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Affiliate Disclosure. Some of the links within this publication are affiliate links, this means that I may earn a commission from these products and services. These are products and services that I feel provide top value and in most cases use myself.

Limit of Liability. In this report I share a method to lose weight that I feel can be very effective. However, I am not a physician. This report is not a substitute for medical advice. Please contact your physician to discuss your health and any weight issues you may have.

Contact Me. I love to hear from you. Feel free to email me at info@MyLilBlackDress.com

I hope you find this report to be very helpful.

Please visit www.MyLilBlackDress.com and www.AcaiBerryDietSite.com for more information! Enjoy!

Hungry All the Time?

*Please read this **entire** report. It may be just what you need to help you lose weight. And easier than you ever imagined...*

It can be totally maddening to get the advice to lose weight by diet and exercise. Sure you know that's how you are supposed to be able to lose weight. But what if you can't stick to a diet because you can't control your sugar cravings? Or what if you do great all day long but lose it in the evening? What if you are hungry all the time?

In this report I am going to share what you can do that may effectively stop you from being hungry all the time and help you to lose weight permanently. It may be the easiest method you ever tried. Before I get into the report I want to share that this is my personal opinion based on what has worked for me and on my research. I am not a medical doctor and this report should not replace advice from your physician. I strongly encourage you to visit your physician to discuss your weight issue and what you can do. I also would suggest you have a thorough physical examination including blood work.

If your eating is emotionally based you may need to get counseling. I recommend Shrink Yourself which offers a free online 14 day trial. It is a 12 week program you can do in the privacy of your home. Click here to learn more about [Shrink Yourself](#).

I have two weight loss sites. [MyLilBlackDress.com](#) shares fast weight loss tips. It shares tried and true and the latest weight loss diets, pills, supplements and other goodies. Everyone is different and at [MyLilBlackDress.com](#) you may find the right weight loss program for you. My other site weight loss site, [AcaiBerryDietSite.com](#) is focused on my favorite supplement, acai berry.

Acai berry is an incredible supplement and can have a tremendous impact on your health. It helps provide renewed energy and nutritional support. If you plan to take acai berry be sure to supplement with organic, 100% acai berry. I recommend [Perfect Acai](#). I also recommend boosting the your acai berry diet with green tea, the healthiest drink on the planet. I like [Tava Tea](#).

On my website [AcaiBerryDietSite.com](#) I have gone into detail on both acai berry and the benefits of green tea, so I will not cover that in this report. If you would like to learn more; visit my website at www.AcaiBerryDietSite.com (<http://www.AcaiBerryDietSite.com>) For many people just adding in acai berry can help take their health to another level and make weight loss easier. But some people will need something extra to give them even great control.

[PGX Fiber](#)

It is almost impossible to lose weight if your eating is out of balance. In this report I want to share something that has worked incredibly well for many people to use to help control blood sugar swings, curb cravings, prevent constant hunger, late night eating and more – **fiber supplements**.

But not just any fiber supplements - [PGX fiber](#) which is a special blend of fiber that absorbs hundreds of times its weight in water. The company that makes PGX says that taking it can change your life and I believe it. This supplement may help you stay in control. And when you are in control you can make the changes you need to change your body.

PGX fiber which also comes in the form of pills, granules and powders does not cause jitters, is easy to take, works very fast, is clinically proven to work, is safe and very affordable.



Image: © Oleg Mitiukhin/PhotoXpress.com

PGX is an abbreviation for PolyGlycopleX. This complex is a super fiber with amazing properties that was developed at the University of Toronto in Canada. It consists of a blend of three polysaccharides; konjac mannan, sodium alginate and xanthan gum.

It is a known fact that fiber gives feelings of satiation, helps control blood sugar, reduces cholesterol and can help with weight reduction including problem areas like belly fat. The effectiveness of the fiber used depends on the amount of water the fiber absorbs and on the thickness or viscosity in the body. PGX is the most effective fiber of all. It can bind its weight in water hundreds of times over.

According to Dr. Michael Murray author of “[Hunger Free Forever](#)“, a small 5 gram serving of PGX in a meal replacement formula or on its own produces a volume and viscosity that is would be equal to as much as four bowls of oat bran.” About 4 capsules of PGX fiber would be equal to drinking 16 glasses of a psyllium product like metamucil!

Can you imagine what this means to your appetite? But it gets better the combination of fibers in PGX can reduce the glycemic effects of food on the body by up to 70%. This means that blood sugar is much more controlled. Sugar spikes are reduced or eliminated.

[PGX Fiber](#) can help:

Reduce weight

Lower cholesterol

Increase Satiation

Lower the glycemic index of food

Reduce carbohydrate absorption

Help with diabetes

Put blood sugar on an even keel

Promote growth of healthy bacteria in the colon

and more.

PGX can be used on it's own to help you lose weight or as part of another fast weight loss diet. Remember to get results you must drink a lot of water with the product so it can expand.

I started using PGX fiber because despite what I felt was pretty healthy eating habits and supplementing with acai berry, I found I was having some blood sugar issues. I decided to up my intake of fiber. However, many foods have been stripped of fiber and it can be difficult even when eating lots of fibrous foods to get the full amount of fiber needed in a daily diet.

So then I tried swilling psyllium. This had very little effect. After doing more research on fiber I came across PGX.

The results have been incredible. Taking PGX creates a feeling of fullness and evens the blood sugar. So you don't have the ups and downs and swings in your blood stream.

The brand I am using is WellBetX PGX.

[Click for WellBetX PGX](#)

Another popular brand is the more expensive PGX Daily. PGX Daily is suspended in oil so it is released into the system faster. In her review of PGX Daily, one woman says;

“My problem has always been mad snacking desires. This has evened those desires out and I have been dieting and exercising and have lost 16 pounds in a month...”

[Click for PGX Daily](#)

A PGX Supplement can also be taken as granules where it is dissolved in liquid or sprinkled on food. And PGX comes in powder which can be made into meal replacement shakes. I often use the Slimstyles Chocolate Shake Mix for breakfast and take the fiber pills prior to eating meals and snacks. It is certainly not necessary to drink a shake for breakfast. I find that it makes breakfast easy, fast and starts my day off right.

Supplementing with PGX Fiber is a very affordable way to control appetite, lose weight and enjoy many other health benefits.

How to Use PGX for Best Benefit

In order to get the full benefit from PGX you will want to follow a few simple steps. The first is to start off slow. They recommend taking just a couple grams a day and work up to more. I personally have not experienced any bloating or gas but others have. It is important to take it easy when adding fiber to your diet, especially this much fiber.

Drink tons of water. I cannot emphasize this enough. In order for PGX to expand in your stomach you must “water” it. I suggest 12-16 ounces with the pills and during the next hour another glass or two of water. If I drink a Slimstyles shake made with PGX and water, I still follow up with more water.

Take any medication separately. PGX slows the absorption of medication so you will want to take it a different time. Again, check with your physician to make sure you are good to take this supplement.

Read labels. Avoid eating high sugar foods. Many low fat foods are high in sugar that may trigger your eating to go out of control.

Avoid soda. Get in the habit of drinking unsweetened ice tea, or other drinks that do not cause sugar rushes. Also avoid diet pop which can trigger cravings.

Eat high volume, low calorie foods. Foods such as air popped popcorn and water rich vegetables and fruits are filling and lower in calories. Keep a stash of snap peas, apples and other nibblers on hand.

Straws, toothpicks, and low calorie gum can give mouth satisfaction without much in the way of calories.

Pick an exercise you enjoy doing and do it for 20-30 minutes a few times a week. A mini bicycle stashed under your desk can be handy and give a surprisingly effective work out. I love Wii Walk It Out. It is a walking game for the Wii that keeps me walking for much longer than I normally would.

Give it time to work. Though many people feel full and more in control right away taking when taking PGX fiber, it may take a few days to a few weeks for you to experience the full benefits.

If you have out of control hunger and cravings, give it a try. PGX fiber can help you take back control so you can successfully manage your weight.

See the resources section for the most affordable price on [PGX fiber](#) and the other products mentioned in this report.

Good luck on your weight loss journey and please write me at Info@MyLilBlackDress.com and let me know how you are doing!

Resources:

[WellBetx PGX](#) – Vegetable capsules with mulberry

[PGX Daily](#) – PGX suspended in oil for fast delivery

[SlimStyles Shake Mix](#) – Comes in many flavors

[Perfect Acai](#) – 100% Organic Acai Berry, the finest you can buy.

[Tava Tea](#) – A blend of 3 teas Sencha, Puerh and Oolong helps burn fat faster than ordinary tea.

[Mini Cycle](#) – Perfect to tuck under your desk

[Wii Walk It Out](#) - My favorite way to exercise without realizing I am exercising.