

Take Charge of Your Metabolism today!



Both of these women weigh the exact same weight, yet one of them burns more calories than the other, even in her sleep! Why? Because she has more **lean muscle mass** than the other person.

Genetics, medications, aging, and even dieting can cause a person to lose lean muscle mass.

To restore and maintain your ability to build muscle and burn more calories even while sitting or sleeping:

1. You must eat a balanced (carb, fat, protein) diet for your body composition.
2. You must have *optimal digestion* of proteins.
 - Genetics- Some may have a genetic factor such as weak pancreatic function.
 - Aging- By age 60, fifty percent of the population lose their ability to digest protein effectively (this can start as early as 20 years of age.)
 - Medications- Antacids can reduce the ability to digest protein by 70-90%. Antibiotic usage can reduce the proper environment in the intestines (an important part of digestion.)
 - Dieting- Improperly reducing protein in the diet will cause a loss of muscle not fat, further reducing your ability to burn calories. This is why dieting causes a person to regain the lost weight.

There are solutions for all of the above! Talk to your pharmacist.

Break Free from dieting and TAKE CHARGE today!