

healing supplements

An excellent protein source is whey, a dairy product that provides all the essential amino acids. Many athletes drink whey-powder shakes after their workouts or as between-meal snacks.

One Amino at a Time

A reason to take individual amino acid supplements—essential and nonessential—is to combat specific ailments. Tyrosine, for example, strongly influences brain chemistry and has been used to battle stress, depression, and chronic fatigue, says Eric R. Braverman, M.D., author of *The Healing Nutrients Within: Facts, Findings, and New Research on Amino Acids*. Cysteine may enable HIV patients to fight infections,

concludes a study in *The American Journal of Physiology*. And arginine boosts nitric oxide, a compound that relaxes blood vessels and could be useful in treating coronary artery disease, reports the Mayo Clinic (though it may be counterindicated for heart-attack survivors).

Among the essential aminos, methionine might be helpful in treating symptoms of Parkinson's disease, and a report in the *Journal of the National Cancer Institute* found that BCAAs improved appetite in patients undergoing cancer therapy. As for more common conditions, lysine can prevent and relieve cold sores (a typical dose is 1,000 milligrams daily for outbreak prevention, going up to

three times per day for treatment), while phenylalanine may ease chronic pain (the usual dose is 1,500 mg daily).

Look for supplements prefaced with an *L*. This signifies a natural form that most closely resembles the amino acids in your body. (A *D* indicates a synthetic version.) Check with your doctor about dosage amounts and duration.

There's no evidence that taking amino acids is harmful—what's not needed is excreted. Too much protein, however, increases your risk of uric kidney stones and depletes calcium, Sass cautions. It also can be stored as extra fat—and that's something everyone finds nonessential.

"I Lost 27 Pounds By Eliminating the Toxins that Made Me Store Fat!"

It's true—harmful toxins in our air, water and food are causing you to gain weight. Even with proper diet and exercise, toxins halted Amie's metabolism, resulting in rapidly increasing body fat and low energy levels. Then she found DetoxaTrim™—the revolutionary detoxifying weight loss system designed to help cleanse your body, boost your metabolism and melt away pounds. DetoxaTrim began working immediately for Amie and continues to detoxify her body—even though she's reached her goal weight! The key is DetoxaTrim's three highly specialized nutrient blends.

Fight OFF Yeast and Flush Out Toxins

A recent university report reveals that 70% of people have colonies of bloat-causing yeast in their intestines, mouth—even on their skin! If your immune system isn't working properly, these yeast colonies may be creating a harmful 'Toxic Build-Up' in your body. The candida yeast and pH-correcting blend in DetoxaTrim normalizes your yeast levels and rids your body of the toxins that can cause uncomfortable bloating, gas, inflammation and weight gain.

Curb Hunger Pangs and Sweet Cravings

DetoxaTrim's powerful appetite control blend with television-acclaimed Hoodia Gordonii and a clinically proven diet-fiber, controls sugar cravings and hunger pangs that contribute to overeating, which causes unstable blood sugar and fatigue. Now you can feel fuller faster, and satisfy hunger without sweets!

Boost Your Metabolism Naturally

Clinically proven, all natural ingredients boost your metabolism, keep you energized and burn fat without jitters, helping you to maintain healthy weight loss and restore your figure.



Amie went from size 8 to size 2...
all while flushing pound-packing, fat-storing
toxins right out of her body!

Cleanse Your Body,
Boost Your Metabolism,
and... LOSE WEIGHT!

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