

Fire up your metabolism

EAT the right food and exercise to speed up your metabolism and burn more calories.

RECENTLY, detoxification products have been touted as a great weight loss aid. If something sounds too good to be true, it probably is. While you may experience weight loss almost instantly, the results are seldom sustainable as the initial weight loss is not fat loss, but water loss as you end up rushing to toilet all day long. Hence, detoxifying to lose weight is actually a commercial gimmick; it doesn't help you burn fat.

Excess fat in the abdomen area is not only physically unhealthy, it doesn't bode well for one's image. Some overweight women experience irregular periods.

The body needs fat to function properly. Fat is the body's "factory of energy storage". The more fat cells you have, the higher the chance of you getting fat. Females have about 10% more fat than males, and it is no wonder then that women have to work harder to get rid of fat, especially after age 25 and after delivering a child.

Fat is an energy-dense nutrient; 1g of fat can store nine kilo calories while 1g of protein or carbohydrate can only store four kilo calories. When we consume more calories than we need, the excess calories is stored as fat and accumulates around many areas in our body.

Speed up your metabolism

The natural and healthier way to lose weight is to increase our metabolic rate so that more calories are utilised by the body, and your body can burn stored fat as fuel. Always make sure that your calorie intake is no more than the calories needed by your body if you want to maintain your ideal weight. This is a basic weight-loss formula that you should practice to get a healthier and slimmer.

Active metabolism

An active metabolism is important for

men and women as it is not only connected to the body's ability to burn fat faster but also helps improve blood circulation which



Always ensure your calorie intake is less than your body's calorie needs. Do that regularly and you'll be on your way to getting a svelte figure and a sexy tummy.

is good for general well-being.

A person with a higher metabolism rate normally has better digestion as more energy is used to digest food completely. As a result, the risk of having a bloated tummy is lessened.

Of course, exercise is always the key in any weight-loss plan. We should try incorporate exercise into our routine. Even 30 minutes of light exercise will burn about 300 calories. Add simple tasks into the daily routine, like taking the stairs instead of using the elevator, or walking down the hall to talk to someone in the office instead of calling them on the phone or e-mailing them. Even gardening and housework can help you burn calories. Make an effort to fire up your metabo-

lism. The more active your metabolism, the faster and more calories are burned. This way, you can gain the "capital" to eat more. Always take less calories than your body needs.

NH Detoxlim

NH Detoxlim is made from 100% natural plants extract. It's a tummy-reducing supplement and is your best choice to shape up your body safely and effectively!

It's the only slimming product available in the market that is invented with Bio-technology. This tummy zipper works to break down stubborn fat around the abdomen, hips and thigh area and convert them into energy. The supplement is said to have the ability to effectively block fat and carbohydrate; it works well to overcome weight loss plateaus that usually occurs within a month of starting a weight loss diet. It doesn't have harmful side effects or contain

chemical substances. It has been approved by the Ministry of Health Malaysia, certified halal and has met International GMP standards.

Take three capsules each day before lunch or dinner. It's that easy!

Now, with the purchase of this tummy zipper, you are entitled to take part in the "Slim & Detox Yourself to Win A Holiday!" contest. The prizes include a 3D2N exclusive holiday package in a luxury island resort for two. Send in a completed entry form with required proof of purchase to NH Detoxlim before Nov 30, 2009. Grab a pack now and join the contest!

This article is brought to you by NH Detoxlim.

Mask solutions

FACIAL masks are great for the skin as it improves circulation, and moisturises the skin. Murad facial masks are great for the skin; using them is also a great way to relax. Facial masks are usually used once or twice a week; it cleans the face, tightens pores, or brightens and exfoliates the face.

First, wash your face with Murad cleansers. Then, apply one of these Murad masks:

- Hydrating Gel Mask replenishes dry skin on contact. Sodium Hyaluronate draws and holds moisture for up to 24 hours to plump up fine lines and restore suppleness while natural anti-inflammatories calm and reduce redness and irritation.

- Exfoliating Fruit Enzyme Mask smoothens, softens and hydrates the skin. It also helps retexture and reveals newer, healthier skin by dissolving tired surface cells. It balances oily and dry zones to improve texture and reveal healthy-looking skin.

Papaya extracts and pineapple juice enzymes exfoliate dead surface cells. Pomegranate and Ginkgo Biloba extracts fight free radicals, inflammation and restores the skin's healthy glow.

- Clarifying mask boosts acne-fighting power and is great for oil control. Rare earth clays, Kaolin and Bentonite, purify and clean the skin by absorbing impurities out of the pores.

- The intensive resurfacing peel is the closest thing to a professional chemical peel available over the counter. Its brightening and smoothing effects, which are similar to a chemical peel, are enhanced by gentle Bamboo Bead microdermabrasion. Your skin will look younger and feels smoother after just one treatment.

For more information on Murad products, visit www.cnbeauty.com.my, call 1-300-88 8826 or email to info@cnbeauty.com.my.



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"TruDtox is the answer I've been looking for to relieve me of my stomach bloatedness and discomfort. I have tried so many different products but after drinking TruDtox, I could feel the difference. I felt so much lighter, cleaner and better."

Rose Khaw, Homemaker

**EASIEST DETOX!
WORKS GENTLY**

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- ✓ Promotes regular bowel movement
- ✓ Flattens tummy
- ✓ Relieves bloated & gassy stomach
- ✓ Promotes health, vitality & energy



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* HWB 2009 Best Detox Tea, HWB 2008 Best Selling Health SKU Available at pharmacies nationwide. A Product of LiveLife.