



# DIETING NEWS & NOTES

## Lose Weight Faster By Harnessing Wheatgrass And Oxygen

(NAPSA)—Over 185 million Americans—two thirds of the population—are obese, according to the U.S. Department of Health and Human Services. While the most common remedies for obesity are reduced calories and increased exercise, statistics show that compliance is often lax and most dieters rapidly lose then gain weight back while briefly adhering to various fad diets and prescription drugs.

“Zeal,” according to Webster’s Dictionary, is a mental attribute of “fearless tenacity,” a trait necessary to accomplish a goal such as weight loss. According to Lifeforce Nutraceuticals, Zeal 02 is a natural supplement that increases the metabolism while suppressing the appetite and simultaneously providing energy and nutrition.

### Nature’s Gift

Zeal 02 harnesses the power of wheatgrass and oxygen with B-complex vitamins, cayenne pepper, ginger and other natural ingredients to help you lose weight naturally. This oxygen infused wheatgrass-based supplement is a true weight loss break-

“I have added Zeal 02 as a key element in my daily routine to maintain health, optimize weight loss, and prevent aging. I am now wearing a size 4 and I feel great!”

Cissy Tan, M.D.



through that enhances the process of good digestion. Two Zeal 02 caplets provide the complete nutritional equivalent of four servings of fresh vegetables.

### A Balanced Approach

Research shows that when your blood sugar and bodily enzyme levels are in balance, your body’s own digestive and lymphatic system naturally promote the elimination of toxic fats and the building of strong cells.

Wheatgrass has been proven effective in helping to purge toxins from the body. It contains chlorophyll (nature’s most regenerative nutrient), 20 amino acids, several hundred enzymes not found in other foods and as many as 90 out of 102 possible minerals, vitamins

and other important nutrients.

Studies on wheatgrass over the years have shown its myriad benefits to include: cleansing the lymph system, building the blood, restoring balance in the body, removing toxic metals from the cells, nourishing the liver and kidneys and restoring vitality.

“As a physician, I have had the opportunity to read the background papers, and the data makes a very persuasive case for the effectiveness of the product in achieving weight loss,” says Cissy Tan, M.D. “In my personal experience, I have lost the weight I wanted to lose and achieved the desired change in the shape of my body.”

### The Next Step

Lifeforce Nutraceuticals has taken the best of Eastern culture and products related to weight loss and nutrition and combined them with the best of Western culture related to the same. The resulting product, Zeal 02, is now commonly referred to as the next generation of safe herbal weight loss and control supplements. For more information about Zeal 02 or to order, go to [www.zeal02.com](http://www.zeal02.com).