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Eat More Pectin For Successful Weight Loss

By Lee Dobbins

Wouldn't it be great if there was a way to not feel so hungry all the time when you are trying to lose weight? Well there is a way and it's not some new fad either, it's something that's natural, has no adverse side effects and might be sitting right in your fridge – fiber.

One type of fiber that you probably already have been eating is called pectin. Pectin is found in fruits, such as apples, strawberries, and peaches, along with vegetables including carrots, sweet potatoes and beans. Pectin is a carbohydrate that has no calories.

Pectin is a great source of fiber, which we all know is important for a healthy diet. Aside from helping you feel full longer, pectin can help to cut cholesterol and blood sugar levels. It may even aid in the prevention of colon cancer.

Pectin can help you lose and maintain your weight because it causes the stomach to empty more slowly. As a result, after eating pectin, you feel satisfied longer. This means that you will eat less, which will lead to weight loss. And if you think you'll have to be gobbling down hundreds of apples or guzzling pectin drinks, think again – research has shown that as little as a single teaspoon can help you to feel satisfied.

Where Can You Get Pectin?

Thankfully, you won't have to drive miles out of your way to get your supply of pectin because it is sold right in your local grocery store. It comes in a powder, which may be known as Sure-Jel, or a liquid, known as Certo. Derived from grapefruit and apples, pectin is usually found with the baking supplies in most supermarkets.

How To Take Pectin

You can mix pectin with orange juice, water, or soft drinks. It has no taste so shouldn't affect the taste of the beverage you mix it in. It is best to increase your intake gradually to let your system adjust to the added fiber. Start off with a teaspoon a day and then gradually add more in to a max of 3 teaspoons a day. You can also add pectin to broth or soups, applesauce and even baked potatoes.

Lee Dobbins writes about

Low Carb and Low GI

eating as well as other weight loss issues. Visit

www.lowcarb-resource.com for more articles on healthy dieting.

Advalean for Weight Loss

By Jamie Ratliff

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Many people search high and low for a successful weight loss program. Thousands will fall prey to a "miracle pill" scam. It seems everywhere you turn, there are hundreds of products promising weight loss. Oh yeah, you can eat all you want, and "product x" will still make you lose weight.

Of course, most of us realize that these statements are not true. If there really was such a pill, most of us would be taking it, and the success stories would be all over the mainstream news instead of only mentioned on Infomercials.

One product I have been using with some success is called Advalean. It is available at

www.advalean.org

and cost around \$75 per month. It is called a "6 in 1" formula. I have to admit, it

does not make you lose weight just by taking a pill, but I have been successful when combining advalean with a decent diet and little exercise. Beware of any pill that suggests you can be lazy, eat what you want, and still lose weight. The old saying till holds true in today's instant news world, "If it sounds too good to be true, it probably is..."

Jamie Ratliff is a designer / owner of Victoria Technology. Please feel free to re-publish this article provided this reference box remains together with a hyperlink to

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