

THE DIFFERENCE BEGINS WITH ME!



Diet Myths Debunked

A healthy diet relies on a lifelong commitment to eating the right foods and eating the right way.

Here are a few of the most common diet mistakes people make, and how to fix them before they derail your healthy eating plan.

Diet Myth 1: Breakfast should consist of fruits only.

There is no scientific evidence that eating only fruits during breakfast have any health or weight loss benefits. Fruits are good sources of fiber and vitamins, but most fruits are not very high in complex carbohydrates, which the body needs after an all-night fast. Whole grains are a much better option to get you going in the morning because it is packed with fiber, vitamins, and minerals.

Diet Myth 2: There are some magical foods that caused weight loss

Some foods that are rich in dietary fiber, such as grapefruit is said to burn off body fat. This is not true says the experts. Adding fiber to your diet can actually help prevent weight gain by making you feel fuller longer. Fiber-rich foods also require more chewing -- giving your body more time to feel full. However, it doesn't have a "fat burning" effect.

Diet Myth 3: Drinking while you are eating is fattening.

Many of us watch what we eat but not what we drink when on a diet. Evidence suggests that drinking water with your meal improves digestion. In addition, new research suggests drinking plenty of water may have a positive effect on your metabolism. Steer clear of alcoholic or sugar laden beverages – it can be fattening if consumed in excess.

We've known for a long time that eating right and exercise are what really matters. It becomes much more effective if you combine these with our TRA™ Weight Management Program. This multifaceted approach allows you to address weight management by enhancing your metabolism, maintaining a lean body mass, and boosting energy levels.

BEFORE



AFTER



My wife chose TRA™ Weight Management products for me because all these products are patented, safe and effective.

At first, I was skeptical to use these products as I was wondering how TRA™ could help reduce my weight.

On my first month, I felt and saw the difference. More so after 3 months when my weight dropped from 102.0 kg to 82.8 kg. Now, I've regained my health and confidence! Thank you TRA™!

Sow Cher Wai, 30's, Businessman, Malaysia

	Before	After	Total Difference
Weight	102.0 kg	82.8 kg	-19.2 kg
Body Fat %	29.6%	19.5 %	-10.1% (-14 kg fat)

Disclaimer: Individual results may vary.