

[Forever Fit]



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Planning To Lose Weight? Diet Control Is Essential

Scott Levine, a doctor of internal medicine in Orlando, says obesity is at the root of many of his patients' problems, from high blood pressure to heart issues. After years of watching patients struggle with fad diets and exercise programs that didn't work, Levine decided to roll up his sleeves and formulate something to help them lose weight naturally.

"It's not about diets; it's about portion control," he says.

Levine created a zero-calorie drink, Dr. Levine's Ultimate Weight Loss Formula, with a high-potency mix of natural fibers, antioxidants and vitamins. His patients told him that after trying the drink, they were too full to overeat.

I featured the formula on News

Channel 8's morning show in late July, and weeks later, e-mails from viewers started pouring in. "It's the first time in years I have been regular and had no desire to snack, with the extra benefits of added energy," one viewer wrote.

For example, Levine's Ultimate Weight Loss Formula recommends a break-in period to acclimate to the fiber.