

Low-Carb Dieting & Eating Finally Made Easy!

Exclusive interview with “Dr. Carb” reveals the truth about low-carb dieting and a new discovery that helps cut carbs in the foods you eat...

Eating Well Without the Guilt—The Best Revenge

IN THIS EXCLUSIVE INTERVIEW, we’re going to be discussing the hottest subject in nutrition and weight loss today, carbohydrate foods, carbs—bread, pasta, pizza, potatoes, cookies, beer, chips...basically, the ones we all have trouble avoiding—and a new secret used by dieting pros and physicians to successfully and easily lose weight on low-carb diets.

After all these years, the late Dr. Robert Atkins has been proven right. There’s no question that low-carb diets produce weight loss. The problem is being able to stay on a low-carb diet and avoiding foods we all naturally crave.

Finally, there is an important new nutritional supplement called *Carb Cheater*™ that can help you to cheat without guilt—especially at those times when we indulge in carb-rich foods like pizza, pasta, breads, candy, and more. And you will. We all do. So why not enjoy more of those tasty “forbidden” carbohydrate foods?

This interview focuses on the best

carb-cutting formula today, *Carb Cheater*, which can help protect you when you indulge in carb-rich foods.

Essentially four formulas in one, *Carb Cheater* contains clinically tested and validated Phase 2® starch neutralizer, as well as 11 additional herbs and nutrients to support healthy glucose metabolism; for maintaining healthy blood sugar levels; and for natural high-energy support. Because it is both comprehensive and quality-oriented, *Carb Cheater* represents another great value for health-conscious shoppers.

The Scoop on Carb Blockers

Today, we’re a country obsessed with low-carb this and low-carb that, and yet, as we’ll find out with this special interview, there’s really no reason to be afraid of carbs, thanks to a remarkable new product called *Carb Cheater*.

Carb Cheater is the leader among an exciting group of weight-loss supplements called carbohydrate (“carb”) or starch blockers. When combined with

a sensible diet and exercise, these supplements allow you to enjoy eating carbs occasionally—yet, you safely lose weight by helping to reduce the absorption of calories from carbs.

We’ll learn more about this exciting new category of weight-loss products, and get the real skinny on carbs, from the one expert who’s so well versed in carbs and their use that he’s known simply as Dr. Carb.

His real name is Dr. Leonard Haimes, and this medical doctor and bariatric weight loss expert is currently the medical director of the Haimes Centre Clinic in South Florida. Dr. Haimes was eager to share his vast knowledge on carbohydrates, dieting and proper supplementation...

HL Some of us here at Healthy Living went grocery shopping the other night and came back to the office with bags of new low-carb products—everything from cereals to breads to cookies and crackers, and even ice cream. We tried some of them, and we have to tell you—they taste like cardboard! No taste, no flavor.

DR. CARB Well, you’re not alone—I’ve heard that same comment from dozens of people. The truth is, carbs give most of our food the flavor and taste that we crave. That’s why we eat them. But I agree with you—most of those low-carb foods are about as appetizing as the box they come in.

HL So, what’s the lowdown on carbs?

DR. CARB Well, I’ll offer you the Cliff Notes version, sort of Carbs 101. First of all, all the foods we eat are made up of three basic macronutrients: proteins, fats and carbohydrates.

The main purpose of carbohydrates is to provide energy or fuel for the body, a function that both proteins and fats also provide. Of the three—proteins, fats and carbohydrates—carbs are the least essential. They can be restricted or eliminated, and the body will continue to function just fine, although that’s not practical.

The reason why the Atkins Diet—and the South Beach Diet and other low-carb diets—are so popular is because people are losing weight, and they feel fine. This hasn’t always been

GET READY FOR OUR CARB QUIZ...

Can You Benefit from *Carb Cheater*?

If you agree with or answer yes to any of the following statements, then *Carb Cheater* can definitely help you. Let’s begin...

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1 I store my fat in my abdomen, while my wife stores her fat in her hips and thighs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Dinner doesn’t feel complete without dessert. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 I tend to get hungry about an hour or two after meals. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 For snacks, I prefer chips or a bagel over nuts or an apple. | <input type="checkbox"/> | <input type="checkbox"/> |

Remember—if you answered yes to any of these statements, then *Carb Cheater* can help you.

the case with high-protein and low-fat diets. But at the heart of this low-carb revolution is that people are depriving themselves of the tastes and flavors they've come to know and love—they're willing to give all that up to lose weight. *But they don't have to.*

HL *You mean, we don't have to give up the taste and flavor of our favorite foods? But can we really eliminate carbs from our diet? Millions of people out there simply don't have the willpower to stop eating carbs.*

DR. CARB That's it—you've identified the very reason why most of the population cannot sustain a strictly low-carb

lowering our carb intake is the most obvious solution, but practically speaking, we're all human and carbs can be our downfall.

HL *So, the trick is not only to lower our intake of carbs, but also to reduce the effects of the carbs we do take in.*

DR. CARB Yes, and that's the *Carb Cheater Phase 2* promise: making every meal a low carb meal. That's why I've been recommending it.

HL *Now, when we started researching and using Carb Cheater ourselves, we noticed that it's different from many starch- and carb-blocker products*

Our own review of *Carb Cheater* against dozens of competitors led us to reach a similar conclusion—this product represents the best of the best—for value, quality and efficacy—especially when it comes to surviving the low-carb craze.

way of life—it's not impossible, but it's awfully difficult, because what we cannot have, we crave.

HL *So, Dr. Carb, what's the answer?*

DR. CARB Well, let's take another look at Carbs 101: Carbs are broken down by our bodies and used as energy. What isn't burned as energy, is stored as fat. In men, the fat accumulates most often in the abdomen...and in women, it's the hips and thighs.

We all know that food portions have become larger and contain more calories than at any time in history—and many times we use restaurant portions as a measure for meals at home, meaning that our home meals are just as big as those we eat out.

So, a large amount of carbohydrates may be as simple as a six-inch turkey sub, a side of pasta and one chocolate chip cookie—that's 779 calories, with 96 grams of carbs. Most low-carb diets recommend a total of 20 to 60 grams a day.

HL *Wow, those carbs can really add up—and that's just from one meal. So, going back to our question—what's the solution?*

DR. CARB Well, the answer is simple:

because it neutralizes starch carbs using a breakthrough scientific discovery.

DR. CARB That's right, it's an extraordinary discovery known as *Phase 2*, and what it does is neutralize the starch-digesting enzyme, known as alpha-amylase. Let me explain how it works: It's been known for over 50 years that certain foods in their natural state—like raw wheat, for instance—contain small amounts of a specialized protein that attaches to this starch-digesting enzyme. The protein prevents the enzyme from breaking down or digesting the starch for a short period of time, neutralizing the starch. When this happens, starch simply passes through the digestive system in whole molecule form, without releasing the calories. The starch calories remain undigested, the same way fiber does, and are eliminated. *So, if you don't absorb the starch calories, you don't gain the weight.*

HL *Tell us about the research conducted on Phase 2 starch neutralizer.*

DR. CARB One of the most impressive studies that was conducted was a double-blind, placebo-controlled trial that involved 60 normal, healthy human

What Actual Users Are Saying About Carb Cheater...

“One tablet with my very first bite of food and the pounds have fallen off. I've noticed a great difference in not only my weight but also my blood sugar level. I've tried everything from patches to pills to sprays under the tongue—nothing worked until *Carb Cheater*.”

—Barbara Sarazin

“My main concern is to keep off the weight I've lost—*Carb Cheater* helps. It makes dieting manageable. *Carb Cheater* allows me to have some starch carbs on occasion, and still stay on course with my weight.”

—Helga Brown

“With *Carb Cheater*, I've been able to maintain my weight loss, while enjoying high carb foods and drinks. I also have high blood sugar and notice that *Carb Cheater* keeps my blood sugar at more normal levels.”

—Loren Cammette

“I've become very disciplined with *Carb Cheater* and have gone from a size 12 to a size 8 in just 3 months. I am trying to follow a low-carb diet and *Carb Cheater* works hand-in-hand with my diet.”

—Deborah Fontenot

“I've lost 15 pounds with *Carb Cheater* and went from a BMI of 35 to 24!”

—Vida Brough

“I take the *Carb Cheater* supplements every day as part of my weight maintenance program. I love breads and pasta and cannot give them up. *Carb Cheater* helps me maintain my weight loss without giving up the high-carb foods I love.”

—Gerald Musselwhite

“I can eat many foods and still lose weight with *Carb Cheater*. I started on a low-carb diet but couldn't stay on it. Now, I just take two *Carb Cheater* caplets and eat—and still lose weight!”

—Mary Jo Croft

“I've had a weight loss of 10 pounds. Because of *Carb Cheater*, I don't have to worry about carbs.”

—Linda Rossi

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volunteers—males and females that ranged in age from 20 to 45, all 11 to 33 pounds overweight. The patients were divided into two equal groups and they

were asked to take the *Phase 2* starch-neutralizing ingredient in tablet form or a placebo—which is just a blank pill—before a meal rich in complex carbohy-

drates. The volunteers maintained their normal everyday habits and by the end of the 30-day study, the participants who were given the actual *Phase*

Why We Rate Carb Cheater the #1 Carb-Cutting Supplement Available...

PRODUCT COMPARISON		
	Others	Carb Cheater™
Helps Neutralize Starches	Yes	YES
Additional Starch-Neutralizing Ingredients	No	YES
Helps Neutralize Simple Sugar Carbohydrates	No	YES
Additional Blood Sugar Supporting Ingredients	No	YES
Additional Cholesterol Support	No	YES
Natural Energy Support	No	YES



Proprietary Starch Carbohydrate & Sugar Carbohydrate-Neutralizing Blend

Phase 2—See article for detailed description

Gymnema Sylvestre—*Gymnema sylvestre* significantly helps to reduce the metabolic effects of sugar, helping to prevent the intestines from absorbing the sugar molecules during the process of digestion. This helps in maintaining normal blood sugar levels.

FenuLife®—FenuLife, providing the highest concentration of active constituents in fenugreek, has been shown in clinical studies to reduce blood sugar levels in both non-diabetic and type 2 diabetic subjects. It helps balance blood sugar absorption and prevent large spikes in blood sugar levels following meals.

Proprietary Blood Sugar Supporting Blend

Alpha-lipoic Acid—This unique nutrient is both water and lipid soluble. It has the ability to enhance the antioxidant activity of both vitamins E and C.

Recent studies show that alpha-lipoic acid functions to assist the body in sustaining normal blood sugar levels. It enhances glucose uptake in type 2 (non-insulin dependent) diabetics and helps inhibit glycosylation (the abnormal attachment of sugar to protein).

Green Tea Extract—Recent double-blind clinical studies have shown that green tea can aid in the lowering of cholesterol levels, increasing thermogenesis (the body's rate of burning calories) and enhancing fat oxidation.

A separate study showed a statistically significant increase in energy expenditure; plus green tea causes carbohydrates to be released slowly, preventing sharp increases in blood-insulin levels. This promotes the burning of fat.

Glucosol™—This nutritional aid has been shown in randomized, double-blind cross-over clinical studies to help promote lower blood sugar levels with no signs of adverse effects.

It also delivers antioxidant activity as strong as vitamin E, protecting cell membranes from lipid peroxidation by scavenging free radicals.

Vanadyl Sulfate (Vanadium)—This trace mineral is an essential element for the storage of glucose as stored energy, and the retrieval of the stored glycogen, later to be used as glucose for fuel for cellular energy. *Vanadyl sulfate* allows for a decrease in body fat due to a decrease in insulin, the anabolic hormone responsible for fat storage.

In recent clinical studies, *Vanadyl sulfate* has been shown to enhance many of the same anabolic processes controlled by insulin.

Chromium Chelate—The National Research Council reports in clinical studies that chromium is needed to help maintain normal blood sugar levels. It acts as a cofactor with insulin so that excess blood sugar is absorbed by energy-providing cells and is not converted into body fat.

Proprietary Herbal Energy Blend

Royal Jelly, Bee Pollen, Panax Ginseng and Eleuthero Extracts—Nutritional strength and vitality are packed into this super nutrient combination. This full spectrum complex delivers a powerhouse of energy-producing B vitamins, plus A, C, D and E.

Increased stimulant-free energy through natural sources is important during any weight-loss or calorie-reducing program.

The Carb Cheater formula actually SAVES you money—it is like buying “four products in one”!

Carb Cheater is unsurpassed as a carbohydrate-neutralizing formula. What we like about this formula is that it: 1) Serves as “four products in one,” actually saving consumers money and providing them with additional benefits beyond regular starch neutralizing; 2) *Carb Cheater's* proprietary formula utilizes only effective doses of its ingredients. This means the amount of each individual ingredient is in a result-producing amount as shown in the ingredients' clinical studies. This is substantial, as it is all too often we find many “combination” formulas only put trace amounts of many ingredients in their products to fool consumers into thinking they are getting a good deal or product—when actually they are getting an ineffective one. Not so with *Carb Cheater*. Only the best available ingredients in the effective doses that yielded results in the clinical studies are used; and 3) *Precise amounts* of these 12 individual ingredients are used to maximize effectiveness. This gives the consumer far better value than purchasing each of these separately.

2 ingredient lost an average of 6.5 pounds and experienced a 10.45 percent reduction in fat body mass. And that's very impressive—especially when you compare this to the placebo group, which lost only 0.47 percent of total body weight, and without significant loss in fat or body mass.

HL Is Phase 2 starch-neutralizing ingredient safe?

DR. CARB What the research has shown is that there are no significant adverse reactions, and no known drug interactions. *Phase 2* contains no harmful stimulants, so yes—to answer your question, the *Phase 2* ingredient is safe. All our research points to the fact that increased stimulant-free energy through natural sources is important during any weight-loss or calorie-reducing program.

HL How does the Carb Cheater formula differ from everything else?

DR. CARB Good question. What Health Direct did was to take *Phase 2* and advance it even further. *Phase 2* alone works with only starch or complex carbs—not simple sugar carbs, which are found in more foods. So, the researchers at Health Direct designed *Carb Cheater* to also help neutralize those more commonly eaten simple sugar carbohydrates. You might say that in the world of starch and carb blockers, *Carb Cheater* is the ultimate carb-cutting formula.

HL Speaking of advanced formulas, in reading up on Carb Cheater we noticed that it was really four products in one: 1) a starch neutralizer; 2) an enhancer for simple sugar metabolism (providing support for healthy glucose metabolism); 3) a supporter for normal blood sugar levels; and 4) natural high-energy support. Of course, what appealed to us about Carb Cheater is that it's all-natural, without any ill side effects or harmful stimulants—and that's important because of the recent scare with ephedra and other products.

DR. CARB Indeed, this is one of the big advantages of the *Carb Cheater* formula. It is so complete, and it really does offer value, quality, and science.

Carb Cheater works with any healthy

eating or weight-loss program to help maximize your weight loss, and it can also help maintain that weight loss after you've reached your goal.

HL Thank you, Dr. Carb. We understand that Carb Cheater isn't a license to gorge ourselves daily but, when used regularly, allows us to cheat without guilt or absorbing extra calories and putting on extra pounds.

Why We Rate Carb Cheater the #1 Carb-Cutting Supplement Available

Here's the bottom line: *Carb Cheater* really works and it actually saves you money. Often, many customers are fooled into buying low price *Phase 2* or "combo" carb blocking supplements that are not comparable to what *Carb Cheater* offers. The problem is that it would actually take you two to three bottles of these other *Phase 2* products, or you would have to get two or three different products, to give you all the carb neutralizing ingredients you get in one bottle of *Carb Cheater*.

Carb Cheater Contains 12 Carb-Cutting and Energy Supporting Ingredients

Health Direct decided to further advance the effects of *Phase 2* by creating a formula that can also help the body to better utilize and handle the negative effects of simple sugar carbohydrates (which *Phase 2* does not). Health Direct's proprietary formula and resulting product, called *Carb Cheater*, was developed to go beyond the weight loss and starch-neutralizing effects of *Phase 2*.

You may see other starch-neutralizing products available, but many of these don't contain the scientifically validated *Phase 2* starch neutralizer or *Carb Cheater's* proprietary combination of 11 additional ingredients (see a list and description of these ingredients on page 26).



These 11 additional supporting co-factor ingredients also help the body to neutralize the simple sugar carbohydrates, aid in the lowering of the glycemic index of foods, and help to support the maintenance of normal blood sugar, cholesterol and energy levels. *Carb Cheater's* proprietary and advanced formula serves as "four products in one" and makes it the most complete carbohydrate neutralizing supplement available.

Weight Loss, Naturally

Few people can continually resist eating carbohydrate- or sugar-rich foods they crave. By taking *Carb Cheater* with *Phase 2* when you eat these foods, you can limit some of the negative effects they can cause you.

Carb Cheater gives you confidence that when you dine out you're not going to wake up in the morning filled with regret and additional weight. ■

THE DOCTORS' PRESCRIPTION...

Carbohydrate neutralizers are definitely the most significant discovery in the history of weight management and blood sugar control—and maybe even in many other associated areas of health. Anyone using low-carb diets, or wanting to lose weight, should consider including them as a valuable aid.

Of the carbohydrate neutralizers available, we recommend *Carb Cheater*, with its proprietary formula of 12 clinically studied nutrients. *Carb Cheater* is a complete carbohydrate neutralizing formula that also helps support the maintenance of normal blood sugar, cholesterol and energy levels. It is like receiving "four products in one" and is by far the best value for consumers.

Availability...

To learn where to obtain Carb Cheater in your area, call Health Direct toll-free at 1-800-597-0078*, Department HC-104. *Carb Cheater* also comes with a money-back guarantee.

*Retailers and health professionals interested in carrying *Carb Cheater* can call 1-800-520-3772, Dept. WHC-104.