

A Good Grapefruit Diet

What are the benefits of eating grapefruit?- Grapefruit helps you lose weight.- Gives you more energy.- Helps to keep your thyroid hormone in balance.- Regulates the intake of fatty acids.- Good for your heart and circulation.- Contains lots of potassium.LecithinKLB6 contains lecithin, which is a lipid or material like fat. This lipid is made up of choline and inositol and is a major part of cell membranes. Lecithin is involved in the process of passing nutrients into and out of cells. If you take a dosage of lecithin every day, it will help your cells get all the nutrients they need. But it does more than that.It also helps with cholesterol regulation as well as trouble with gallstones. It helps break down the fats your body ingests into a form it can use in a constructive way. Several studies have shown that lecithin helps to treat liver problems and a variety of neurological disorders.KelpAnother important ingredient in KLB6 is kelp, which is one of the best vegetables for losing weight. A major cause of obesity is slow activity of the thyroid hormone. Kelp contains lots of iodine, which helps to feed the thyroid that contributes to weight reduction. Kelp also increases your metabolism, which helps you to burn more fat when you exercise. Studies have shown that it can also give you more stamina, which helps your cells be more efficient with energy.For all these reasons plus some others, the common sea vegetable kelp, has often been used as a detoxifier. The iodine contained in KLB6 goes to the thyroid gland and is turned into 'thyroxin'. This is a hormone that regulates the basal metabolism and helps you to burn fat and loose weight. Thyroid problems and eating habits are the most important factors leading to obesity, so the kelp supplement is great for someone who wants to get their weight under control.PyridoxineAnother major element of KLB6 is Pyridoxine, which you may know as vitamin B6. This vitamin helps to produce and maintain good red blood cells, and has more uses in the body than any other one vitamin. Vitamin B6 is water soluble and is needed to release the nutrients we need from the food we eat. It cannot be stored in the body, so you have to make sure you get enough of this vitamin every day.Foods like bread, meat, fish, eggs, beans, potatoes, bananas, nuts and seeds all contain vitamin B6, but often the food we eat is processed food and thus nutrient depleted, so we must get vitamin B6 from supplements. You need to get enough vitamin B6 every day. If not you may suffer from disorders like insomnia, problems with your central nervous system, hormonal problems and more. What happens is that you are not getting the nutrients from what you eat, and therefore you cannot utilize the calories you get.This might cause what is commonly called 'nervous eating.' It is very important for people on diets because it is so essential for breaking down carbohydrates, fats and proteins into a useful form. It also helps the formation of red blood cells, production of neurotransmitters, enzymes and more. Vitamin B6 aids the body in making serotonin, a neurotransmitter that regulates mood, sleep patters and appetite, so a vitamin B6 deficiency can lead to stress and emotional problems. Weight loss dieters should definitely take a vitamin B6 supplement in addition to a healthy, balanced diet.Another substance that KLB6 contains is apple cider vinegar. This sider has been used for years and years in folk medicine. Apple cider vinegar (or ACV) is an acid that reacts with the body's alkaline and are able to release water weight in the form of stored water. ACV also contains amino acids, lactic acid, acetic acid, propionic acid, apple pectin and potash, and has small quantities of calcium, potassium, magnesium, iron, sodium, phosphorous, fluorine, sulphur, silicon, copper, chlorine, beta-carotene, vitamins A, B1, B2, B6, C and E, and flavonoids. Now, as you can see, ACV has lots of nutrients and minerals which help your body function regularly.All in all KLB6 is a great supplement that, taken with a healthy, balanced diet, performs many functions in your body.

About the Author

Nutritionists and the doctors behind The South Beach Diet, Eat More, Weigh Less and The Harvard Medical School Guide to Healthy.

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