

Increase Energy with Protein and Fibre; from Brad King



Every day more and more of us are becoming less active while at the same time eating less healthy. Before we know it, this combination spells disaster for our metabolism, resulting in low energy and weight gain.

Dieting causes too many of us to lose our key to an effective fat burning and energy-producing metabolism, our lean muscle tissue. Loss of muscle—through inactivity, overtraining, dieting and the aging process—causes us to gain unwanted body fat and makes it next to impossible to lose it.

Brad J. King, M.S., M.F.S

What the body really needs in order to maintain optimal metabolism (aside from regular exercise) and energy is high quality protein.

Research shows that the alpha lactalbumin of whey protein found in high quantities within **Brad King's Ultimate High Alpha Protein** has the ability to promote optimal health by increasing the body's ability to maintain a healthy metabolism, repair and rebuild itself, enhance immune health, curb powerful cravings, aid in stress reduction, promote restful sleep and improve energy levels during the day.

In addition to protein, incorporating adequate fibre into your diet is essential to maintaining a healthy metabolism. It is estimated that a digestive system that is unhealthy due to inadequate fibre intake may contribute to an estimated 90 percent of all diseases. By incorporating 100% organic **Ultimate FibreLean** into your daily health regimen today, you will help improve overall metabolism so your body can eliminate excess body fat and produce unlimited energy tomorrow.

So if your goal is to keep your body in tip top shape, make sure to incorporate the best foundation possible—**Brad King's Ultimate High Alpha Protein and 100% organic Ultimate FibreLean**. **Come in to *Naturally Healthy* at White Oaks anytime this March for a free sample of The Alpha Protein and FibreLean, and receive a \$3.00 off coupon towards the purchase of any Alpha Protein and his newest ISO Whey.**

NEWS UPDATE!!! **Join Brad J. King at White Oaks Resort for an energizing lecture on Monday May 5th from 7:00 – 8:30pm. (free to the Public!) He will also be signing his book "Awaken Your Metabolism" on Monday May 5th from 4:30 – 5:30pm at Naturally Healthy.