

# The Perfect Pick-Me-Up *Herbal Beverage or Liftoff*

*By Dr David Heber, M.D., Ph.D., F.A.C.P., F.A.C.N, Chairman of the Herbalife Nutrition and Scientific Advisory Boards*

You're having a mid-day crisis. You show up for the 3:00 meeting with one important thing missing. Your energy! But instead of reaching for something with a high nutritional value to combat these 'afternoon lulls', most people are only looking for a quick fix.

## **Say no to sodas and coffee**

Carbonated beverages account for more than a quarter of all drinks consumed in the U.S. and a staggering 21 percent of the sugar in the American diet. Sodas also contain a large amount of empty calories, and chronic consumption can lead to obesity and tooth decay. The sugars and acid in soda can dissolve tooth enamel and lead to cavities. Millions of people also love the smell, taste and shared experience of their morning coffee. Americans drink more than 400 million cups per day, making the United States the leading consumer of coffee in the world. Most coffees and sodas provide a boost; however, the same energy-producing factor can be derived from healthier sources.

## **Healthier alternatives**

For thousands of years, tea has been known to be a refreshing drink offering a myriad of important health benefits. The compounds found in tea function as antioxidants and studies have shown that green tea in particular has the highest level. Herbalife Herbal Concentrate is a great way to obtain the powerful thermogenic and antioxidant properties of green tea. It's also an uplifting instant tea mix that can be savoured throughout the day. Herbal Concentrate contains five fast-acting botanicals for a boost in energy level and is low in both calories and carbohydrates. For another productive way to stay alert and focused, Herbalife's effervescent energy drink, Liftoff™ is a good alternative. Containing a proprietary energy blend that includes B and C vitamins, Liftoff™ tablets help to increase your energy, enhance mental performance and dissolve easily in water for on-the-go use.

So the next time you need a pick-me-up, do your body a favour and avoid the temptation of coffees and sodas. You can easily achieve the same results while getting much more in return. And with the average price of a gourmet coffee now at nearly £3.00, your wallet will thank you as well.