



Most people that have struggled with weight have been doing so for years. They have tried everything but it just doesn't work long term. As you get older, keeping weight off is even harder because of slowing metabolism, loss in muscle mass and a decline in hormones causes your body to store more fat. About 70 percent of Americans over 50 years of age are overweight and about a third of that are obese.

An obese person's life span is up to 10 years shorter than that of someone of average weight. Health care for obesity cost the USA about \$190 billion in medical expenses each year. Even more alarming is the fact that more than 80 percent of all cases of type 2 diabetes are related to weight. One out of every three cancer deaths is linked to excess body weight, physical inactivity or poor nutrition. Did you know that your risk of dying prematurely increases even if you're just 10 pounds overweight?

This Natural Supplement Weight Loss Program May Be Just What You Are Looking For

SIMPLE is the most used word when it comes to defining the start of a perfect weight loss program.

We can't tell you how many people when surveyed said that they want a weight loss program that is

simple to use. **E**asy is a must. With our busy schedules and even as we all know that exercise is

very important many just can't or won't find the time. Sometimes you just can't get motivated. There has never been a supplement package such as this that has been proven to make a difference in your life. These natural supplements help your body work the way it is intended to. We are not giving you a daily recipe guide because that will drive you crazy. But we gave you some ideas along with helpful hints.

Each supplement is explained what it is, what it does and how it will work for you. **E**asy! You can even visit links of some of the supplements being called the Holy Grail of weight loss by a popular television health care program Dr. Oz. This complete weight loss program is available on video to view as well.

Organized – We did it for you. Just do the same thing every day. Take the supplements as recommended daily. No tracking every calorie, no weighing your food. Just try to do this: Cut back or eliminate processed foods, eat more fish and whole grains, eat fruit and vegetables when possible, use Olive Oil or Sunflower Oil, NO vegetable or corn oil. And drink plenty of water.

Research shows that, in men, short sleep led to a spike in levels of the hormone ghrelin, which stimulates hunger. In women, short sleep reduced the hormone (GLP-1) that makes you feel full. So, getting too-few hours of sleep had different effects on men (increased appetite) and women (reduced feelings of fullness), but with the same result: a tendency toward overeating. The obvious solution is to try to get enough sleep.

Lastly, exercise is great, and important, but you may be able to lose weight by not changing anything that you're doing now. We only ask you to please read all enclosed material first. It's important to know why these supplements work, how much to take and when to take them. You become the expert of managing your body with knowledge.

Note: This weight loss program is meant to be an addition to your regularly scheduled meals. Remember, you don't lose weight by not eating, as frequent meals enhance your metabolism.

WHEY PROTEIN-26 ISOLATE

Included is our Whey Protein-26 Isolate as part of your natural weight loss plan. As you learn more about this awesome protein, remember that you can even add fruit and yogurt to be used as a meal replacement during the day between meals.

Protein Is a Nutrient

Protein is a nutrient that the body needs to grow and maintain itself. Next to water, protein is the most plentiful substance in our bodies. Just about everyone knows that muscles are made of protein and muscle helps increase metabolism. Actually, every single cell in the body has some protein. In addition, other important parts of the body like hair, skin, eyes, and body organs are all made from protein.

Amino Acids

Proteins are made from simpler substances called amino acids. The role of the essential amino acid leucine is to improve body composition. High quality whey protein is rich in leucine to help preserve lean muscle tissue while promoting fat loss. Whey Protein-26 Isolate contains more leucine than milk protein, egg protein and soy protein.

The retention of lean muscle during weight loss is related to the leucine's ability to stimulate muscle synthesis. The rate of digestion of protein synthesis also depends on the speed of protein absorption. Meaning, fast absorbing protein like our Protein-26 Isolate has an anabolic effect. The high leucine content of whey proteins coupled with fast absorption makes Whey Protein-26 Isolate ideal as a protein supplement during weight loss.

Whey Protein Isolate

Whey Isolate is produced by passing whey proteins through ceramic filters that strip out certain compounds, like fat and lactose sugars. The result is whey, which has a higher concentration of protein. And because much of the lactose is filtered out, there are fewer digestive problems. Your real goal here is to lose body fat and change your body fat percentage to favor lean tissue, including whey protein in your diet could help you become leaner overall ... and yes, that would include losing some belly fat.

Our Whey Protein is fat-free; sugar-free; cholesterol-free and less than 1 gram of carbohydrates.

L-Carnitine

Alpha Lipoic Acid

Omega-3 Fish Oil

A three way combination of great supplements starting with **L-Carnitine and Omega-3 fish oil**, is one of the simplest things you can do to lose weight, and raise your energy levels. Fat loss and more energy are two of the unique benefits. Carnitine is a potent fat burner because it transports fats into the cells to be used for energy in the body. By raising Carnitine in your muscles, you support fat burning and also increase your energy because you are becoming more efficient in processing fuel.

For L-Carnitine to work- you must have adequate levels of Omega-3 fish oils in the body. To get Carnitine into your muscles it has to be accompanied by insulin. If you get enough good **Omega-3** fats into your cells then they become more sensitive to insulin which allows more energy from Carnitine. Our **Omega-3** is enteric coated which allows the capsules to pass undissolved through the stomach into the intestines and eliminates the fishy aftertaste that you get from uncoated capsules. And we use only the finest fish oil available made from cold-water fish harvested from the Nordic Sea. The oil is then processed using Molecular Distillation, to remove heavy metals and guarantees that no Trans Fats are created. It's the most sophisticated distillation method known today.

Omega-3 with L-Carnitine will allow fat to come off. **Omega-3** increases your metabolic rate by increasing cell activity and fat burning. By elevating L-Carnitine, fat burning increases. L-Carnitine, because of its high antioxidant properties, can prevent **diabetes** because of how it improves fat metabolism. Visceral belly fat is one of the toughest fats to lose once you've got it. It causes numerous health problems. Belly fat leads to fat gains within the organs such as the liver, the heart, or even the muscle. Fat gain in the liver leads to non-alcoholic fatty liver disease and can be deposited around the heart. Raising your Carnitine levels will fight visceral fat gain because it increases fat burning.

L-Carnitine will give you superior brain function and increase motivation, meaning it's a great supplement for people who want to lose weight but feel unmotivated to exercise. It also helps Omega-3 to work the brain. Acetyl-L-Carnitine is a powerful antioxidant that can detoxify the brain of heavy metals especially when paired with **Alpha Lipoic Acid**.

Alpha Lipoic Acid is a great antioxidant that not only fuels the brain and gives you energy, but a wonderful supplement for fat loss and a treatment for obesity and diabetes. **ALA** is found in the energy producing part of every cell. Its job is to help turn glucose into energy. ALA and L-Carnitine work together to increase energy and drive which are crucial for weight loss. ALA is both fat and water-soluble, meaning it can pass easily to the brain cells to restore brain function.

ALA has a potent effect on metabolism and as long as it's taken with **L-Carnitine and Omega-3 fish oil**. ALA can prevent oxidative stress, lower blood pressure as well as the development of inflammation and insulin problems due to its antioxidant effect.

The purpose of **Alpha Lipoic Acid** is to be an ideal treatment for overweight individuals with health complications such as high blood pressure or diabetes and taking ALA is a better option than prescription weight loss drugs.

Garcinia Cambogia Extract

We pride ourselves on representing supplements that can make a difference in your life. Supplements in our opinion that work and offer health benefits as well. We did research on Garcinia Cambogia Extract and found it to be amazing to say the least. This most certainly would complement our family of weight loss supplements.

The Dr. Oz show called Garcinia Cambogia Extract the *Holy Grail of Weight Loss*. He stated, "Anytime I see a scientist get this excited about something like **Garcinia Cambogia Extract** and when I looked through some of this research and called these scientists myself, I get excited. That's why Garcinia Cambogia Extract makes sense to me and fascinates me." Without question, we knew that the word is out and with unhealthy foods additives and busy schedules a simple yet healthy approach to weight loss is needed.

Garcinia Cambogia is extracted from the rind of the Garcinia Cambogia fruit, a small pumpkin shaped fruit that has been around for a long time, which is why we are comfortable about the safety. Studies showed an increase in weight loss 2 to 3 times more than those not taking any Garcinia Cambogia Extract, which resulted in up to 10 pounds or more per month without change to diet or exercise by suppressing your appetite and preventing fat from being made. Dr. Oz stated that Garcinia Cambogia Extract was the "*holy grail of weight loss*" because:

- **It acts as a Fat Blocker**
- **Appetite Suppressant and Controls Cravings**
- **Decrease in Belly Fat**
- **Emotional Eaters will have balance moods**
- **Manages the stress hormone Cortisol**

The extract derived from the fruit rind contains Hydroxycitric Acid (HCA), which is thought to work as an appetite suppressant and fat burner. Hydroxycitric Acid (HCA) is thought to block the enzyme that keeps carbohydrates from turning into fat. Garcinia Cambogia may reduce blood lipid levels, lower cholesterol, support cardio vascular health and increase Serotonin to help balance mood. Garcinia Cambogia is thought to support healthy weight loss maintenance.

One very important mention – Dr. Oz stated specifics as to what to look for when buying a Garcinia Cambogia Extract supplement. We listened, and our Garcinia Cambogia is what you're looking for.

View Garcinia Cambogia Dr. Oz Link: <http://bozomer.com/weight-loss.html>

GREEN COFFEE BEAN EXTRACT

Pure green coffee bean extract has made big news in the media for its weight loss properties. It is a powerful antioxidant derived from an unroasted coffee bean. In fact, all coffee starts as a little green bean. The ingredient responsible for the weight loss is a compound found in the green coffee bean named chlorogenic acid.

Chlorogenic acid is a natural compound found in the green coffee beans but... when the coffee beans are roasted, the chlorogenic acid is mostly destroyed. When raw coffee beans are roasted to achieve the rich flavor and great aroma as well as high caffeine content of roasted coffee, their chemical makeup actually changes. This means any weight loss benefits of drinking regular coffee are essentially non-existent.

It's important to note that chlorogenic acid contains NO chlorine and is long known as an antioxidant,

A recent episode of Dr. Oz, a popular doctor's TV talk show, featured the benefits of green coffee bean extract. Amazing research shows that this dietary supplement may help people lose weight without changing their daily routine. This formula contains the specific combination recommended by experts in the medical community. Our clinically tested GCA green coffee bean extract contains a 50% standardized rate of chlorogenic acid. Our unique blend is rich in both chlorogenic and caffeic acid which is recognized as effective support in healthy weight loss. This combination can produce fat burning results and can aid in producing an antidiabetic effect and may inhibit the release of the glucose-6-phosphatase enzyme, balancing blood sugar levels in diabetics.

View Green Coffee Bean Extract Dr. Oz Link: <http://bozooomer.com/weight-loss.html>

Just 3

There is really no such thing as a complete 1 per day formulation—they usually lack sufficient levels of key nutrients, complex vitamins and important minerals such as calcium and magnesium. Furthermore, nearly all of the Vitamin C and B-Complex can be used up by the body within a matter of hours after taking the single tablet. Formulas that are designed to be taken in doses of two or more tablets daily help correct this problem—by taking one tablet with each meal, nutrients are being consistently replaced as the body metabolizes them.

Just 3 is simply that, one of the most complete 3 per day formulas on the market providing a high potency blend of vitamins and minerals along with a complete food based complex including fruit and vegetable blends and **spirulina**.

Imagine a plant that can nourish your body by providing most of the protein you need to live, help prevent the annoying sniffing and sneezing of allergies, reinforce your immune system, help you control high blood pressure and cholesterol and help protect you from cancer. **It's called spirulina.**

Also included are powerful antioxidants such as green tea, grape seed and red raspberry in addition to an impressive list of herbs and enzymes.

Balance

Our final objective in our Natural Supplement Weight Loss Program is to create balance. By incorporating Just 3 into your diet, we develop structure for much needed nutrients. We hope that by helping to lay a foundation for the new you the natural way, you will continue to follow a healthy path to maintaining your weight loss in the future.

This rounds out our group of Natural supplements that we feel, and backed by research that this may be the best weight loss package ever put together. You're doing this because you want to make a difference in your life – and so do we... So where do you want to be in reference to your weight? Now you can actually get there. Don't give up...

Lastly, when you need a replenishment of any of the supplements, you may go to the source that introduced you to the program or visit us directly at bozooomer.com. **Please contact us if you have any questions.**

Thank you! Please send us your success stories.

This program is Simple, Easy and Organized because that's what you want it to be.



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