

Study Finds Transitions Lifestyle System Twice As Good As Popular Diets

Low-Glycemic System Significantly Outperforms Other Diets

GREENSBORO, N.C. (PRWEB) December 20, 2005 — Transitions Lifestyle System, a low-glycemic weight management system, showed nearly double the weight loss results when compared to popular diets Atkins, Ornish, Weight Watchers and Zone, according to a recent study published in the December 2005 issue of *Alternative & Complementary Therapies*. Study results also showed that the Transitions Lifestyle System reduced waist circumference by three times that of the same popular diets.

The study—“Weight Loss, Body Measurements, and Compliance: A 12-Week Total Lifestyle Intervention Pilot Study,” was lead by Shari Lieberman, Ph.D. It followed 56 participants through the 12-week Transitions Lifestyle System™ program.

The Transitions Lifestyle System uses the low-glycemic-index model of dieting. Glycemic index (GI) is a numerical measure of how food elevates blood sugar—a higher GI number indicates a higher likelihood of a blood sugar spike. Popular with diabetics looking to control blood sugar spikes, low-GI diets have been studied and utilized effectively for years. For this study, participants met once per week with a co-investigator and other participants in the study. During the meetings, participants learned how to follow a low-glycemic regimen, exercise properly and learned how stress can affect weight loss.

Results from the study were compared to a 2005 JAMA study that compared popular diets Atkins, Ornish, Weight Watchers and Zone for weight loss and heart disease risk reduction. In that study, overall weight loss in kilograms after 12 months was 2.1 for Atkins, 3.3 for Ornish, 3.0 for Weight Watchers and 3.2 for Zone. Waist circumference change in centimeters after 12 months was -2.5 for Atkins, -2.2 for Ornish, -3.3 for Weight Watchers and -2.9 for Zone.

At 12 weeks, participants in the Transitions System study showed a weight loss of 6.29 kg, nearly twice that of the popular diets studied. Waist circumference reduction in the Transitions study was nearly triple that of the popular diets at -9.73cm.

The study also showed Transitions Lifestyle System to be more effective in much less time. The results realized on the Transitions Lifestyle System took only 12 weeks versus one year on Atkins, Ornish, Weight Watchers and Zone diets.

“This pilot study shows that dieting is about more than eating less,” said Lieberman, best-selling author and co-investigator in the study. “The Transitions system teaches people how to lose weight by following a low-glycemic lifestyle that doesn’t rely on pre-packaged meals or unhealthy crash-dieting. Successful weight loss comes from addressing unhealthy habits both at and away from the table.”

Transitions Lifestyle System is available exclusively through Market America’s independent distributors. To locate a local distributor visit marketamerica.com or call (800) 862-6561.

ABOUT SHARI LIEBERMAN, Ph.D.

Dr. Lieberman earned her Ph.D. in clinical nutrition and exercise physiology. She is the best-selling author of “The Real Vitamin and Mineral Book” and “Dare to Lose.” She is a Certified Nutrition Specialist, a Fellow of the American College of Nutrition, a member of the American Academy of Anti-Aging Medicine, a board

member of the Certification Board for Nutrition Specialists and President of the American Association for Health Freedom. She is the recipient of the National Nutritional Foods Association 2003 Clinician of the Year award. She is a published scientific researcher and a presenter at numerous medical conferences. Dr. Lieberman has been in private practice as a clinical nutritionist for more than 20 years and serves on the faculty of two universities.

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