



# Garcinia Cambogia

My Personal Guarantee: I personally stand behind my products, my website and my staff. If you have any concerns, please **contact me for a quick response!** Thank you!

The Tamarind Fruit

*Larry Sain*

## Garcinia Cambogia

Fat Burning Maximized! Garcinia Cambogia is a dual action fat buster! Start burning today by ordering Garcinia Cambogia!



Garcinia cambogia is a pumpkin shaped fruit that can be found in India and Southeast Asia. That fruit contains the key component HCA (hydroxycitric acid) in the fruit's rind. Pure extracted HCA increases serotonin in the body. This helps emotional eaters get better sleep and balances mood swings, making HCA an ideal solution for suppressing appetites.

It, simply put, is the best way to lose weight without all the sweating and starvation. It eliminates all the calorie counting and struggle with the scale. Garcinia Cambogia Max is the product that's guaranteed to do the job.

With HCA's management of mood swings and curbed appetite, the hormone cortisol is stabilized, leading to greater management of belly fat. Everyone knows this is one of the most difficult areas in which to lose weight. The extract helps manage the stress hormone cortisol, another component in burning belly fat. HCA inhibits the citrate lyase enzyme. That's a catalyst that converts excess carbohydrates into fat during the metabolic process. **Buy Now! Check out Early Bird Pricing.**

With all these benefits, there's no fighting that Garcinia Cambogia is the perfect solution!

Burn fat quicker and more effectively.

100% Natural.

100% Guaranteed.



Burn more fat without more exercise.

Perfectly safe, no pharmaceutical side effects.

Note: While this video states you can lose weight without diet and exercise, I still *highly recommend* that you pay attention to what you eat, when you eat and how to get impact exercise in as little as four minutes a day. I can teach you how. Just ask me. Use the contact button in the top menu.

Garcinia cambogia is a pumpkin shaped fruit that can be found in India and Southeast Asia. That fruit contains the key component HCA (hydroxycitric acid) in the fruit's rind. Pure extracted HCA increases serotonin in the body. This helps emotional eaters get better sleep and balances mood swings, making HCA an ideal solution for suppressing appetites.

It, simply put, is the best way to lose weight without all the sweating and starvation. It eliminates all the calorie counting and struggle with the scale. Garcinia Cambogia Complex is the product that's guaranteed to do the job. Note: Don't be cavalier about using this capsule as an excuse to eat more! Watch out! It will work, if you do what's reasonable. Cut down on carbs, junk food. Eat whole foods like salads and sauteed or steam vegetables. Eat moderate amounts of protein and fruit. Use smoothies at least once a day to eliminate bulk in your intake. These are tried and true tips that will maximize GC's effectiveness.

**Optimal Health Bridge:** 1-877-572-3444 **Customer Service Number** 443-450-4413

**Write to** 1539 Merritt Blvd Suite 142, Baltimore, MD 21222 **Fax** 443-408-1600

**Website:** [www.OptimalHealthBridge.com](http://www.OptimalHealthBridge.com)

### **Seven Rules for Eating Well**

- 1...Don't eat anything your great grandmother wouldn't recognize as food.
- 2...Don't eat anything with more than five ingredients, or ingredients you can't pronounce.
- 3...Stay out of the middle of the supermarket; shop on the perimeter of the store. That's where the fresh foods reside.
- 4...Don't eat anything that won't eventually rot.
- 5...It is not just what you eat but how much you eat. "Always leave the table a little hungry."
- 6...Families traditionally ate together, around a table and not a TV, at regular meal times. Don't buy food where you buy your gasoline. It's probably not real food.
- 7...Eat protein, veggie rich meals and very little carbohydrates unless you are a competitive athlete.

**Bonus:** Keep a food journal for 14 days. Write down everything you put in your mouth. You might be surprised!

If you want me to review your journal, I will. [Garey@ohb3.com](mailto:Garey@ohb3.com)