

# ***Kent Brown Fitness Newsletter***

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## **Holiday Food Time**

As the holiday season approaches, now is a good time to consider how best to enjoy the season and also do the least amount of damage to our waistline, and all the hard work we have done all year. Although moderation is always advised, there are also some products that can help us to minimize the impact of all that good food we are bound to over indulge in. Off the top of my head, two very useful products come to mind:

- Digestive aid
- Appetite suppressant

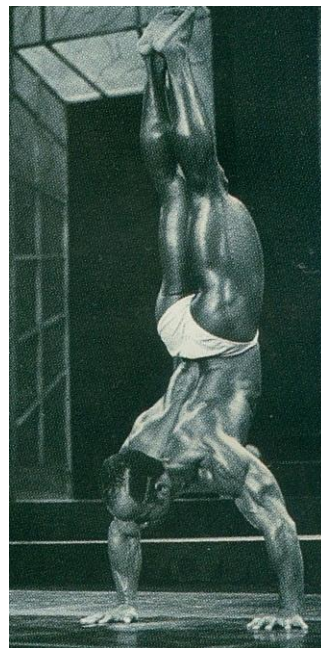
These are two very different supplements. A digestive aid helps your system process food by adding enzymes. Cooked food lacks enzymes and is therefore difficult for your stomach to digest. Adding a good enzyme supplement to your food regime facilitates digestion. It can also help reduce your blood sugar level which can be a positive factor for those with diabetes.

On the other hand, a good appetite suppressant addresses several issues:

- Block fat absorption
- Suppress appetite
- Metabolize sugar

A good product would contain both Potassium and Chromium to help accomplish these tasks.

Anyone who is interested in learning more about these products can contact me directly. I am always here to help you,



***Mr. Fitness***