

## **How to lose weight the scientific way via Metabolic testing at Full Circle Fitness in Silver Spring, MD**

For a limited time only, the folks at Full Circle Fitness will offer metabolic testing for anyone trying to lose weight. This testing will determine your resting metabolic rate and what your exact caloric requirements are on a daily basis. By no longer dieting in the dark, your weight loss program will become much more effective than previously. The half hour test uses a sophisticated machine you breathe into that does all the complex calculations for you. Call Troy Baacke at Full Circle Fitness and tell him I sent you at 571-228-2852.

**The major causes of aging and degenerative diseases:** Oxidation characterized by an abundance of tissue damaging free radicals; Chronic Inflammation which plagues millions of Americans caused by pollution, food additives and a poor diet; Glycation caused by diets high in simple sugars, starches, various food additives such as trans fats; Abnormal Methylation found in up to 40% of Americans which produces the artery damaging homocysteine that has recently been recognized as more important than cholesterol as a cause of heart disease. These pathological reactions can be prevented by a diet of whole foods, limiting excessive sugary and starchy foods, avoiding most food additives such as MSG, aspartame, Splenda, high fructose corn syrup all tobacco products, and excessive alcohol consumption. The effects of all these reactions can be diminished and controlled by the judicious use of supplemental nutrients.

I recommend supplements for all health conscious people because so much of our food is grown on nutrient depleted soils due to intensive farming practices. Pollution in the air we breathe, water we drink and in the food we eat cause the reactions listed above. Research has demonstrated that certain nutrients like trimethyl glycine and folic acid are effective in combating abnormal methylation. Certain herbs like bitter melon and garlic lower blood sugar and so on. For these reasons I recommend supplementing with products formulated by the Life Extension Foundation. Their products are scientifically designed for maximum absorbability and effect. For instance, the medical literature indicates that a combination of fish oil and olive oil polyphenols is more effective in preventing heart disease than is fish oil alone. Furthermore, recent research findings have demonstrated that Omega-3 fatty acids found in fish oil reduce premature death risk by up to 85%. I am a distributor of Life Extension Foundation products which I can sell to you at low prices. If you are interested please call me, Steve Seater, at 240-888-5453.