

LOSE 10 LBS AS EASY AS

1-2-3!

Fitness innovator Sylvia Ortiz shares with you how she shed 10 lbs using Macro Greens™.

by Sylvia Ortiz

MY STORY

Over 10 years ago, I found myself stuck in a frustrating, demoralizing struggle. As a fitness innovator, the shape and health of my own body is vitally important both personally and professionally. Yet for years I carried 10 extra pounds that I just couldn't lose. I would eat well and exercise for a few weeks and the weight would drop. But then the day would come when my sugar cravings would return and I'd give in. I would then find myself back in the cycle of alternating between sugary, salty and fatty foods until I would gain back all the weight I worked so hard to lose. Does this sound familiar to you? Well, I found a way out that truly works.

HOW MACRO GREENS™ MAKES THE DIFFERENCE

Macro Greens™ is a concentrated powder combination of alkalizing, nutritious, immune-boosting and harmonizing ingredients. Barley grass, the main ingredient in Macro Greens™, has a strong alkalizing effect on the body. *The alkalizing effect of Macro Greens™ was the key factor in solving my weight-loss problem.*

Blood pH and Weight Loss

The American diet and lifestyle contribute to creating an acidic blood pH. Stress, lack of sleep, over-exercising, coffee, refined carbohydrates—all have an acidifying effect on the body. The problem is that the body requires a slightly alkaline pH level (7.4) to perform optimally. When the blood pH

drops into an acidic range, the body responds by protecting artery walls with plaque and storing acid in fat stores. Consequently, the body does not easily release fat. However, if you alkalize and your blood pH normalizes, the fat stores do release as the body no longer needs them for protection. This is exactly what happened when I incorporated Macro Greens™ into my daily routine.

Carbohydrate Cravings

An acidic blood pH may also lead to carbohydrate cravings. Unhealthy bacteria and fungi thrive in an acidic environment. For example, yeast (i.e., "candida") populations explode in acidic environments and feed on carbohydrates. A person who has an overgrowth of yeast in their body will actually crave the refined carbohydrates that feed the yeast. However, if the same person balances their pH by drinking Macro Greens™, the unhealthy bacteria and/or yeast populations normalize and sugar cravings disappear. This made a huge difference for me. Without sugar cravings, I was finally able to stick to my meal plan successfully.

MACRO GREENS™ FOR TOTAL HEALTH

Not only did Macro Greens™ provide me with a way to lose the weight, it also improved my health. The formula contains more than barley grass—there are 37 additional ingredients that nourish the body at the cellular level and provide A to Z nutrition. For many years now, I've enjoyed greater energy, increased mental clarity and stronger immunity to illness. I've enjoyed both good health and weight loss. And it was as easy as 1-2-3!

RESOURCES

Macro Greens™ is a powdered mix that blends easily into water or juice, turning your favorite drink into a powerhouse health enhancer. People tell us it is the best-tasting green powdered drink. So if you want to be really healthy, be sure to drink your greens every day! Macro Greens™ is available at health food stores nationwide. For a free sample, or if you need help finding a store in your area, call toll-free at (800) 521-JUMP (5867) or visit www.macrogreens.com.

Here's exactly what I did. And believe me, if it worked for me, it can work for anyone!



THE PLAN

What changed for me and allowed me to lose the weight permanently was incorporating Macro Greens™ into my daily routine. That's it. Macro Greens™ alkalizing effect and resulting diminished carbohydrate cravings allowed me to stick with my healthy food plan and the weight just came off naturally. The best part is that for as long as I have continued with my Macro Greens™ routine, it has stayed off. So far, that has been for 10 years!



STEP 1—Mix 8 ounces of organic apple juice with 24 ounces of purified water. Add 2-3 tablespoons of Macro Greens™. Mix together and pour into a quart container. Refrigerate. Drink one 8 oz glass of the Macro Greens™ mixture three times a day, at least one-half hour before breakfast, lunch and dinner.

STEP 2—Focus on making healthy food choices and portion control at mealtimes.

STEP 3—Add more physical activity to your day.