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Using Weight Loss Supplements To Reach Your Weight Loss Goals

By Bill Herren

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Supplement is a word defined by Webster as such: Something added to complete a thing or to make up for a deficiency. Even so; some weight loss supplement companies market their products as magic pills and some consumers think of them as such.

I believe weight loss supplements can be beneficial if we learn to look past the hype and use them in addition to improved eating habits as well as increased physical activity.

Know what you want out of your weight loss supplement: Are you looking for decreased appetite, carb blocking ability or increased metabolism? What is the manufacturer promising? What are the active ingredients and what studies and dosages were done on them?

Look for reviews and testimonials: This is something I almost did not want to mention because reviews and testimonials can be very conflicting. Reading weight loss supplement reviews and testimonials is going to require you to think for yourself and determine if the review or testimonial makes a valid point or not. I recently read a review for a weight loss product that said something to this effect: "I did not like this product; I continued to eat the way I always do and actually gained weight on this product." My interpretation of this is that the person probably did not carefully monitor what they were eating. They were gaining weight before "eating what they normally eat" and were expecting this pill to magically cause them to lose weight. On the other hand, a weight loss testimonial that says "I eat anything I want and am still losing weight!" is equally suspicious to me. Weight loss product testimonials and reviews can be helpful in your decision if you weed through the hype and incomplete information. Look for clues such as: Did this product decrease the customers' appetite? Did the customer experience more energy? Was the reviewer jittery?

Is it too good to be true? We have a tendency to believe what we want to believe. But when it comes to weight loss supplements we have to be honest with our self. Are the claims exaggerated? Is the company telling us we do not need to change our lifestyle? Does it appear the company wants us to

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lead a healthy lifestyle or does the company want to sell millions of pills? Remember weight loss supplements are going to help you reach your goals, not carry you to the completion of your weight loss goals.

Best seller does not always mean the best product. I was a distributor for a branch of a very reputable supplement company and attended a convention they sponsored. The speaker was talking about making claims when trying to sell product and how they did not want us making any claims that have not been backed by science. Someone asked the question about other companies and why they could make outlandish weight loss claims and experience such great sales while we could only state scientific fact. The speaker acknowledge the fact that these companies would sell millions of dollars worth of product but they would not earn repeat customers and more than likely would not even exist in the long run. Ask yourself if the product you are interested in is a best seller because of hype or because the company is reputable and has a quality weight loss product.

Has the company been around for a while? While the fact that a company is new does not mean it is low quality, a company that has been around for years usually has happy customers.

Read the directions and warnings very carefully. I knew a lady that was taking a Chitosan product and getting sick. She asked me about it and I quickly asked her if she was allergic to shellfish—She was. Fortunately for her it was only a mild allergen and she did not suffer seriously. It was clearly stated on the label; "Do not take if you are allergic to shellfish." Also don't have the mentality that if one pill is good then two must be better. Natural weight loss products can be very powerful and should be treated with respect.

Take a break from time to time. Occasionally take a break from your weight loss supplement regimen especially if you are using a weight loss product that contains a stimulant such as caffeine or other powerful herbs. I even do this with my multi-vitamin. I just believe it is a good idea to give your body a break from time to time.

Conclusion: I believe weight loss supplements can help you reach your weight loss goals, I also believe you can reach your weight loss goals without weight loss supplements, however I have always been the type of person that wanted every edge I can get. So if you are like me, and you decide to use weight loss supplements, think of your weight loss goal as a three legged table. One leg represents healthy eating, one leg represents activity, and the other leg represents your weight loss supplementation. Remove any one leg and the table will fall. Rely on only one leg and you will not reach your weight loss goal. Shop carefully, have realistic expectations, follow safety guidelines and reach your weight loss goal!

I wish for you the best of health!

Bill Herren

Bill Herren is the webmaster for

. Everything weight loss related! Weight loss

success stories, product reviews, exercise articles, and diet articles. All Free!

Weight Loss Supplement

By Rolf Rasmusson

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Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

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