

It's resolution time, time to get fit & healthy, & for many to lose weight. But with so many weight loss supplements & different diets around, how do we choose the right one for us? Below are some of the popular diet supplements we carry & how & why they work.

Starting your diet plan with a good cleanse kit makes the liver happy & gets it into fat burning mode. 5 and 7 day kits \$14.99 & up. 3 months supply of Diatomaceous Earth \$19.99. We also have detox teas at under \$10.

Garcinia Cambogia is for you if carbs and sugar cravings are your problem. It contains HCA, which blocks fat & suppresses cravings & appetite. By blocking the action of the enzyme citrate lyase, it stops the body from being able to turn carbohydrates into fat. About \$30 for a month's supply of 70% HCA, the strongest in Canada. We also have New Roots Slimmer System, which is garcinia with other ingredients to help balance blood sugar, thyroid, lower cortisol levels as well.

If you can go low carb, HCG drops are amazingly effective, with losses of 1 lb a day when followed correctly. Not the homeopathic drops & diet of 500 calories as seen online, our drops are vibrationally charged & allow you 900-1100 calories a day. \$69.00 for 28 day supply.

Despite how it sounds, eating fat, HEALTHY FAT, helps you burn fat! Coconut oil or MCT oil (liquid coconut oil) and also omega 3 and flax oil are all essential fatty acids. Your body is more likely to let go of your fat if it is getting the EFA's it needs from other sources. You can also add chia, flax or hemp seeds to smoothies or other foods to up your good fats. Also apple cider vinegar has long been used for weightloss & is very cheap. It is not only loaded with minerals & helps you absorb nutrients better, it also lowers the glycemic load of any carbs you eat by up to 40%! So starting your meal with a salad with a little ACV & MCT oil is a great way to help lose weight. Fiber is filling, so you eat less, & also

helps slow blood sugar spikes. And we carry many thermogenic herbs that rev your metabolism, cayenne, ginger, cinnamon, turmeric to name a few! Come see us for all your health & weight loss needs!