



The Truth About Dieting and Diet Supplements

At Herbal Nutrition we have been selling a variety of diet supplements for over 15 years. As we have a passion for herbal supplements and natural remedies to improve health and wellness, we have used most of these supplements ourselves, as have many people we work with and know.

So, after all this time and study, we want to share our beliefs about diet supplements and their use and effectiveness. First, we would point you to the thousands of reviews posted to our website and other marketplaces like Amazon, etc. You can tell from these reviews that diet supplements benefit many people. There are also some people that do not get the results they desire!

Why is this and what is the difference between success and diet failure? What we believe is that many people fall for the false late-night advertising claims on TV, that you can take the pill and not change your eating or exercise habits and still lose weight. In our opinion nothing could be further from the truth. This is false advertising at its worst and broadcasters should not allow this, as it is very bad for public health.

From our experience diet supplements work as a part of a complete diet program. They can accelerate weight loss, curb desire, block fat absorption, etc. depending on the specific supplement. From people we have worked with over the years, great success stories have come from a three-pronged attack in a successful diet plan:

1. **Control calories and carbohydrates.** The main benefit here is to change your body into fat burning mode, instead of fat storing mode. Sometimes a person needs a jump start, and we recommend following a Weight Watchers or Atkins-type eating regimen. You don't have to join the programs and pay fees - everything you need to know is now available for free on the internet. We prefer the Atkins approach - limiting daily carbohydrate consumption. It will guide you into changing how you eat forever. You can download free apps (try [KetoDiet](#) available free in the Apple app store) that will track and tell you how many carbohydrates are in each food you eat, making it very easy to know calories, carbs, and fat content of each food /meal. It's important to check everything you put in your mouth, as some things are sneaky, contributing to carb and calorie counts, including supplements like pre-workout formulas etc. Knowledge is power in controlling your diet!



2. **Exercise** is also an important component, as it acts as an enhancer of weight loss through triggering the body to burn more calories, carbs, stored fat, etc. Even incorporating a daily walk will benefit your diet. The average person burns 150 calories in a 30-minute walk; doing that every day will burn off the calorie equivalent of 1.2 pounds per month. Walking also provides other excellent health benefits, including a decreased risk of disease and improved mood. The popularity of fitness trackers that track steps and other activities are beneficial by encouraging increased activity levels, giving feedback and awareness, and helping to avoid sedentary lifestyles.

However, if for health, injury, or other reasons you cannot exercise all is not lost. It is important to know, *you do not have to exercise to lose weight!* In this case you will have to rely on the other two prongs of your diet plan. In any case, add exercise to your diet plan if you can, and the more exercise the better.

3. Use a **dietary supplement** that works for you. Each diet supplement works differently, as we stated earlier; some curb cravings (mental effect), some suppress appetite, some block fat storage, some help burn fat, etc. Do some research and pick a supplement that will benefit you where you believe you need help. Good examples are **Saffron Extract**, which helps reduce the desire to eat, or **Forskolin Extract** that helps with Lipolysis (mobilizing fat burning during fasting or exercise). Since everyone has a unique body chemistry, what works for one person may not work for another. You should experiment and try different supplements to find the one that works for you. That is why we give educational information on our website about each product. Don't get discouraged if one supplement doesn't seem to help, try another.



One final thing about your personal health condition. There are a number of medical conditions that can cause weight gain or make it more difficult to lose weight. That is why you should consult a doctor before engaging in a weight loss program or taking dietary supplements. Knowing your personal health condition is critical if you are struggling to lose weight. If your doctor is one who does not believe in herbal supplements, find one who does. A growing number of physicians are embracing herbal remedies. Many are more holistic and even prescribe and sell them as part of their practices today!

In closing... diet supplements can produce weight loss but *not if you are eating a box of doughnuts every day!* We think of diet supplements as enhancing weight loss or tackling a specific issue you are trying to overcome as part of your complete diet plan. Our advice is, plan and execute your 3-pronged weight loss program! As part of your plan try various diet supplements until you find one that works for you. Lastly, call us at Herbal Nutrition if we can help in any way.

Your Friends at Herbal Nutrition! Visit us: [Herbal Nutrition!](#)