

OVEREATING + LACK OF EXERCISE= BESITY

According to the World Health Organization, there are more than a billion overweight adults, at least 300 million of them obese. Being overweight or obese increases the risk of many diseases and health conditions, including:

- High Cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, & colon)

Introductory

Special!

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Based on the American Cancer Society's 2002 estimates for cancer incidence, cancers linked to obesity comprise approximately 51% of all new cancers diagnosed among women and 14% of all new cancers among men.

With these startling statistics in mind, Youngevity[®] introduces Slender Fx[™] which contains a highly bioavailable proprietary blend of polysaccharides and esterified fatty acids that assist the body's metabolic processes while supporting energy levels, when used in conjunction with reduced caloric intake and a regular exercise routine.

An easy way to gauge your health is to compare your current height and weight to the BMI chart. Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat.

The World Health Organization reports, "Raised BMI also increases the risks of cancer of the breast, colon, prostate, kidney and gallbladder. Chronic overweight and obesity contribute significantly to osteoarthritis, a major cause of disability in adults." The Health and Human Services released the 2005 Dietary Guidelines stating, "To reduce the trend toward obesity, most adults need to eat fewer







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