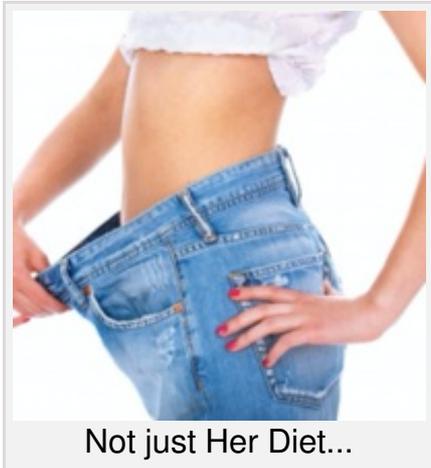


# eWellness magazine

## Not just Her Diet...

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Not just Her Diet...

The summer is blooming and almost everybody around is looking for the best and only way to quickly lose weight. The FDA's new guidelines suggest, that Americas have upped their exercise time, from 30 minutes three times a week, to 60 minutes most days of the week. That sounds like a lot, but all you need to do, is find something you really enjoy doing, like walking or rollerblading, and before you know it 60 minutes has gone by in a flash.

Having a healthy diet is also a good way to lose weight. The secret of dieting revolves around eating fewer calories than what is expended while adding that daily 60-minuet exercise routine. Unfortunately, this concept seems so simple that people don't believe it's possible. Eating less involves teaching oneself how to identify real hunger from simple cravings.

Hunger is the sensation that sends signals to the brain that stomach is empty. This often results in headaches and may also accompany lightheadedness. When a person is truly hungry, it is easy to determinate what to eat. However, if it's still hard to decide what you really want for dinner, this is a sign that you are not hungry enough to even start your appetizer. Eating only when you are hungry is the first step to permanent weight loss. Learning to stop eating before the stomach is too full is a skill, which overweight people have obviously not yet mastered. The easiest way to distinguish when your hunger has been satisfied is to eat slowly and drink liquids in between each bite. It is also best to always leave some food on the plate; this shows good table etiquette and lowers your calorie intake. This is the beginning of weight loss, but sometimes, small portions or diets are not enough.



Another diet and a new training routine, give no expected effects? Here is something new and worth a thought...

For decades, women have grown more self-conscious about their figures and health. *"Finding products that were designed and formulated with women in mind has been a struggle we all have endured. Every woman wants a beautiful physique, but the Western diet and lifestyle make this nearly impossible. Tearing away from foods and habits we've grown accustomed to is no easy feat. But with time and diligence, you can overcome your weight loss goals. Proper diet and exercise are essential, and offer quicker results when using products like HERdiet's Carb &*

**Fat Attack.” – said Michael Founder of Herdiet company.**



**“HERdiet’s Carb & Fat Attack is an exceptional product that is designed specifically for a speedy, but healthy method of weight loss. It uses key ingredients that are all natural and safe for consumption. The three notable ingredients include white kidney bean extract, garcinia cambogia extract, and cascara sagrada.” – she said.**

**So what's ‘So’ Great About this Product? Let’s find the power of three...**

**All of the ingredients used in HERdiet’s Carb & Fat Attack aids in weight loss. Here is a quick overview, of why you should be excited about this all-natural weight loss formula:**

**Garcinia Cambogia is quite popular among female celebrities. It is a unique herb, that consists of HCA (hydroxycitric acid), which acts as an enhanced fat-burner. It also blocks enzymes known as citrate lyase, which is responsible for fat creation. So in a sense, you're getting double the benefit – melting the fat off and preventing new fat from forming!**

**White kidney beans also act as carb blockers, which is great news for women who, every now and then, like to indulge in starchy foods. When you eat starches, one of two things happens – it is digested or it’s left in your gut undigested. The calories aren’t properly absorbed, leading to weight gain.**



**Cascara Sagrada is a powerful herb, which offers a variety of health benefits. It was chosen for this product because of its laxative properties. It detoxes the body, getting rid of harmful toxins and excess fat.**

#### **How it Work**

**This along with the other ingredients, like apple cider vinegar and Aloe Vera, all work synergistically together to help you shed pounds and look your best! It's recommended that you take this supplement before meals and make sure to drink a cup of water. The dosage is two capsules per serving. Just make sure not to exceed two capsules per meal and avoid taking it with more than two meals per day.**

***“Start today and use the products consistently. There is no supplement in the world that can help you if you don't use it consistently. If you need to, have a spouse remind you or sit the products on your office desk or even put a post-it note on your bathroom mirror but take the products as directed.” – said Michael***

#### **Appetite Attack - another helper**

**You want to be leaner and healthier, but your cravings sometimes get the best of you? These small slip-ups can cause big problems for your weight loss journey – in some cases leading to the return of pounds once lost. Why should you have to suffer, because you wanted to reward yourself with a slice of pie or cake?**

**HERdiet's Appetite Attack is a two-in-one dietary supplement that helps with shedding pounds and suppressing your hunger. Your appetite can be a deal breaker for your diet and exercise regimen, so make sure you're doing your part to keep sugary, starchy sweets at bay!**



### So What's 'So' Great About this Product?

The all-natural ingredients are what make HERdiet's Appetite Attack worthwhile. Each one plays a role in helping you with your weight loss goals. Here's a quick overview of the benefits you'll reap from taking this supplement:

Raspberry ketone has grown in popularity over recent years, because of its weight loss capabilities. It's believed that it aids in the metabolism of fatty acids, found inside of fat cells. It helps you shed weight, and converts fat into energy, which you'll need to workout – a win-win!

African mango extract is the ingredient that helps to suppress your overall appetite. It also has other benefits like promoting healthy cholesterol and breaking down fat.

The Acai berry had all the attention in the healthy community for the past few years and for a good reason. It's a miraculous fruit that is filled with antioxidants. This means it will detox your body of harmful free radicals and help clean out your colon – something every woman who's serious about weight loss should do. Additionally, it also fights inflammation, which is an added bonus for your cardio and weight training routines.



### How to Use this Product

HERdiet's Appetite Attack is the ideal supplement for any woman who's determined to lose weight. It's a natural way to control your appetite, boost your metabolism and speed up weight loss. Use this in conjunction with a healthy diet and workout regimen. *“These products are not drugs that you use for a short amount of time until you're 'cured'. These are natural products that are part of a lifestyle change that will consistently supply your body with what it needs to function better. Although you may notice some benefits almost immediately, you must consistently use the products for at least 90 to 120 days to have any hope of experiencing the full range of benefits.”* – said Michael

About the company: Almost 2 years ago, HERdiet began the journey of formulating supplements that would help women lose weight and feel better about themselves. HERdiet started out with the pink capsules that everyone just adored. The concept was simple, eat less and burn more calories. The formula, created in the laboratory, was designed to help us in these 2 areas. Adding products 1 by 1, led to a 13 product line ranging from weight loss to hair and nail, from better sex and larger breasts, to relaxation. HERdiet now serves thousands of customers a day and is looking at what other supplement needs can be addressed in the future.

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