

## SuperFood Solution Resolutions: The Simple Way to Stick to Your Plan!

This may come as a shock, but the Holidays are over! You have just pushed the last in-law out the door and you and your seemingly smaller pants are cuddling on the couch. Like most people, you will probably make at least one resolution this year. Chances are that at least one of your resolutions will be geared towards weight loss or health. Free yourself from another season decorated with elastic waist bands and try something that is simple and healthy all year long!

The New Year is the perfect time to speak with your health professional about trying any one of our Lifelong Wellness Meals in the Super Food Solution User's Guide. In January of 2010, a new edition will be released, so keep an eye out for your free copy from your health professional.

2009: The Year in Review

In the 2009 editions of the **NanoNews for Patients**, we also covered 5 topics with **SuperFood Meals Recipes** made with *NanoGreens*<sup>10</sup>, *NanoPro*<sup>PRP</sup> and *NanOmega*<sup>3</sup>:

1. [Weight Loss](#) ( Jan/Feb),
2. [Hypertension](#) ( March/April),
3. [Detoxification](#) (May/ June),
4. [Skin Health](#) (July /Aug.),
5. [Breast and Prostate Wellness](#) (Sept/Oct)
6. [Blood Sugar Wellness](#) (Nov/Dec)

Remember, BioPharma Scientific guarantees your satisfaction or your money back, so you have nothing to lose (except toxins and weight) and much to gain by a 30 day trial.

### Weight Loss (Jan/Feb)

The basis of the plan is to enjoy two of the *Weight Loss Meal on the Go* "meals" a day as explained in the Jan/Feb 2009 issue. Two servings yield only 330 calories! An added secret is to make 2 quarts of green tea and drink that daily as well. Exercise and eat sensibly. It's easy because most people just naturally start eating less as they enjoy the SuperFood Solution recipes!

### Blood Pressure (March/April)

For supporting and maintaining an optimal blood pressure of 115-120 (systolic) over 75-80 (diastolic), the easiest thing to do is to take 1 scoop of *NanoGreens*<sup>10</sup> twice a day. Make it with green tea (two tea bags in 12 ounces). Adding a squeeze or peel of citrus fruit (orange, lemon, lime) adds flavor, potassium and healthy citrus essential oils (d-limonene).

Alternately, twice daily one could also enjoy *NanoPro*<sup>PRP</sup> in the Chocolate shake recipe in the March/April 2009 *NanoNews*. To make the chocolate shake even more delicious, add some Carnation Malted Milk to taste.

### Detoxification Made Easy (May/June)

After all the eating over the holidays, the New Year is often a good time to get your detox on! According to the *NanoNews* and *The SuperFood Solution User's Guide*<sup>TM</sup>, you may add a "detox tea

blend”, of which your health professional can recommend to you. Also try a 24 or 36 hours fast with *NanoGreens*<sup>10</sup> and pure, high mineral water with lemon or lime juice once a month or even once a week. Make this a resolution for yourself! People who eat less live longer.

### **Beautiful Skin From Within (July/Aug)**

Having beautiful skin past fifty is easier to achieve by starting early. However, better late than never! Because of the patented *liposomes* in *NanoGreens*<sup>10</sup>, the facial mask can work quite well!

### **Breast and Prostate Wellness (Sept/Oct)**

Scientists agree that the risk potential for many cancers is directly related to our diets. Even with all the advancements in modern medicine, an ounce of prevention is still worth a pound of cure. Mixed with the other super foods mentioned in the Sept/Oct issue, the *Breast and Prostate Wellness Shake* is 12 ounces of pure functional food prevention!

### **Blood Sugar Wellness (Nov/Dec)**

Hypoglycemia (low blood sugar), diabetes and metabolic syndrome (insulin resistance) are very common yet serious disorders that ALWAYS call for dietary discretion. A balanced breakfast is pivotal to balanced blood sugar. So if you are one of the 250 million Americans who don't eat a balanced breakfast, the *Super Breakfast* recipe may be the perfect New Year's resolution for you.

### **Start a New Year of Wellness!**

After reviewing the past issues of the **NanoNews for Patients** and /or **The Superfood Solution User's Guide™**, create a plan with your health professional for getting more super foods into your daily diet and experience the guaranteed difference for yourself.

Don't have copies of these past issues? Go here:

<http://www.biopharmasci.com/patients/newsletter/pdf.asp>