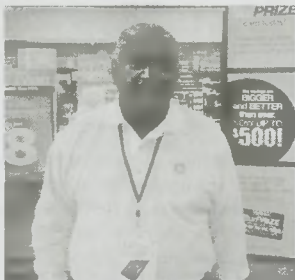


## How To Lose That Fat Gut

By John Raye

[continued from page 13]



Here I Was Pregnant  
4/30/14

"While going through a family scrapbook, I came across a recent picture that had me looking like a baby elephant", he said. "Orooking, more or less, like a baby whale", he said laughing.

Williams can joke and laugh about his once oversized gut because he has plenty of company. Fat people with big guts can be found everywhere. Everybody knows people who are burdened down with sagging bellies. "I'm short but a big belly on a man is be he a six-footer or a five-footer just doesn't look right. It sends the wrong message, almost like you can't control yourself", said Williams. "And if you can't control your mouth and your belly, it's pretty clear you really don't have full control over your mind," he said.

Being overweight is not only unsightly and unhealthy, it's downright dangerous. For example, 73% of adults and 43% of all children in the nation are obese, according to the Center for Disease Control.

Being overweight increases the risk of diabetes and high blood pressure as well as increased risk of stroke, heart disease, arthritis and cancer. Ten years ago, my wife dealing with high blood pressure, high cholesterol and obesity went down with a right brain stroke. However, by God's grace, she survived and today has become a passionate health and wellness advocate.

Research shows that at almost every income level, African-Americans are sicker than whites and dying at a significantly higher rate and have shorter live spans than people in Chile, Barbados, Bahamas and Jamaica. Obesity may well be considered African-American's worst enemy. Some studies suggest that 4 out of 5 Black women, for example, are either overweight or obese. This should not be the case because we can choose, as Shakespeare said, "to be (fat) or not to be" (fat).

"I can show anyone how to leave the big belly club if they are willing to follow my example, said Williams who recently left the belly club by using a weight management program consisting of the Forever Living Clean-9 products.

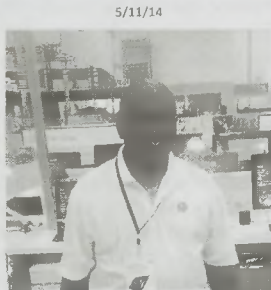
"It involves four extremely powerful herbal products especially formulated to help you lose the fat around your stomach in just 9 days", he noted. "You decide how much weight you want to lose, then just follow

the instructions on how and when to use the Clean-9 products", he said.

"The four products in the Clean-9 pak are: the Kosher-Halal aloe Vera gel, the Garcinia Plus, a bottle of Bee Pollen and a can of Lite Ultralite with Aminotein. You will definitely lose the pounds provided you follow the directions they give you in an easy to read little handout. I know it works because you can look at me and see...and seeing is believing. My big fat belly is gone, and I don't ever intend to be back in the belly club again", said Williams.

Most people, including myself, dislike being overweight. Losing weight is the hardest thing for any person, male or female, to do. But after watching the amazing results shown in Williams's before-and-after photos, I decided to go on the Clean-9 program myself.

I know that chauffeuring myself around with an extra 30-35 pounds stuck to my mid-section is bad for the heart. It is also bad for the mind because you become what you think and feel.



Here I Delivered  
In 11 days thanks to  
Forever Living Products  
Clean 9 Products!

Today marks my 2nd full day using the Clean-9 products. How do I look? How do I feel? Look at my before-and-after picture in the next 9 days. Then you will know what I know! The answers become self-evident.

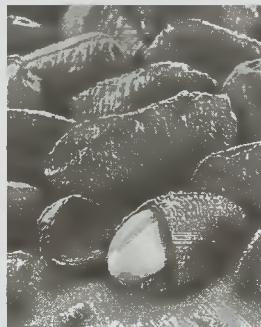
--John Raye, a life-wellness-health and business coach, is an 8 year cancer survivor. He lives in Kernersville, NC (336) 782-8383. (johnraye.myflpbiz.com).

**DO  
SOMETHING  
TODAY  
THAT YOUR  
FUTURE SELF  
WILL  
THANK YOU  
FOR.**

## Why You Should Go Nuts for Nuts

By Rachel Grumman Bender

[continued from page 6]



### Brazil Nuts: Potent Cancer Protector

Just one Brazil nut packs more than 100 percent of the daily value for the mineral selenium, which may help prevent certain cancers, including bone, prostate, and breast cancer. A recent study in the Journal of Medicinal Food suggests that the selenium found in Brazil nuts, along with soy, may help fight prostate cancer by inhibiting the growth of cancerous cells. However, don't overdo it on Brazil nuts: High levels of selenium can be harmful, so stick to a serving or less.

Serving info: 5 to 6 nuts = 185 cals, 18 grams fat



### Macadamia Nuts: The Most MUFAs

Although ounce for ounce they're one of the most calorie-dense nuts, macadamia nuts contain the greatest amount of heart-healthy monounsaturated fat (MUFA) per serving. "This 'good fat' lowers LDL 'bad' cholesterol levels and blood pressure," says Bauer. A Pennsylvania State University study (funded partly by the Hershey Company, which owns the Mauna Loa Macademia company) found that people who added macadamia nuts to their diets reduced their triglyceride levels, total cholesterol, and LDL cholesterol by nearly 10 percent.

Serving info: About 10 nuts = 200 cals, 22 grams fat

*Life is SHORT  
Reach your GOALS*



### Pistachios: The Skinniest Nut

Pistachios are the most slimming nuts, with less than four calories each. Their shells make them especially dieting-friendly: "Eating them in the shell automatically slows down your pace so the snack lasts longer and you eat less overall," says Bauer. They may also help you breathe easier: University of Texas M. D. Anderson Cancer Center researchers found that eating two ounces of pistachios daily may reduce lung cancer risk. Pistachios are rich in the antioxidant gamma-tocopherol, a form of cancer-fighting vitamin E. Pistachios are also packed with potassium, a mineral essential for a healthy nervous system and muscles, and are a good source of vitamin B6, which can lift your mood, fortify your immune system, and more. Serving info: About 50 nuts = 160 cals, 14 grams fat. Hazelnuts: More Than Just Coffee Flavoring

An all-around healthy nut, hazelnuts are notable for their high levels of monounsaturated fats, which can improve cardiovascular health and help to manage type 2 diabetes, according to Bauer. They're also rich in the antioxidant vitamin E, which may prevent cataracts and macular degeneration, maintain healthy skin, and reduce risk of dementia.

Serving info: About 21 nuts = 180 cals, 17 grams fat

### Yo!, No Low Riders Allowed!

**FACTS:**  
Young men were molested by older and stronger inmates. They became suicidal because of what happened to them. Prison officials took away their belts to prevent them from hanging. That ended up being a symbol that the young man was actually someone's GIRLFRIEND!

This style began in PRISON!

### SAGGERS



This is not cool! It's a disgrace!  
Sagging is "Not Cool!"  
It is unacceptable  
to girls,  
women and ladies!