

Reaching Your Healthy Natural Size

Your Essential Supplements, Inc. 2005

We chose the term *Healthy Natural Size* to describe a healthy weight and body fat percentage. In order to be healthy it is important that you aren't carrying around excess body fat. Neither should you be lacking the proper amount of body fat. In most cases your natural size doesn't mean you're going to you look like a Hollywood movie star!

The "ideal" body type, particularly for women, has been drastically altered and affected by the entertainment industry and the media. A desperate need has been created in most women to achieve what they're led to believe is "perfection." But the problem is that show business bodies are very difficult to achieve and not necessarily healthy. They require rigorous dieting, massive amounts of exercise, and nine times out of ten cosmetic surgery is needed to finish the job. Many actresses resort to starvation diets just before starting a new film. We'll talk more about how harmful a starvation diet is.

The number one pre-occupation most women have with their figures is probably their stomach. A board-straight, flat stomach that is described by cosmetic surgeons as "tight as a drum" is virtually impossible to achieve through diet and regular exercise. Stomachs like these are flaunted constantly on television and in magazines as advertisements for various weight loss programs and products. What you aren't told is that the "model" or even the actual customer who lost weight with the product never could have reached that "tight as a drum" stomach without a tummy tuck, as any plastic surgeon will tell you. Most viewers don't understand this and struggle fruitlessly to achieve the same results through diet and exercise. But it will never happen for them.

Let's look at "starvation diets." Popular starvation diets consist of eating the lowest calories possible and treat food as if *all* foods increase body fat – the "calorie theory" of weight gain. But it's not food in general that makes you fat; it's the kind of foods you eat that either adds body fat or doesn't. There are foods that do not add excess body fat no matter how much of them you eat.

There's been a general misconception that dietary fat makes you fat, but this is not at all true. Dietary fats don't add *excess* body fat, but there's more to it than that. Healthy dietary fat *will* put necessary body fat in all the *right* places. This is especially evident in women who may see increased bust, thigh and hip size when increasing their healthy fat intake. This added voluptuousness is completely natural, and yet it contradicts what Hollywood and the media insist is the "ideal body." A woman may reach her healthy natural size, but she may not be happy with her shape simply because it doesn't match the popular "ideal."

We here at Y.E.S., cannot, in good conscience, recommend a low-fat diet, or any starvation diet to our customers. Diets low in natural, healthy fats are dangerous. Your body needs essential fats; both the EFAs contained in our supplement, and the healthy dietary fats from natural foods like meat and unprocessed cheese. Without these essential fats along with enough animal-based protein, your body cannot rebuild itself properly.

Protein and natural fats are the building blocks for your body. Without these building blocks, you can't maintain great health.

If you want to achieve a "Hollywood-like" body, you may need to adopt a rigorous exercise routine, starvation dieting, and even plastic surgery. Y.E.S. is not in business for the purpose of creating these unnatural sized of bodies. We're here to help you achieve the best overall health possible and give you what you need to reach your Healthy Natural Size.

Advertisements constantly tell us we can simply take a pill and "the fat just melts away." This is unlikely to be the case with any product and even if there are pills that do this, they are sure to be unnatural and very unhealthy, like amphetamines. We highly recommend avoiding any diet pill that makes this claim.

Y.E.S., products are not intended for weight loss although they often assist in this area. We sell the highest quality nutritional supplements and promote healthy eating habits based on science. Most of our customers, who have excess body fat to lose, will lose weight with our dietary recommendations, but some don't (or at least not as much as they'd like to). This is mostly the case with women, because losing excess body fat for women depends on so many factors (age, menopause, life-long dietary habits, frequency and types of past diet programs, overall health, and lifestyle). On the other hand, men naturally have a much lower percentage of body fat anyway, so their results are typically more dramatic and happen much faster.

Ladies, if you're looking to lose excess body fat, watch how your body changes as you follow our eating advice and take our supplements. More than "scale-measured" weight loss, you will probably see a redistributing of body fat and a slow and subtle change in your shape.

A small percentage of woman *are* naturally very lean, but most women aren't meant to be skinny and have to resort to extreme measures in diet and fitness to reach such a small size. When your body is not its natural size, whether you're carrying around too much body fat or too little, you aren't at optimum health. Eating properly and getting the nutrients your body needs will help you reach your Healthy Natural Size while maintaining good health.

Some of our customers complain that they can't lose that last 10-20 pounds when in fact they probably shouldn't because it's supposed to be there. They've already achieved their Healthy Natural Size. These customers are trying to *force* their bodies into a size that is *unnatural* for them in order to live up to the image of "perfection" constantly thrust on us.

It is difficult to re-write ones perception of perfection. We all want to look and feel our best. But if you're looking to achieve great health then it's important you learn to see yourself differently. If instead your goal is to reach that Hollywood-like figure no matter what the cost, you may need to leave good health behind to do so.

Keep in mind, achieving the “perfect” body is every actor’s second job. They are paid to maintain a certain image. The camera makes them look ten pounds heavier than they really are, so they have to keep themselves as lean as possible. And now that the “ideal body” image has become so ingrained in our minds, famous people will do whatever it takes to maintain that look for the furthering of their careers. And many don’t understand the damage they’re doing to their health and the possible consequences later in life.

Another important point is that high-carbohydrate (low-calorie) diets, so prominent over the past 50 years, have destroyed women’s delicate hormones (Textbook of Medical Biochemistry – A Clinical Approach: Lots of carbohydrate destroys hormones). The diet roller coaster most people have been on over their adult lives can also have a negative effect on the thyroid, which plays a major role in weight management. These issues cannot be solved over night, but improvements can be made to your health over time by following our dietary recommendations and taking our supplements. Your body needs time to adjust to getting real nutrition - good natural fat and protein and less carbohydrate. Once it realizes you’re going to continue giving it what it needs, it will balance out and you’ll be on the road to achieving your Healthy Natural Size.

Your Essential Supplements was started for the express purpose of bringing the scientific truth about how your body works and what it needs to be healthy to every person who truly cares about their health. We aren’t competitors in the weight loss market. Our main concern and purpose is your overall health. Weight loss for our customers is an added benefit to changing your diet and improving your health.

The importance of our three nutritional products far outweighs what traditional vitamin supplements can give you. And, our nutritional recommendations ensure that you know exactly what your body needs without having to take other supplements in addition to ours.

Y.E.S. supplements are in a “league of their own!” We can confidently say that no other nutritional supplement has the scientific foundation ours has. Our EFAs are so unique, that they’re currently in patent pending status, our Minerals are truly-chelated – a process almost never done when creating a mineral supplement, and yet the only way minerals are guaranteed to be utilized by your body, and our Herbal is based on a the Essiac™ formula known for over 100 years for it’s gentleness and effectiveness in removing harmful toxins.

You can read up on all the details of our unique, high-quality nutritional supplements and our nutritional recommendations, by visiting www.yes-supplements.com. We also have lots of literature on diet, nutrition, exercise and how your body works, so that all of your questions can be answered. You can call us toll free Monday – Friday, 8:00 am to 4:00 pm, for personalized support: 866-937-1124, or email us at client-care@yes-supplements.com. All of us here at Y.E.S. believe in the science and our products, and our lifestyles reflect this. We want you to achieve the same great results each of us have!

Online at: http://www.yes-supplements.com/natural_size.html