

Fitness mom creates Macro Greens™, helps son lose weight and regain health

by Sylvia Ortiz

The fake smile couldn't hide the sadness in his eyes or the extra weight his body carried. My 15-year-old son was obese and depressed. I knew his weight would lead to health problems. I had been obese too and knew firsthand what he was going through. I had to do something, so I created Macro Greens™.

Macro Greens™ was formulated for people like my son and me who have weight and diet problems—not just for health and fitness experts and body builders. A super food supplement that contains no allergens, Macro Greens™ provides complete nutrition, builds health, cleanses the body and tastes great. With Macro Greens™, I lost nearly 100 lbs. and my son lost more than 80 lbs. while lowering his body fat from 30 to 12 percent. I feel so proud when I see him now: he walks tall and is a truly vibrant, healthy young man with a new, positive self-image!

CONTROLLING APPETITE AND CRAVINGS—NATURALLY

So many of us have been frustrated by weight gain after a successful diet, or by the inability to lose weight at all due to appetite, cravings, or simply an inexplicable plateau in weight, despite changed eating habits. All of these frustrations can be explained by a body out of balance. If the body is starved—not only of calories, but of any critical

nutrients—it will resist efforts to lose weight. Your body is only trying to protect you! But once your mind and body get on the same page, so to speak, weight loss becomes easy, and weight maintenance—second nature.

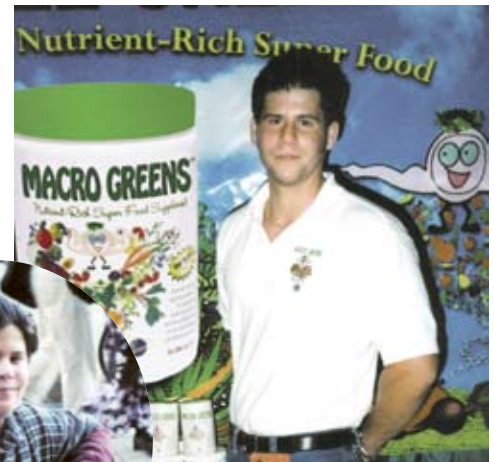
Even if your diet prevents excess hunger, you may be driven to eat outside of your diet by cravings caused by your body not getting the nutrients it needs. And, even if you are successful in resisting appetite and cravings and are able to lose weight, your health can suffer severe consequences in the form of susceptibility to disease, extreme fatigue, lack of sleep, frequent minor illness, and just about any other bodily or mental discomfort you can imagine. With a pill or an overdose of protein, you can suppress your appetite, but at what cost? For your health, we submit for your consideration—control your appetite as nature intended, and reap far greater benefits than weight loss alone.

THERE IS A SOLUTION...

In order to correct and prevent the cravings for carbohydrates, there has to be proper hydration and proper blood sugar control, while at the same time keeping the levels of heavy, dense foods to a reasonable amount.

By using Macro Greens™ mixed in a drink, the product becomes light and

When I saw the photograph, I asked myself, "How can I help my son?"



extremely hydrating, yet fulfills all nutritional needs. This activates the neuroendocrine system, which sends a signal that the person is satisfied.

Macro Greens™ provides lasting health benefits while keeping you satiated, so that your overall health improves the longer you use it, thus making it easy to maintain your weight through your renewed energy and lack of illness and other physical discomforts.

GREENS-ONLY PRODUCTS VS. MACRO GREENS™

Many people use vitamin and mineral tablets to maintain energy or as an aid in weight loss, but Macro Greens™' unique formula not only supplies whole food nutrients, but also cleansing elements essential for weight loss, so it is equally as detoxifying to the body as it is health building.

There are many causes of weight gain or resistance to weight loss. Pure greens in themselves are not adequate to meet the needs of the different metabolic imbalances that people suffer from. Some of the many conditions that hamper weight loss include: thyroid, adrenal and pituitary disorders, insulin imbalances, congested liver, acidic system, acidosis, and failed ATP production. Macro Greens™ has been formulated not only to supply barley grass and other greens supplying protein, vitamins, minerals and chlorophyll, but also to balance the multiple systems of the body with carefully chosen herbal blends; each play an important part in the overall health and needs of the body. Macro Greens™ is a health builder, and the only greens that is completely balanced, as would be a balanced diet. ■

MACRO GREENS™ FOR YOU

Editor's Note: We compared Macro Greens™ to other popular greens products like Pro Greens, Green Vibrance, Magma Plus and GREENS+ and found that it compared exceptionally in terms of barley grass, spirulina, and chlorella, as well as probiotic and herbal content. So Macro Greens™ is not only one of the best tasting and most complete green drinks, but also represents a great value when compared with these other products.

Using Macro Greens™ for Weight Loss—Consume two or three glasses a day.

Availability—Macro Greens™ is available at health food stores nationwide. For a free sample and a \$2.00-off coupon, or if you need help in finding a store in your area, call MacroLife Naturals, Inc. toll-free at (800) 521-5867 or visit www.macrogreens.com.

