

HEALTHY CHOICE[®]

HEALTH AND NUTRITION TIP OF THE DAY

DIETING MAY DULL YOUR SENSES.

Researchers have found that strict dieting can slow reaction time. Volunteers in a study ate only half the calories their bodies needed to maintain their weight. Reaction time lengthened by 11% and continued to be slow for three weeks after the diet ended. Ditch the drastic dieting measures. Lower calories by choosing low-fat foods.



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