

## HEALTH SPARK

The new Raspberry Ketone & Garcinia Complex is a natural combination of garcinia cambogia, green coffee (providing 20 percent chlorogenic acid), green tea, cayenne, cocoa and zinc. These ingredients will not only contribute to normal carbohydrate and fatty acid metabolism they will also help you to maintain a healthy weight when taken alongside a healthy diet and exercise plan. £17.99 available from Holland & Barrett stores and [hollandandbarrett.com](http://hollandandbarrett.com)



## POWER UP

Vibration Training is one of quickest way to increase your metabolism and speed up your weight loss goals. Studies have shown that 10 minutes of vibration training is the equivalent of a full hour of a conventional workout. This is because your muscles work 10 times faster, giving you quicker results. POWRX UK offer free personal training consultations. [powrx.co.uk](http://powrx.co.uk)



# THE *weight* DEBATE

A round up of everything you need to become healthy from the inside out



## WEIGHT CONTROL

Trying to manage your weight? Diabetrose is a natural food supplement, with no artificial chemicals, that aids weight control with every meal. It contains pure L. Arabinose, which can make a contribution to controlling body weight, along with a change in lifestyle. By taking this supplement and eating healthily, you will see a noticeable improvement in your energy levels along with safe weight loss. £19.09, [sweet-cures.com](http://sweet-cures.com)



## GET GREEK

Thick, rich and creamy, FAGE Total Greek Yoghurt contains milk and live yoghurt cultures – and nothing else. Available in three fat varieties, it is a strained, high protein yoghurt made in Greece.



Hugely versatile, it comes in one kilo, 500g and 170g tubs. Head to [uk.fage.eu](http://uk.fage.eu) for more information and dig in!

## INSIDE OUT

Curb your appetite with Amazing Grass Chocolate Raw Reserve Greens & Protein. Containing 14g of plant-based protein, it's also blended with AFA's (blue green algae), spirulina, chlorella, and sea vegetables from the coast of Maine. Kelp and sea lettuce and 25 billion probiotics at the time of bottling which assist the body in maintaining healthy organ function, detoxification and immunity. £34.99 [amazinggrassuk.com](http://amazinggrassuk.com)



**W**ith the festive season behind us, it's time to get serious about boosting your health and shedding any excess pounds for the new season. But before you collapse with exhaustion at the mere thought of it, try including these healthy additions to your diet to get you back on track