

**Have You Helped Your Heart Today?
Weight Loss – Slow and Steady Wins the Race**

Recently, on the back page of the local news section of a daily paper there was a full page piece about a “Major Weight Loss Breakthrough – rare vegetable reduces the pot belly, waist hips, BMI and weight without changing your diet or physical activity” .You have to look at the top of the page at tiny print to see that this is an advertisement from Bio Tech Research.

The active ingredient *Caralluma Fimbriata* is extracted from an edible cactus that grows wild all over India. In regard to clinical studies the ad says “the best safety study was done by Asian natives for hundreds of years which showed not only no adverse side effects but actual health improvements.

A web search to the Purdue University website identifies the plant as a “famine food” eaten as an appetite suppressant and to enhance endurance during times of famine in the semi-arid regions of India. The participants in the “clinical study” use this herb only in times of famine.

If you take the pills marketed at *Bio-SpeedSLIM* as suggested you will probably feel less hungry and have more energy, but when you stop taking them, if you haven’t changed your diet or level of physical activity, don’t expect any of the benefits to last. Do you want to take *Bio-SpeedSLIM* for the rest of your life?

BioTech Research also advertises the following products: Colon Health Complex to “rid your body of unhealthy toxins, EdenPURE “the best air purifier ever” and EdenPure portable home heaters that will cut your heating bill up to 50%. It looks like Bio Tech Research is a marketing company which promotes a variety of products.

Remember Ephedra. Just because a product is natural doesn’t mean it’s safe over long periods of time and safe for everyone. If it seems too good to be true, it probably is too good to be true.

For more information contact Healthy Heart Program at the Columbia County Department of Health. 828-3358 ext 1314