

Supplements that Fight fat!

Sure, sugar is sweet. But it's also loaded with calories that raise your blood-sugar level, signaling your body to store fat! Is there any way to satisfy your sweet tooth without packing on pounds? Yes! Just . . .

1 Fill up first with glucomannan.

An all-natural fiber pill made from a Japanese plant, glucomannan reduces blood-sugar levels by 28% for at least two hours if taken before eating sugary or high-carb fare, recent research shows. "Glucomannan holds more water than almost any other fiber, so it makes you feel full faster and slows the absorption of glucose into the bloodstream," explains Keegan Sheridan, N.D., a naturopathic doctor in Beverly Hills, California.

Rx: 1 g., 20 minutes before each meal.

2 Try chromium picolinate.

"This essential mineral helps your body use sugar better and reduces cravings by regulating insulin production," explains chiropractor Ellen Cutler, D.C.,

author of *The Food Allergy Cure*. No wonder a large-scale review of recent chromium picolinate research concluded that taking it can reduce body weight by up to 1-1/2 pounds a month.

Rx: 200 mcg.-400 mcg. per day.

3 Cut fat cells with kidney beans!

Take an extract made from white kidney beans before eating starchy foods, such as potatoes and pasta, and you'll stop an enzyme in your body from converting those starches into sugar, say University of Scranton researchers.

Result? Fewer sugar calories that can be stored as fat cells!

Rx: 1,200 mg. of a product that contains the extract, such as Phase 2 Starch Blocker, before meals.

Take American ginseng, too!

Taking 1 gram, 40 minutes before a high-carb meal, can lower blood-sugar levels by 11%, a Canadian study shows.