



Slim&Tone® NEWSLETTER

AUGUST 2008



A New Reason to Smile about Yogurt

YOGURT'S SURPRISING HEALTH BENEFIT.
By D. Milton Stokes, M.S., R.D. EatingWell July/August 2008

Yogurt lovers, rejoice! Not only does this nutrient-packed snack help keep your bones strong, new research shows it may also protect against gum disease. Researchers from Japan recently analyzed dietary intakes from nearly 1,000 adults and found those who consumed the highest levels of dairy—specifically yogurt and yogurt-type drinks—had the healthiest gums.

Their report, published earlier this year in the Journal of Periodontology, credits probiotics (a.k.a. “good bacteria”) as one possible champion of gum health. Probiotics are live active

cultures used to ferment foods, such as yogurt and kefir (fermented milk), and studies suggest that they may improve digestion and boost immunity too. As for gum health, it's not yet clear how much yogurt (or other fermented dairy foods) one needs to consume to reap the benefits, says Yoshihiro Shimazaki, D.D.S., Ph.D., of Kyushu University, the study's lead author.

“Experts believe that probiotics may help to counter growth of the ‘unfriendly’ bacteria in the mouth.”

What is clear, though, is that periodontal disease affects more than one in three American adults. Harmful bacteria accumulate on teeth (as plaque) and eventually harden into tartar, which causes gum tissue to become inflamed. Experts believe that probiotics may help to counter growth of the “unfriendly” bacteria in the mouth.

Maintaining good oral health isn't just an issue of aesthetics. Left unchecked, gum disease may elevate a person's risk for heart attack and stroke, Shimazaki explains. One theory is that bacteria in the mouth infiltrate the bloodstream, causing inflammation in the arteries, which increases risk for heart disease.

Bottom line: Probiotic-rich yogurt may keep your gums—and therefore your heart—healthy. So raise that yogurt smoothie in a toast to good health.

Cucumber Yogurt Salad



A refreshing accompaniment to a main course of meat or fish, this cucumber-yogurt salad also makes a tasty filling for pita bread. If the cucumbers are grated instead of chopped, this mixture can be served as a dip.

Makes 4 servings

1/2 teaspoon salt

2 cups low-fat plain yogurt

2 teaspoons lemon juice

2-4 cloves garlic, minced

Freshly ground pepper to taste

2 tbsp chopped fresh parsley or mint

1 tablespoon extra-virgin olive oil

1. Cut cucumbers in half and seed. Cut each cucumber boat in half lengthwise and then halve each quarter. Cut crosswise into 1/4-inch pieces. Place in bowl, sprinkle salt on top, toss and set aside for at least 20 minutes.

2. Combine yogurt, lemon juice, garlic, pepper, and parsley (or mint) in a medium bowl. Stir in the oil briskly.

3. Drain the cucumbers, return them to the bowl, pour the yogurt mixture over and toss well.

NUTRITION INFORMATION: Per serving: 146 calories; 6 g fat (2 g sat, 3 g mono); 7 mg cholesterol; 16 g carbohydrate; 8 g protein; 2 g fiber; 383 mg sodium; 687 mg potassium.

Nutrition bonus: Vitamin C (23% daily value), Potassium (20% dv), Calcium (27% dv).

1 Carbohydrate Serving

Exchanges: 1 starch, 1 low-fat milk

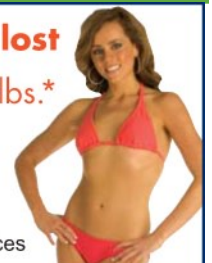
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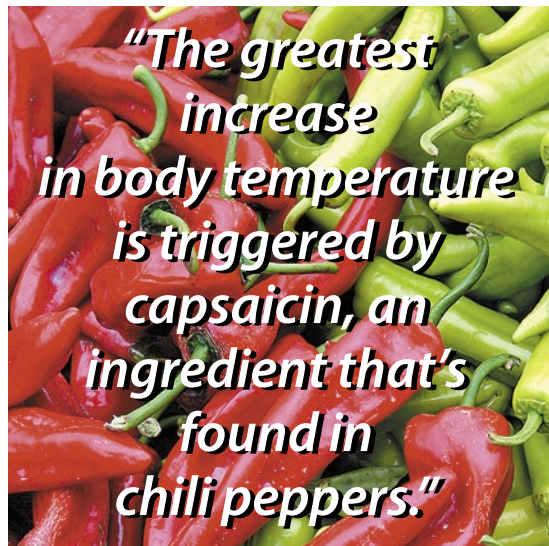


Do Spicy Foods Increase Metabolic Rate?

Metabolic rate is a measure of the usage and storage of calories. It's believed that individuals can increase their metabolic rate by eating certain foods, particularly those that are spicy. If true, of course, this could be a boon for those who are looking to lose weight.

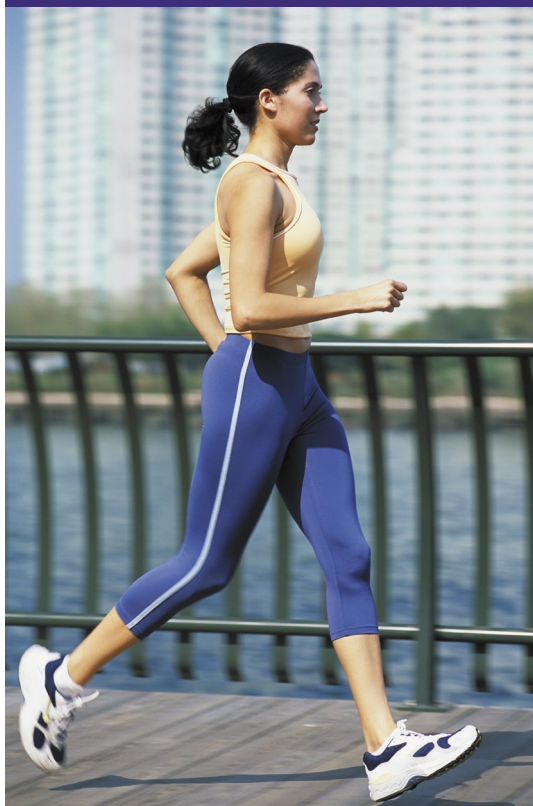
Research has shown that spicy foods do, indeed, increase metabolic rate. Spicy foods accomplish this by raising the temperature of the body. The greatest increase in body temperature is triggered by capsaicin, an ingredient that's found in chili peppers.

Although the effect of capsaicin appears to be real, it's temporary and small. Keep in mind, too, that eating any food will increase metabolic rate. This is because the body uses calories to digest, absorb and transport food. In general, it's thought that about 10 percent of caloric expenditure goes toward "dietary thermogenesis".



Perhaps of greater interest, though, is the fact that eating spicy foods seem to curb appetite. As it turns out, research indicates that spicy foods produce an increase in satiety and a decrease in caloric intake. Be advised, though, that some individuals experience gastrointestinal distress from spicy foods. Therefore, spicy foods should be avoided by anyone who suffers from ulcers or chronic heartburn.

If You Don't Use It Will You Lose It?



Experts agree that the best way to avoid losing much of the health and fitness benefits you've worked so hard to achieve is to do something. If you can't find the motivation to run for a few weeks or longer, try walking instead. Cross training became popular because it is a viable means of maintaining even increasing, one's fitness level. Runners can give their knees a break by switching to cycling, swimmers can work their legs on a stair-stepper, and aerobics enthusiasts can take their workout outdoors by hiking through a local park or reserve.

If an injury is keeping you from your favorite activities, take your worries to the pool. Of course, it's always advisable to check with your physician before resuming exercise after an injury. Regardless of which activity you choose, be sure to progress gradually.

If boredom is the problem, now's the time to try that sport you've been considering for so long. In-line skating, tai-chi, boot-camp workout – whatever strikes your fancy. The key to keep your heart and muscles challenged in order to minimize the detaining effects that come when taking a break from your usual routine.

Move of the Month



One Leg Bridge On Bench

Lie face-up on the mat

Rest feet on the edge of a bench or step, rest bar across hips

Rest hands gently on body bar, palms down

Extend right leg straight in the air

Lift hips off floor, squeezing your glutes as you come up – do not arch back

Hold for 2 counts and lower

Lift body up and down for 10 counts – do not let glutes touch the floor until all 10 repetitions are complete