



# YOUR WEIGHT

## Three Steps To Better Health

(NAPSA)—There may be a new solution for some of the two-thirds of all Americans who are overweight. New research indicates that theirs is a medical problem that can be solved medically.

“Although it is a laudable goal to substantially reduce the number of overweight or obese Americans, this goal may be totally out of reach in the short term,” says James Hill, Ph.D., director of the Center for Human Nutrition at the University of Colorado Health Sciences Center. “A more feasible public-health goal is to stop weight gain.” Dr. Hill is one of America’s foremost experts in weight management. He has spent over 25 years researching the causes of weight gain.

A study by the Centers for Disease Control suggests that 47 million people in this country may be suffering from metabolic syndrome. Metabolic syndrome is a combination of obesity with insulin resistance, high cholesterol, high blood pressure and elevated triglyceride levels.

One factor that exacerbates and can even cause the condition is stress, which may make it difficult or even impossible to lose weight no matter what you eat or how much you work out. Whenever you’re under stress, your body releases cortisol, the primary stress hormone. The increased cortisol in your body tells your brain you’re hungry.

Stress, by increasing cortisol levels, also causes the body to



**Managing stress can help you lose weight.**

store energy as fat. In addition, it leads many people—particularly people with metabolic syndrome—to eat comfort foods loaded with fat and carbohydrates.

Now there’s a way to inhibit this effect. Next Pharmaceuticals’ Relora, a patented blend of extracts from magnolia and phellodendron trees, lowered cortisol and stress eating while preventing weight gain in stressed, overweight women. Those plants have a long history of medical use in Asia. A study suggests that stress eaters particularly can benefit from this supplement.

In fact, a number of studies have shown that Relora can decrease stress, reduce anxiety and cut cravings for comfort foods. It normalizes cortisol levels in the blood to make it easier for you to fight your cravings.

For more information, go to [www.relora.com](http://www.relora.com).