



ARE WE, AS A NATION, GETTING FATTER?

Let's face it. Most of us carry some extra pounds, some of us more than only "some". We follow unhealthy diets due to the hectic lifestyle of the 21st century. We work more, have less time to exercise, and we pay less attention to what we eat, as a result of which *we are getting fatter*! Obesity rates are still climbing for adults and unfortunately kids are gaining those unnecessary extra pounds as well. Let's admit: greasy fat food, and high fructose corn syrup "enriched" food and drink products are the major contributors. However, we can not blame everything on those corporations who push these unhealthy food products. We make the choices for ourselves.

Folks, I think it is time to change some of our eating habits for God's sake! We have to realize that *basically we are responsible for our own and our family's health*. We are the ones that can make some smart choices about our diet.

Luckily there are many alternatives these days. Many new products are introduced every year; some with naturally unique qualities.



Sweetylight Yacon Syrup: the ultimate natural prebiotic sweetener and **Sweetylight Yacon Tea:** the ultimate sugar reducer tea are two good examples. These products are originating in Peru, in the high altitude Andes Mountains where the climate conditions make it possible for the special Yacon plant to grow and be cultivated. This plant's root- that is used for the syrup- is the world's richest natural source for FOS (fructooligosaccharide) a special type of fructose that can not be absorbed by the human body. So it means when you are craving for something sweet, you use the **Sweetylight Yacon Syrup** to sweeten your drinks or on foods and you do not get the sugar and the lot of calories in your body. In addition to it, **Sweetylight Yacon Syrup** is

organic, raw and vegan and very importantly it is also prebiotic. This latter means that it helps to feed the friendly bacteria in your body that boosts your immune system and helps your digestion. It tastes like molasses or caramel and it is perfect for people with diabetes and people who just want to follow a more nutritional, low calorie diet.

But if you say: No, I got to taste the real sugar in my food", we have a solution for you as well so that you don't have to feel so guilty about the sugar intake.

Sweetylight Yacon Tea: the ultimate **sugar reducer tea** is for you then. It is obtained from the leaves from the same

Yacon plant and it is caffeine free, antioxidant and non-glycemic. This amazing tea product helps to reduce your blood's sugar level and also lower your cholesterol. So just drink it after an ice cream or cookie and you kind of balance it out. Is not it great?

Help yourself and your family to better control their weight and waist line. **Try the Sweetylight Yacon products.**

There are plenty more information about Sweetylight products.

Please contact Andrea Alvaro or Peter Mayer for more details or schedule an interview at 1-818-705-9497 or

1-800 YACON -12 or by email at andrea.alvaro@sweetylight.com or peter.mayer@sweetylight.com.

