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Finally, information about weight-loss supplements (a multi-billion-dollar industry) that isn't based on hype or hope, but on scientific fact!

THE NATURAL FAT-LOSS PHARMACY

*Drug-Free Remedies to Help You Safely Lose Weight, Shed Fat,
Firm Up, and Feel Great*

**Harry Preuss, MD, MACN, CNS
and Bill Gottlieb**

“If your goal is to lose body fat, maintain muscle mass, and increase energy levels, this book is for you. Highly recommended.”

– Nicholas Perricone, MD, FACN, bestselling author, *7 Secrets to Health Beauty and Longevity*, *The Perricone Weight Loss Diet*, *The Perricone Promise*, *The Perricone Prescription*, and *The Wrinkle Cure*

Currently there are about fifty different nutrients, herbs, and food extracts on the market being sold as aids for weight loss, but there is shockingly little information for consumers concerning which of these supplements are helpful and which are downright harmful. This spring, all of that is changing with the publication of **THE NATURAL FAT-LOSS PHARMACY: *Drug-Free Remedies to Help You Safely Lose Weight, Shed Fat, Firm Up, and Feel Great* (Broadway Books; January 9, 2007; Paperback Original; \$14.00)**. Harry Preuss, a doctor and university-based researcher, and Bill Gottlieb, former editor-in-chief at Rodale Books, have written the first and only reliable, science-based, practical guide to the nutritional supplements and herbs that can safely help you lose weight – and those that may be unsafe.

As a research fellow at the National Institutes of Health and an investigator for the American Heart Association, Harry Preuss, MD, MACN, CNS, is an authority on natural supplements. Having personally conducted extensive research on natural supplements in the laboratory and clinical trials, no one is better qualified to write this guide book. In **THE NATURAL FAT-LOSS PHARMACY**, Dr. Preuss explains the

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differences among the good, the useless, and the dangerous. He guides readers through the dozen or so supplements that really work (see attachment), explains how to choose the ones that are best for any given individual, and gives advice on how to use them for maximum effect. He suggests which supplements work best for individuals depending on how much weight they need to lose, their food habits, age, body type, exercise and muscle profiles, as well as other pre-existing diseases and conditions.

Dr. Preuss advocates exercise and a healthy diet, but knows that people (including himself) need that extra helping hand to aid in weight loss and body maintenance. By reading **THE NATURAL FAT LOSS PHARMACY**, you'll learn how to:

- **Speed fat burning** – with green tea extract
- **Lose fat and build muscle without dieting or exercise** – with CLA (conjugated linoleic acid)
- **Stop weight regain** – with MCT (medium-chain triglycerides)
- **Reduce carbohydrate cravings** – with 5-HTP (5-hydroxy L-tryptophan)
- **Balance blood sugar for easier dieting** – with chromium
- **Block the absorption of excess starch and sugar** – with white kidney bean extract and L-arabinose
- **Reduce appetite and feel fuller faster** – with chitosan
- **Get off a plateau, where pounds don't seem to budge** – with HCA (hydroxycitric acid)
- **Turbocharge fat-burning exercise** – with HMB (hydroxy methylbutyrate) or BCAA (branched-chain amino acids)

With the constant search for the "magic bullet" in weight-loss (too often at the risk of personal safety), **THE NATURAL FAT-LOSS PHARMACY** provides necessary, research-based information on the efficacy of numerous products that *really work*, and exposes those products that *aren't* likely to work or are possibly unsafe. It will be the go-to natural supplement handbook for years to come.

About the Authors

Harry Preuss, MD, MACN, CNS, is a tenured professor at Georgetown Medical Center. His current research centers on the use of dietary supplements and nutraceuticals to favorably influence or even prevent obesity, insulin resistance, and heart disease. The author of hundreds of medical papers and abstracts, he is co-author of *The Prostate Cure* (Crown 1998). He lives in Fairfax, Virginia.

Bill Gottlieb is the author of *Alternative Cures* (more than 1 million copies) and the co-author of several other health books. He lives in Middleton, California.

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Drug-Free Remedies to Help You Safely Lose Weight, Shed Fat, Firm Up, and Feel Great

By Harry Preuss, MD, MACN, CNS, and Bill Gottlieb

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