

Reginald Irby (l) and Reginald Gabriel, both distributors of the Bahamian Diet, profess a motto: "Helping you develop healthier habits is our primary goal." (Photo By Teresa Simmons)

Dick Gregory's Slim Safe Bahamian

Diet Products Distributed Locally

By Teresa Simmons
Post Managing Editor

With a total of 75 million Americans considered to be overweight, to some extent it seems probable that the fastest growing industry in this country is health and nutrient related.

The latest in diet and maintenance plans is the Dick Gregory's Slim Safe Bahamian Diet. Released for distribution a little over a month ago, there are already several entrepreneurs selling the powder substance.

Two of the distributors include Charlotteans Reginald Irby and Reginald Gabriel. Both are natives of the Queen City and became vegetarians seven years ago.

"The ingredients are all derived from vegetable sources...everything is natural, no synthetic chemicals or dyes," Irby commented. "The diet takes off the unwanted pounds in body fat instead of muscle fat."

Distributed by the Cernitin America, Inc., Dick Gregory combined his internationally famed 4X formula with all-natural substances: including carbohydrates, fat, dietary fiber, high quality vegetable protein, plus 100 percent of the US RDA of vitamins and minerals. Potassium has also been added to adjust for a typically rapid lost while dieting. In all, over 50 nutrients are contained within the dietary product.

The yellowish powdery substance can be mixed with any type juice or mixed with ice, pieces of fruit for a sort of milk-shake effect.

The nutrients in the formula most definitely are the key to the claim of curbing your appetite.

The reason the Bahamian Diet can curb your appetite, Gabriel explains, is because of the abundance of nutrients. "The nutrients effect your body and change what you crave - these nutrients curb hunger pains and that's the key."

If the body maintains a proper nutritional level it considers itself "full."

That explains why Americans can be overweight but at the same time suffer from malnutrition. "Americans are well fed but are undernourished people on the whole," stressed Irby.

"Being overweight is caused when we go beyond the natural trigger. Your body says, 'I've had enough, thank you.' But Americans, by overloading, don't hear that trigger. Being full or stuffed is not natural." "The overall idea," Irby explained, "is that by eating less you live longer. Now scientists have proven that periodic fasting gives our systems time to cleanse and relax. And the theory that we must eat three times a day is a fallacy."

The Bahamian Diet can be used as a gradual or a seven-day rapid weight loss program.

The gradual weight loss is accomplished by drinking the formula, mixed with juice, three times a day and eating one balanced meal, preferably at lunch.

The seven-day rapid weight loss requires one to drink the formula mixed with juice three times a day. You must drink eight glasses of water per day with each diet as well. Gregory explains in the Bahamian Diet booklet that the water helps to cleanse your system during periods of weight loss.

The diet outline also includes an exercise schedule of walking - with an outline for people with no previous exercise, light exercise and medium exercise regimes. There are also explanations of proper breathing techniques and "Dick Gregory's Slim Affirmation," which is, in essence, a sentence you repeat to yourself each day in psyching yourself to the point of becoming slimmer.

Dick Gregory, known as the "health prophet" in Sweden, is

perhaps the best example of the success of the 4X formula and the Bahamian diet.

He has been using the product for 12 years. He is well-known for his fasting efforts for political reasons and for starving individuals in the world. Once, after a 70-day medically supervised fast where he ingested only the formula used in the Bahamian Diet, he walked and ran 100 miles from New Orleans to Baton Rouge, La. (By drinking only water, people have been known to die of starvation within 55 days.)

Gregory is an author, lecturer, actor, humorist and philosopher. He has become one of the leading experts on nutrition and diet control and authored, "Cooking With Mother Nature," a best-seller for several years.

At one time Gregory weighed about 300 pounds, smoked four packs of cigarettes and drank as much as a fifth of scotch daily. Years ago he drastically modified his diet and now epitomized the transformations the human body can achieve.

Both Irby and Gabriel have been following the nutritional teachings of Gregory for years. They both have other professions, but took on the distribution of the Bahamian Diet and other Cernitin America, Inc. products such as the Flower Pollen, for energy and Ventrux Acido, intestinal bioculture to spread the word about nutrition. "People come first," Gabriel commented. "One reason this product is not being sold in stores is because distributors have a one-to-one contact with individuals. We can more adequately explain what is given. We can give more knowledge about the product and we are there to aid. Making people more health conscious is our effort. The spirit of truth can only come when the body is pure. The body is the Temple of God and to corrupt it is sin."

For more information about the Bahamian Diet (\$19.95) or about flower pollen, call Reginald Gabriel at 536-4225 or Reginald Irby at 331-5057.

Fraylon To Compete In Classic

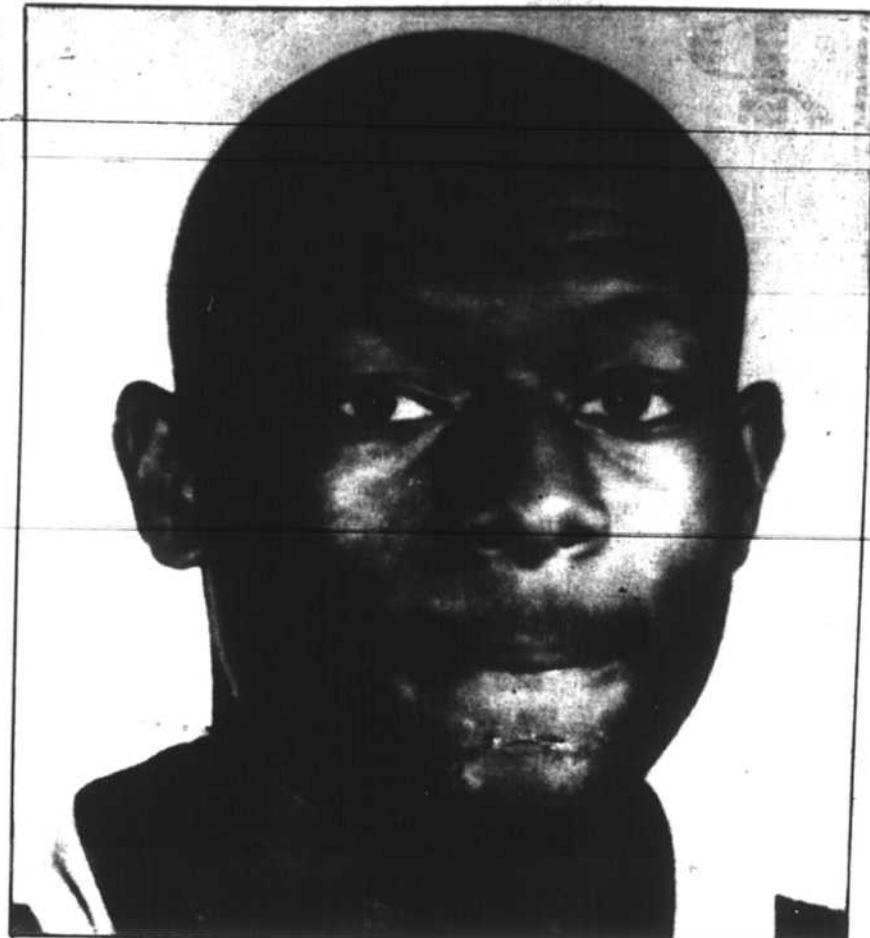
Led by North Carolina Central passing wizard, Gerald Fraylon, eight CIAA All-Stars have been invited to the Freedom Bowl All-Star Classic which will be played in Atlanta-Fulton County Stadium January 12.

A 6'2", 175-pound native of Charlotte, Fraylon has established new career marks in passing and total offense. He threw for 1,585 yards this past season to increase his career aerial yardage to 5,794. His career total offensive yards totaled 6,620.

The four-time, All-CIAA "Offensive Back of the Week," will be coached by Bethune-Cookman's Larry Little. The other CIAA participants are -offensive tackle Ernest Hines of Norfolk State, running backs Anthony Johnson of Norfolk State and Jo Jo White of

Livingstone, linebackers Samuel Grooms of Virginia Union and Leon Smith of Norfolk State, and free safety Mark Robinson of Virginia State. Place-kicker Fardad Sayyarpour of Hampton was also named to the team.

The CIAA participants will be members of the MEAC All-Stars in a contest which pits the MEAC-CIAA All-Stars against an All-Star squad made up of players from the Southwest Athletic Association and the Southeastern Intercollegiate Athletic Association.



Gerald Fraylon
.....All-Star Classic nominee

This will be the second staging of the event.

North To Host Financial Aid Information Workshop

For high school students contemplating college, now is the time to start preparing. On Wednesday, January 9, North Mecklenburg High School's Guidance Department will host a Financial Aid Information Workshop in the school's Media Center beginning at 7 p.m.

Do you have pictures of dormi-

tory rooms and shelves of books, dancing in your head? If so this can become a reality for you through proper planning. Information on financial aid forms, grants, scholarships and loans will be given out during this important work-

shop. Dan Shive, Director of Recruitment and Financial Aid at Wingate College, will conduct this workshop. If additional information is needed, please contact the guidance department at 875-1545.

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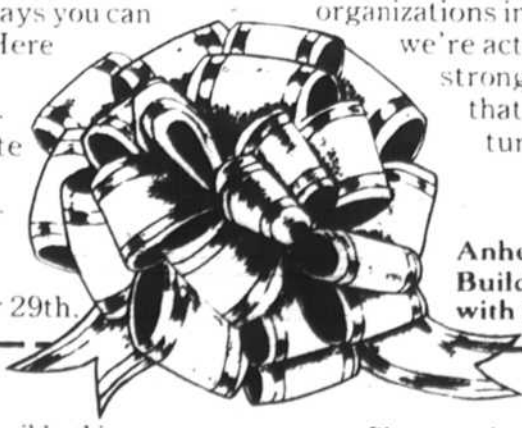
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