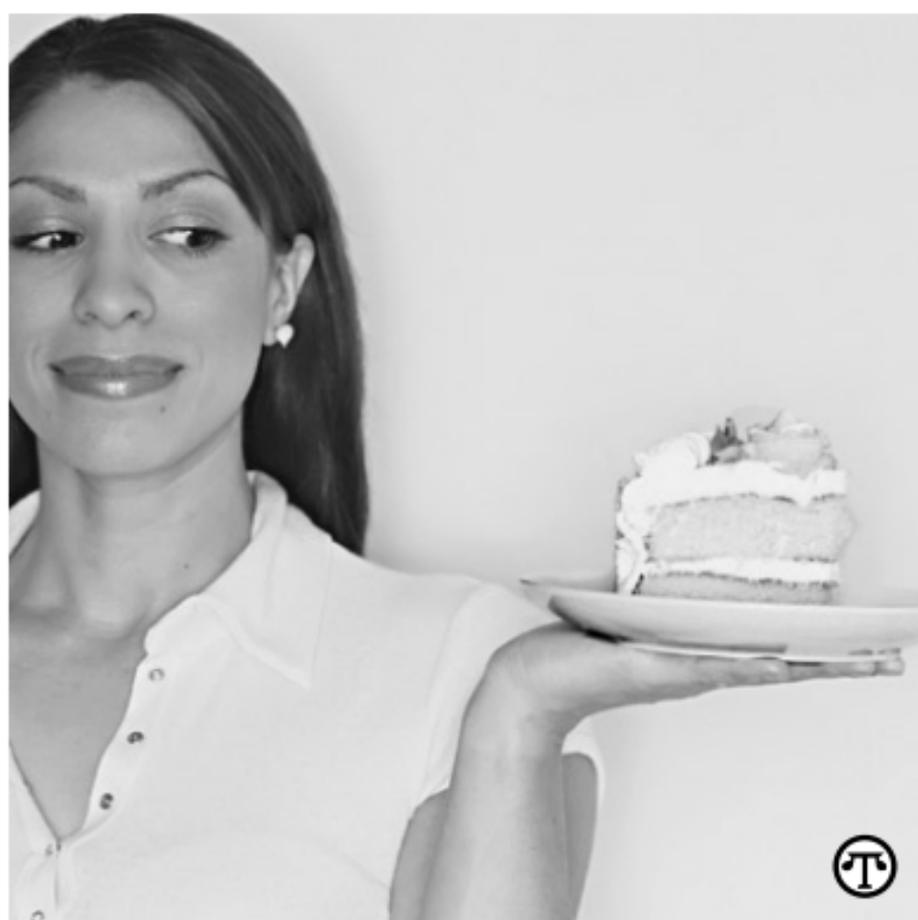


DO IT & DIET

Low-Carb: Do You Cheat?

(NAPSA)—From Atkins to South Beach, the popularity of low-carb diets is exploding, with an estimated 15 million to 30 million Americans trying to lose weight on these programs.



These diets restrict most carbs in the first phase of the effort, then reintroduce limited amounts of carbs in the second phase, while eliminating refined carbs such as white bread, sweets, etc.

Although these diets are effective for weight loss, research has shown that many dieters have trouble staying with low-carb diets in the long term, leading to weight regain.

However, a 2000 clinical study showed that a supplement called Original Carb Cutter was able to help dieters lose up to 25 lbs. in six weeks while “cheating” on their low-carb diets—including refined carbs.

“The problem with low carb diets is that your lifestyle starts to become affected and you get bored and ‘cheat.’ We all end up cheating at some point. That’s why we’ve seen a flood of low-carb bars and candy,” says Jamie Heithoff, Health & Nutrition Systems.

Original Carb Cutter is the first and only supplement scientifically proven to allow for occasional consumption of carbs and is available at retailers nationwide.