



# Want to Lose 10 Pounds Quickly, Naturally?

## WE'VE GOT A SECRET FOR YOU!

Psst! Do you want to be able to eat all of the pizza, pasta, pancakes, bread, ice cream, sour cream, beef, and other high-carb and fatty foods you want without worrying about every fat and carb gram that you consume?

Well, we're not saying you can go totally overboard with these sinful foods—but you can indulge in them a lot more often without worrying about gaining unwanted pounds—that is, if you take advantage of two very new, safe dietary aids.

**W**e've discovered a revolutionary, all-natural way to neutralize starch and fat calories that is far more effective than anything else available.

Dieter's Choice for Carb Control is a highly purified, water-based extract of the white kidney bean *Phaseolus vulgaris* that inhibits the activity of alpha-amylase, the digestive enzyme that breaks down starches and complex carbohydrates.

Dieter's Choice for Fat Control, on the other hand, uses an *Alpinia officinarum* extract with 3-methylether-

galangin and 5-hydroxy-7-1-phenyl-3-heptone (HPH) to block the action of the pancreatic enzyme lipase in the small intestine. This decreases the amount of fat absorbed, similar to the effects of orlistat (the active ingredient in the new diet drug, Alli).

Both products are good news for health-conscious consumers who want to lose weight or maintain their weight without relying on toxic drugs, stimulants, or bulky fiber tablets.

We must say we discovered these weight loss secrets thanks to industry veteran Terry Lemerond who has introduced many of the leading nutritional products today to the United States. People using these formulas are losing six to eight pounds a month, and the only change they have made is using these products.

### HOW CARB BLOCKERS WORK

Who would have thought that the seeds of the common bean would contain a plant-defense protein that inhibits the alpha-amylases of mammals and insects that in turn would lead to significant weight loss? The alpha-amylases are the main starch-digesting enzymes of the body. However, phaseolamines (also known as phaseolin) inhibit the alpha-amylases. By possessing these molecules that block the starch-digesting activity of animals, wild beans protect their own seeds from being digested so that they can be spread.

Research done in 1985 and 1986 at the Mayo Clinic showed that a partially purified white bean extract reduced digestion by inhibiting the alpha-amylase enzyme in a dose-dependent manner. In a 1997 study published in *Plant Foods and Human Nutrition*, rats fed a diet containing a highly purified preparation of phaseolamine "rapidly lost weight." Many more recent peer-reviewed clinical studies have shown dieters who use the active ingredient can lose approximately four to seven pounds a month—even when consuming high-carb diets.

### NEW LEVEL OF PURITY AND POTENCY

Right now, most alpha-amylase blockers come in tablets that are big and bulky because so much of the crude extract is required for users to obtain enough of the highly prized but minuscule amounts of alpha-amylase inhibitors. These pills have been relatively large and difficult to swallow. Plus, they had to be taken at least half an hour prior to meals. Their bulkiness also made them inconvenient to take with you to lunch.

Scientists in Europe, however, have developed a method to extract higher concentrations of active alpha-amylase inhibitors to create a higher potency product.

Also key was recognition that processing at proper pH is linked to activation of the plant's inhibitory activity. In other words, if the extract doesn't make it intact to the lower digestive tract where it is activated with proteolytic enzymes at the proper pH, it will be less, if at all, potent. The Europeans claim their technology allows for a much purer product and tiny, easy-to-swallow tablets (see graphic illustration).

"In fact, the European formula is 120 times more concentrated than other carb blockers," says Lemerond whose company Europharma introduced the product to the U.S. market.

"By comparison, 2 mg of Dieter's Choice for Carb Control is roughly equivalent to 1,500 mg of the leading carb blocker in terms of activity. That's a huge advantage, enabling us to pack a tremendous level of starch-blocking potential into a tiny tablet that's easy to swallow."

Dieter's Choice for Carb Control also features a special enteric coating that enables it to pass safely through the stomach and into the intestines where starch absorption occurs.

## DIETER'S CHOICE FOR FAT CONTROL BETTER THAN ALLI

Researchers have compared the special extract in Dieter's Choice for Fat Control to orlistat—and the natural substance is actually beating out the drug-blocking synthetic.

### Dieter's Choice for Fat Control vs. Orlistat

Group	Total Cholesterol	Triglycerides
Control	299.2	492.8
Orlistat	275.2	149.3*
Alpinia (3-methylethegalangin)	238.2*	146.6*

\*Statistically significant from control group

In an *in vivo* study, the natural extract's effect on serum levels of triglycerides and cholesterol was compared to orlistat. Three groups of corn oil-induced hyperlipidemic mice were studied—control, orlistat, and 3-methylethegalangin from alpinia. At the study's conclusion, the mice in the alpinia group had statistically significant improvements in triglycerides and total cholesterol levels,

while the orlistat was only significant for triglycerides. In this one, alpinia outperformed Alli's active ingredient.

The results demonstrated that the alpinia group had 12 percent lower total cholesterol levels compared to mice treated with orlistat and 48 percent lower serum triglycerides compared to the untreated control group.

In a 2004 study, the effects of alpinia extract 5-hydroxy-7-1-phenyl-3-heptone (the HPH fraction) on serum triglyceride and total cholesterol levels was compared to the Alli active ingredient. Both groups responded to the treatment with decreased serum triglyceride and cholesterol levels. The corn oil-induced hyperlipidemic mice treated with the alpinia extract fraction demonstrated lowered total cholesterol almost equal to corn oil-induced hyperlipidemic mice treated with orlistat. Compared to the untreated control group, the corn oil-induced hyperlipidemic mice treated with the alpinia HPH extract fraction demonstrated 37 percent lower serum triglycerides and 18 percent lower total cholesterol.

Considering some of the unpleasant side effects of orlistat, alpinia is well worth trying. After all, alpinia is completely free from any of Alli's unpleasant complications.

The safety of *Alpinia officinarum*, which is, after all, a common Southeast Asian food spice, is assured. To date, alpinia has been well-tolerated in mammals used in the *in vivo* studies; no untoward effects were noted. So before you try a risky drug like Alli, we would strongly suggest you choose Dieter's Choice for Fat Control.

Are you unhappy with your weight? Are you trying to lose that last ten pounds? The combination of Dieter's Choice for Carb Control and Dieter's Choice for Fat Control might be all of the help you need. Both products are validated by decades of science. In addition, studies suggest that they will help the body to maintain healthy triglycerides and blood sugar levels. Now that's a secret worth knowing.



## Dieter's Choice for Carb Control Is Wonderful!

"I have been on Dieter's Choice for Carb Control since Jan 1. It is wonderful! In the first month, I lost 8 to 9 pounds. In May I hit a plateau, until June; then I started losing again. My goal was to lose 40 pounds a year, and right now, I have lost 32 pounds and am still going. I was a size 16. I am now a size 12...I have not experienced any problems. Also, I don't take Prevacid any more, which is great...there are a lot of benefits with this product. I am really, really happy with it. Good thing I work in a clothing store. I have nothing but praise. This is the best I have felt in a long time. People tell me I look fantastic. I do exercise. But it is also nice to eat spaghetti and not feel the guilt."  
—Nancy A., Green Bay, Wisconsin



## Resources

Both revolutionary formulas are available at health food stores and natural pharmacies nationwide. Be sure to ask for them by name. For more information, visit [www.EuroPharmUSA.com](http://www.EuroPharmUSA.com).