

Alethea lost 47 stubborn lbs!

Desperate to lose weight, Alethea volunteered to be part of a diet study. Lucky for her! She was among the first to try a brand-new fill-you-up weight-loss shake!

I think I did well this week, Alethea Boire told herself as she stepped on the scale. She'd tried to count calories. She'd gone walking three times, briskly. And she'd only slipped up a few times. But when the needle sprang forward...

I can't believe it, she gasped. I didn't lose an ounce! Which made Alethea feel like giving up. Because no matter how she tried, the scale didn't budge.

Until one day, when she discovered a weight-loss secret weapon that actually made a difference... For as long as she could remember, Alethea had been chubby, the girl everyone said had "such a pretty face."

It wasn't that she didn't know what to do. Over the years, she'd been on every diet from Atkins to Weight Watchers. She knew which foods to eat, which foods to avoid and that she needed to exercise.

The trouble was, while her intentions were good, before long, Alethea's appetite always got the better of her.

A few chips can't hurt, she'd think. I deserve a piece of cake, she'd rationalize. And before she knew it, her weight loss would be stalled. Again.

"Maybe I'm just meant to be fat"

By age 32, Alethea had yo-yo dieted herself up to 210 pounds—too much for her 5'8" frame.

Maybe I'm just meant to be heavy, she told herself. Anyway, her husband, Tyson, thought

she was beautiful just the way she was.

Only every time Alethea stepped on the scale or looked in the mirror, she felt like a failure.

A big, fat failure, she sighed.

So one morning, when Alethea saw an ad in the newspaper asking for overweight subjects to be part of a study researching the effects of a diet supplement, she decided to check it out.

"I want to lose weight," Alethea told the researcher, "but every time I try to diet, I feel so hungry all the time I just can't stick with it."

"Actually, that's the whole point of this study," the researcher explained.

The secret? A new kind of fiber called PGX—PolyGlyco-pleX—invented by Michael R. Lyon, M.D., and naturopathic doctor Michael T. Murray.

"It doesn't just fill you up, it keeps you feeling full longer," added the researcher. "That way, you don't overeat."

And PGX was versatile: You could sprinkle it on foods or use it in recipes to make them even more nutritious and more fiber-rich. Or you could make shakes with it for a fast, complete meal!

"It sounds great—if it works," Alethea skeptically told Tyson. But what have I got to lose—except maybe those stubborn pounds? she thought. So she—and Tyson, too—volunteered to be part of the trial.



"My biggest problem with diets—I was always hungry! But all that changed thanks to PGX!" says Alethea, with husband Tyson.

"This stuff really works!"

It was simple enough. Alethea just popped cold water, a bunch of ice and the flavored powder into the blender. And when she took a sip...

"This tastes great!" Alethea exclaimed.

And to her surprise, drinking a shake for breakfast and lunch plus a couple of healthy snacks—a cup of low-fat yogurt midmorning and a piece of fruit midafternoon...

"Not a single craving all day long!" Alethea happily reported to Tyson that evening, who said the same thing!

And though the modest portions of chicken stir-fry with brown rice and blueberry muffins made with a couple of scoops of unflavored PGX didn't look like enough to satisfy her, Alethea filled up

fast! More importantly, she stayed full until bedtime—without reaching for chips or cookies!

And when she stepped on the scale after two weeks...

"I lost six pounds!" she cheered.

To her delight, the weight kept coming off—47 pounds in all—and she never felt hungry or deprived! And Tyson lost 50 pounds, too!

Today, Alethea, who still starts every day with a PGX shake—and adds a PGX shake for lunch whenever the scale starts to creep upward—has kept it off, too! Which means she looks—and feels—like a million bucks in her new size 10 jeans!

"After so many failed diets, I never would have believed a little fiber could make such a huge difference," Alethea says. "But the scale and the mirror don't lie! That's why I'm a true believer!"

—Deborah Bebb

Did you know?
A main ingredient in PGX is konjac, a Japanese root that's also being studied to treat diabetes and help lower cholesterol!

Do-it-yourself PGX diet!

According to studies, the high-fiber compound PolyGlyco-pleX (PGX), found in Natural Factors diet shakes (PGX.com), works by expanding up to 600 times its weight in water, which means you feel extra-full when you eat it. And, like all high-fiber foods, it helps to keep your blood sugar steady, reducing between-meal cravings. But if you'd rather skip the shakes, try these foods, which have a similar hunger-curbing effect:

- Fruits and veggies (Limit white potatoes and watermelon, which can spike blood sugar)
- Low-fat dairy
- Soy
- Whole grains (such as barley, rice and rye)
- Old-fashioned oatmeal
- Lean meats, fish, eggs
- Pasta

