

The Karma Diet



Things change once you reach middle age. Remember the days when you could party all night like a rock star and get up the next day and do it all over again and never gain an ounce? Those days are gone forever. With middle age comes the "middle age spread". You wake up one day and your hair has turned gray, there are wrinkles around your eyes, you've grown a mustache and you look in the mirror and the zombie apocalypse has stolen your body and replaced it with a bad year blimp. You are buying bigger clothes and rationalize it all in the name of comfort. People finally begin to appreciate you for your brain. You eat whatever you want and all you

want and 20 minutes later your body wants a nap. Could you be eating your way to being a diabetic? Diabetics have to take medication. Medication is expensive. Now you are going to have to pay the price to get healthy again.

So I called Nutrisystem. For about \$350 a month they will mail you a crate of not so tasty prepackaged meals. After 3 months of that, I just gained the few pounds I'd lost back and then some. Almost \$1,000 is out the window and you feel doomed to be a miserable fat failure for the rest of your life.

Then... along comes the HCG diet. HCG stands for Chorionic Gonadotropin, a hormone present in both men and women, but which is produced in great amounts in pregnant females. In non-pregnant people research shows increases the metabolism similar to a pregnant female. It originally came in drops or injections that you got from a doctor. It is now available at GNC in a capsule form which is also recommended that you take under the care of a physician. People all over town are losing weight fast but will they stay off once you stop taking the hormone?

A friend of mine has been losing weight with a brand new product that is made from raspberry ketone, she says it curbs her appetite so she eats much less. "Raspberry ketone, or RK, may stimulate the production of adiponectin, a hormone found in fatty tissue that improves our ability to metabolize fat", says Dr. Oz. My friend is experiencing significant weight loss with this product, she lost 10 lbs in a little over a week. The company that distributes it is so new that they don't even have a website finished yet. The product comes in a small convenient spray bottle, about the size of a lip gloss. You simply spray it into your mouth 6 times, just 20 minutes before eating a regular meal. The company also produces two other products that are also sprays, one is a B-12 instant energy spray and the other is a sleep aid spray. Very affordable. I was so excited about this product that I ordered a batch. If you are interested in trying this product send me an email at damislandgirl@yahoo.com, please include your phone number. What have you got to lose?



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