

Information : now manage your diet your way : Zotrim / Natures Remedies Ltd.

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Natures Remedies.

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INFORMATION



Neatrim

now manage
your diet
your way



Now manage your diet your way

The primary cause of being overweight is eating more than your body needs. Zotrim is designed to help you manage how much you eat. Zotrim offers a way to help reduce weight gradually and healthily, as part of a weight and diet management programme. Having achieved the ideal weight, Zotrim can help maintain it.

The product with proof

Zotrim herbal supplement is the first slimming aid with full scientific proof* of its power to help lose weight. Zotrim works by helping you reduce your food intake, both during meals and between meals. **A clinical study by doctors, published in June 2001, involved 47 overweight people. The 50% that took Zotrim lost an average of 11lb over 45 days, compared to under a pound for those on placebo. Those continuing on Zotrim successfully maintained their weight loss over a full 12 months.*

Presentation and how to use

The unique Zotrim formulation contains extracts from three South American herbs - Yerba Mate, Guarana and Damiana. Zotrim is presented in two pocket containers of 90 tablets each. Take two tablets with a glass of water or other drink a few minutes before breakfast, lunch and your evening meal, or before you feel a need to snack. Aim to cut out snacks between meals as well as reducing the size of your main meals. We recommend six tablets daily.

How Long?

As the study demonstrates, Zotrim should be taken regularly until you reach your weight loss target. We recommend taking Zotrim for a minimum of a month, and for as long as it takes to change your eating habits.

How much you eat and what you eat

Zotrim is your ally in helping you manage how much you eat. But what you eat and how you prepare your food is very important. You have to control your calorie intake. In particular, cut down on fat, which has more than twice as many calories gram for gram as carbohydrate. Also fat tends to be stored whereas carbohydrate tends to be burned.

- Reduce your consumption of high-fat foods such as full milk, cream, butter, fatty meats, fried potatoes, crisps and nuts and substitute ideally with foods such as pasta, boiled potatoes, cereals and fruit.
- Choose reduced fat or low fat types of milk, cheeses and spreads.
- Grill rather than fry.
- Boil rather than roast.
- Avoid the consumption of foods containing large amounts of hidden fat and sugar, e.g. some biscuits and cakes, substituting with fruit or 'lite' snacks.
- Avoid missing meals. Always eat breakfast if you can.
- Remember alcoholic beverages often contain a lot of calories.

Exercise

Exercise is an important part of any energy balance programme and it is recommended that you follow an exercise programme appropriate for your age, weight and state of health.

The energy used in normal daily activities is important in helping to maintain a normal bodyweight.

Choose activities which use more energy, such as using the stairs and not the lift, walking to the shops, swimming and cycling. Make time during your day for some extra physical activity.

NATURES REMEDIES

Natures Remedies believes that local knowledge of the benefits of traditional herbs should be preserved and made more widely available.

Natures Remedies is a new company specialising in the manufacture and distribution of quality products made from Central and South American plants, particularly those from the rainforest, to help maintain and support well being.

Natures Remedies plant extracts have been sustainably harvested. In creating a demand for such products, Natures Remedies is contributing to a viable economic alternative to the destruction of the world's remaining rainforests.

Zotrim is an example of Natures Remedies bringing together the resources of the rainforest and the scientific standards of today in order to help you help yourself. Other products in our range include Cat's Claw for immune support and Rainforest Ginseng for energy and vitality.

Natures Remedies Ltd

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