

Health Support

## THE INTELLIGENT DIET

# Coconut Oil Diet™

NATURAL WEIGHT LOSS SUPPORT

100% ORGANIC  
EXTRA VIRGIN  
COLD PRESSED  
FROM THE PHILIPPINES

1000MG EASY TO SWALLOW  
SOFTGEL CAPSULES



NATURALLY SUPPORTS  
HEALTHY BALANCED  
WEIGHT LOSS  
THYROID FUNCTION  
SUGAR CRAVINGS  
HEALTHY CHOLESTEROL  
LEVELS

FOR INFORMATION  
CALL TOLL FREE  
1-877-690-DIET  
OR VISIT OUR  
WEBSITE AT

WWW.HEALTHSUPPORTYOU.COM

## CLEANSING STRATEGY

It's the most common gastrointestinal complaint in the United States, accounting for 2 million doctor visits a year. If you're thinking diverticulosis, ulcers or even heartburn, forget it. Americans spend \$725 million a year on laxatives to treat the little-studied condition of constipation. Dehydration is a common factor.

Many people assume they're blocked up if they don't have a bowel movement every day, although frequency has no bearing on the issue. But once afflicted with dry, hard stools—the actual symptoms of constipation—it's important to rehydrate the body and get traffic moving quickly. Otherwise, experts advise, toxins may be reabsorbed by the system.

When this problem hits you, remember that there are herbal alternatives to bottled laxatives. Chief among them, and best known, is cascara; it's extremely effective. Additionally, try these natural remedies: senna, rhubarb, black walnut, aloe, Oregon grape root, yellow dock root, valerian and slippery elm.

# <10%

percentage of teenage girls in the United States who consume the amount of daily calcium necessary to build optimal bone density.

SOURCE: Council for Responsible Nutrition

MYTH VS. TRUTH

## burning question

MYTH: When you toast bread, you're reducing the number of calories it contains.

TRUTH: Once toasted, bread has a lower water content. But it contains the exact same number of calories. If you want to cut your calories by more than half, try leaving off the yellow spread in the form of butter and definitely margarine.

Copyright of Better Nutrition is the property of Sabot Publishing and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.