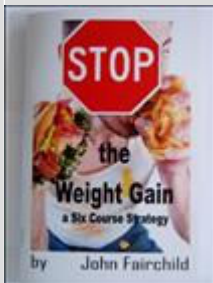




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4,000 foods---including brand name
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help you stay motivated and provide
positive support to keep you on track.
*Stop guessing and track the right
way.*

articles, and weight loss tools. You will also get tips on how some of my clients changed their lifestyle and overcame barriers with small steps.

Please pass on my website to your friends, co-workers and family members. www.weightlosscoaching.org I put a lot of research time into unveiling true information that will help you stay healthy and control your weight. Thank you for taking time out of your busy day to learn about how you can become a happier and healthier person.

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**"The Secret" video clip-enjoy
a happier, healthier life:**

As seen on Oprah.

<http://www.youtube.com/watch?v=L8seTj0i4mY>

Featured Food Corner

Kiwi

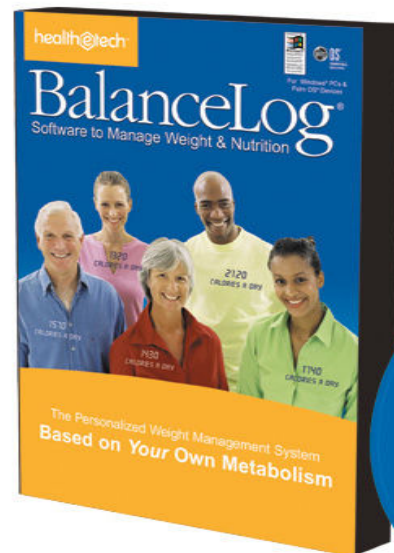


Peel with a paring knife and slice.

Add kiwi to green salads.

Serve sliced kiwi and strawberries, and top with low fat yogurt.

Mix small cubed kiwi, orange and pineapple together to make chutney that can be served on chicken or fish.



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**Feature
Article:**

**Liquid
Calories**

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/?Liquid-
Waistline&id=426666](http://ezinearticles.com/?Liquid-Waistline&id=426666)

Kiwifruit
1.00 each
76.00 grams
46.36 calories

Nutrient	Amount	DV (%)	Nutrient Density	World's Healthiest Foods Rating
vitamin C	57.00 mg	95.0	36.9	excellent
dietary fiber	2.58 g	10.3	4.0	very good
potassium	252.32 mg	7.2	2.8	good
copper	0.12 mg	6.0	2.3	good
magnesium	22.80 mg	5.7	2.2	good
vitamin E	0.85 mg	4.3	1.7	good
manganese	0.08 mg	4.0	1.6	good

World's Healthiest Foods Rating	Rule				
excellent	DV >= 75%	OR	Density >= 7.6	AND	DV >= 10%
very good	DV >= 50%	OR	Density >= 3.4	AND	DV >= 5%
good	DV >= 25%	OR	Density >= 1.5	AND	DV >= 2.5%

Helpful Sites

For up to date calorie counts and exercise tips

Visit:

www.calorie-count.com

www.caloriesperhour.com

www.calorieking.com

www.nutritiondata.com

www.mealsmatter.com

Check out the new flavors of Splenda

http://splenda.com/page.jhtml?id=splenda/products/flavor_blends_coffee.inc

The new [Food Guide Pyramid](#) Guidelines

www.mypyramid.g

Helpful Food Products



Six delicious varieties in all.

Example food label: Pesto Pasta Primavera

Yellow carrots, sweet red peppers and peas served over Kashi 7 whole grain penne pasta with a basil pesto sauce and shredded parmesan cheese.

Ingredients:

Cooked multigrain penne pasta (water, whole wheat durum, oats, wheat, rye, brown rice, triticale, barley, buckwheat), water, pesto (basil, expeller pressed canola oil, water, parmesan cheese [milk, salt, cultures, enzymes], garlic, sea salt), peas, carrots, sweet red pepper, garlic (garlic, water), basil, rice starch, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), evaporated salt, dehulled barley flour, soy flour.

Allergen Statement: CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Diabetic Exchange: 1 lean meat, 3 carbohydrates, 1 fat

Kosher Certification: not Kosher

Nutrition Facts:

Serving Size: 10 oz (238g)

Servings Per Container: 1

Amount per Serving	%Daily Value
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Calories 290	
--------------	--

Calories from Fat 100	
-----------------------	--

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Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 750mg	31%
Total Carbohydrate 37g	12%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 11g	10%
Vitamin A	20%
Vitamin C	30%
Calcium	15%
Iron	15%



New Mrs. Dash® 10-Minute Marinades are the first fast-acting marinade sauces that are salt-free, with no MSG! And like all seasonings from Mrs. Dash, our 10-Minute Marinades are made with an all natural blend of 14 herbs and spices and a touch of real fruit essence. From bold, beefy steak marinades to our zesty chicken marinades, each of our four varieties add just the right flavor to any dish at a moment's notice. Just pour it on, and in ten minutes bake, broil or grill to create a healthy, tender and delicious meal.

Mrs. Dash® 10-Minute Marinades are great for dips,

sauces and side dishes, too!



South Beach Diet™ Wrap Sandwich Kits are quick, appetizing lunch solutions, for home or on-the-go, available in five mouth-watering varieties. The kits include the perfect blend of high-quality ingredients - lean meats, reduced fat cheeses, soft tortilla wraps and flavorful sauces or dressings.

You can have two wraps with dessert for 250 calories or less.

They are an excellent source of protein and a good source of fiber.

Try New Sesame Chicken Wrap - with lean chicken breast cuts, crispy wheat noodles, Mandarin Orange Sesame dressing with soft wheat tortillas.

10 Health Promoting Foods

1. Berries

Reach for berries for a powerful dose of health-protecting antioxidants. According to a U.S. Department of Agriculture study, blueberries top the list of antioxidant-rich fruits, followed by cranberries, blackberries, raspberries, and strawberries. The color of berries comes from the pigment anthocyanin, an antioxidant that helps neutralize "free radicals" (cell-damaging molecules) that can help lead to chronic diseases, including cancer and heart disease. Enjoy a cup of berries each day, as a snack; atop your cereal or yogurt; in muffins, salads, or smoothies; or as frozen treats.

2. Dairy

Dairy foods are not only the best food source of dietary calcium, but also have plenty of protein, vitamins (including vitamin D), and minerals. The U.S. government's 2005 Dietary Guidelines recommend having three daily servings of low-fat dairy products, as well as doing weight-bearing exercise, to help keep bones strong and prevent osteoporosis. (If you can't tolerate dairy, other calcium-containing foods include legumes; dark green leafy vegetables such as kale, broccoli, and collards; and calcium-fortified soy products, juices, and grains.)

Beyond strong bones, dairy may also help you lose weight.

Research is ongoing, but a few studies have shown that three daily servings of dairy -- as part of a calorie-controlled diet -- may help decrease belly fat and enhance weight loss.

Low-fat dairy foods make excellent snacks because they contain both carbohydrates and protein.

"Dairy foods are perfect snacks for diabetics and everyone else because [they help] maintain blood sugar levels," says Bonnie Taub-Dix, MA, RD, a spokeswoman for the American Dietetic Association.

Whip up a smoothie with low-fat milk or yogurt, a splash of orange juice, and a handful of berries for an energizing meal substitute or anytime snack.

3. Fatty Fish

The fat found in fish like salmon and tuna is rich in omega-3 fatty acids, which can help protect your heart. The power of omega-3s appears to be their ability to lower blood fats and prevent blood clots associated with heart disease.

The American Heart Association recommends eating at least two servings of fish (especially fatty fish) at least twice a week. "Eating a diet rich in fatty fish can help reduce the risk of cardiovascular disease," says Lichtenstein.

4. Dark, Leafy Greens

Dark, leafy greens -- everything from spinach, kale, and bok choy to dark lettuces -- are loaded with vitamins, minerals, beta-carotene, vitamin C, folate, iron, magnesium, carotenoids, phytochemicals, and antioxidants. A Harvard study found that eating magnesium-rich foods such as spinach can reduce the risk of developing type 2 diabetes.

Make your next salad with assorted greens, including super-nutritious spinach or other dark-colored greens.

5. Whole Grains

Grandma urged us to start the day with a bowl of oatmeal, but did she have any idea that the soluble fiber from oats helps to lower blood cholesterol levels?

Whole grains include the nutritional components that are typically stripped away from refined grains. They contain folic acid, selenium, and B vitamins, and are important to heart health, weight control, and reducing the risk of diabetes. Their fiber content helps keeps you feeling full between meals as well and promotes digestive health.

Enjoy at least three servings a day of whole-grain goodness: whole wheat; barley; rye; millet; quinoa; brown rice; wild rice; and whole-grain pasta, breads, and cereals. The daily recommendation for fiber is 21-38 grams, depending on your sex and age, according to the American Dietetic Association.

6. Beans and Legumes

These nutritious nuggets are packed with phytochemicals; fat-free, high-quality protein; folic acid; fiber; iron; magnesium; and small amounts of calcium. Beans are an excellent and inexpensive protein source and a great alternative for low-calorie vegetarian meals.

Eating beans and legumes regularly as part of a healthy eating plan can help reduce the risk of certain cancers; lower blood cholesterol and triglyceride levels; and stabilize blood sugar. Beans also play an important role in weight management by filling you up with lots of bulk and few calories.

Think beans when making salads, soups, stews, or dips.

7. Nuts

Nuts are full of fats. But they're the healthy, mono- and polyunsaturated kind, which can help lower cholesterol levels and help prevent heart disease. In addition, nuts are a good source of protein, fiber, selenium, vitamin E, and vitamin A.

Small portions of nuts can boost energy and beat hunger, helping dieters stay on track. Still, nuts pack plenty of calories -- and it's easy to overeat these tasty treats.

So enjoy nuts, but be mindful of your portion size. Try to limit yourself to an ounce a day. That's about 28 peanuts, 14 walnut halves, or just 7 Brazil nuts.

8. Sweet Potatoes

One of the easiest ways to make a healthful dietary change is to think "sweet" instead of "white" potatoes. These luscious orange tubers are one of the healthiest vegetables, boasting a wealth of antioxidants; phytochemicals including beta-carotene; vitamins C and E; folate; calcium; copper; iron; and potassium. The fiber in sweet potatoes promotes a healthy digestive tract, and the antioxidants play a role in preventing heart disease and cancer. Its natural sweetness means a roasted sweet potato is delicious without any additional fats or flavor enhancers. Substitute sweet potatoes in recipes calling for white potatoes or apples to boost the nutrients.

9. Tomatoes

These red-hot fruits of summer are bursting with flavor and pack a nutritional wallop with ingredients such as lycopene, an antioxidant that may help protect against certain cancers. They also deliver an abundance of vitamins A and C, potassium, and phytochemicals.

Enjoy tomatoes raw, cooked, sliced, chopped, or diced as part of any meal or snack. Stuff a tomato half with spinach and top with grated cheese for a fabulous and colorful side dish.

10. Eggs

Their cholesterol content once led to bad press for the mighty egg, but research has redeemed it. It turns out that saturated fat (eggs have little) plays a bigger role than the cholesterol in food in elevating our blood cholesterol.

Eggs are packed with economical, high-quality protein, and are an excellent source of the carotenoids lutein, choline, and xanthin. In fact, eggs are one of the best sources of dietary choline, an essential nutrient -- especially for pregnant women. Eggs have been shown to supply nutrients that promote eye health and help prevent age-related macular degeneration, the leading cause of blindness in older people.

The American Heart Association has given eggs the thumbs-up for healthy people. As long as you limit your average daily cholesterol intake to 300 mg, you can enjoy an egg a day.

Eggs are adaptable to every meal. Enjoy eggs for a quick meal, or pack a hard-boiled egg for a tasty, high protein snack.

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health.