

Interview Questions for *The Natural Fat-Loss Pharmacy*

Why should a person who is overweight considering taking a weight-loss supplement? What's the advantage? Is it worth it?

- People don't need to lose just a *little* weight—they need to lose a lot—20, 30 or more pounds. Supplements help.
- Science shows they can work; why not take advantage of their metabolic power?
- Has anything worked up to now? Try something new!

What are some of the secrets of supplements people aren't aware of?

You can achieve a significant level of fat loss *without* any dieting or exercise.

You can use them to burn enough daily calories prevent weight regain—a sad fact suffered by 95 of people who lose weight.

You can stop *muscle loss* at middle-age—a near-universal problem that results in middle-aged spread.

Most dieters lose calorie-burning *muscle* during calorie-restriction rather than fat. Supplements can turn that situation around.

What are some of the supplements featured in *The Natural Fat-Loss Pharmacy*, and how can they help someone lose fat and weight?

- CLA—you can lose 5 pounds of fat and gain 2 pounds of muscle without dieting or exercise.
- Green tea extract—burn 180 more calories a day, feel more alert, plus use one of the most powerful antioxidants.
- Chromium—balance blood sugar, control hunger, prevent diabetes, particularly good for overweight diabetics, and that's a lot of people
- 5-HTP—control carbohydrate cravings, reducing intake by 1000 calories a day
- Carbohydrate-inhibitors—stop starches from turning into fat.
- HMB—retain muscle and help avoid middle-aged spread after 45.
- MCT—prevent weight regain
- HCA—control appetite, and get off a weight-loss plateau
- Chitosan and soluble fibers—feel fuller more quickly at a meal, and less hungry in the hours afterwards

Wow, you recommend a lot of supplements, can folks take them all at once?

- One or two at a time are best.
- Try one for a month or two. If it doesn't work, try another.
- Customize use. What's your weight-loss goal? Cut down on overeating carbs? Prevent menopausal weight gain? Fit the supplement to your situation.

What's the most anyone should try to lose in a week? Don't supplements like these encourage a faster weight loss that tends to be regained quickly?

- Fast weight-loss can be effective—studies show, for example, that people on very-low-calorie diets (particularly the very overweight) have better long-term results than people on more moderate regimens.

- Weight-loss supplements have the power to boost the efficiency of *whatever* diet you're on—Zone, Weight Watchers, South Beach, Sonoma.

How long should a person take supplements?

It depends on the supplement. If you constantly overeat carbs, for example, you may benefit from a lifetime regimen of 5-HTP. If you don't get enough fiber, chitosan can help you day after day. If you have insulin resistance or type 2 diabetes, chromium is a must. Find the supplement that fits your lifestyle and health, and consider sticking with it.

There are many different supplements in *The Natural Fat-Loss Pharmacy*. How can a consumer decide which one is right for them?

- Work with your doctor
- Try one for a month and see if it works for you
- Use the program in *The Natural Fat-Loss Pharmacy*

Can you tell us any interesting stories about people who had success with one or more of these supplements?

- Harry tell story of working with African-American women, and chromium.

Is weight-loss the only benefit of these supplements, or do they affect health in other ways?

- Lower cholesterol, with soluble fiber
- Control high blood pressure, with chromium
- Powerful antioxidants, thereby reducing the risk for many different diseases, including Alzheimer's, osteoarthritis, cancer
- Normalization of mild to moderate asthma, with CLA

We've heard so much about the possible *harmful* effects of herbal weight-loss supplements, like ephedra. What makes the supplements featured in *The Natural Fat-Loss Pharmacy* safe?

- Clinically tested.
- On the market for many years.
- Toxicology studies.

What about prescription weight-loss drugs? How do they compare in effectiveness and safety to the supplements featured in *The Natural Fat-Loss Pharmacy*?

- As a rule, natural supplements are as or more effective, and *safer*.
- Dr. Preuss's professor at Vanderbilt, and the 5-year rule: don't prescribe any drug until it's been on the market for at least 5 years.
- So many prescription drugs recalled.

Should a person work with a doctor when taking any of the supplements featured in *The Natural Fat-Loss Pharmacy*.

- Yes, always best.
- Organizations to contact listed in NFLP.
- Doctor who supports your efforts and doesn't nay-say the supplements; doctor willing to partner and learn

Does *The Natural Fat-Loss Pharmacy* include advice on diet and exercise, or are supplements sufficient for weight-loss?

- They're not sufficient.
- Intelligent calorie control, by concentrating on high-volume, low-calorie foods
- Use of pedometer

If you could say one thing to our audience about your book and taking weight-loss supplements, what would it be?

If you've tried and tried to lose weight, and failed, it's time for a new approach—a helping hand. Supplements can play an important role in success, and NFLP let's you know what they are and how to use them for maximum results.