**People drink less from a tall, thin glass than a short, wide glass with the same volume.**

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**Helping you attain a better Quality of Life with natural health products**

Bell Lifestyles offers a money back guarantee on a huge selection of healthy teas and herbal capsules. Read thousands of testimonials online from customers who have drastically improved their quality of life with Bell Lifestyle Products.

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**Blood Pressure Formulation**

Blood pressure is a key component of cardiovascular wellness. The natu-ral, effective fish peptide product supports the body’s normal blood pressure function. A low in-sodium formula that offers unrestrained nutritional support for your overall health and well being.

*I’m amazed with this product! After 1 month there were no side effects.* - Steven B., 39 Blue Spruce, MO

*Athletes love Bell products!* - feeling great!

*pain relieved.* - Donna R., 53 Fresh Meadows, NY

*Ingestion of fish peptide, celery seed, wild garlic, passionflower, skulcap, valerian.*

Bell Blood Pressure Formulation, 750mg x 60 capsules

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**Clear Skin**

Help to maintain a healthy skin from the inside simply by cleansing the blood, instead of attacking the face from the outside with harsh ingredients. Usually you can have a healthy skin when you benefit your skin within from the inside.

*after only 3 days, I started to love this product!* - Christopher S., Brooklyn, NY

*saw great results!* - Claudine M., St. Faustin, QC

*truly this is an amazing product, I’m telling all my friends about Bell Ezee Flow.* - Christopher S., Brooklyn, NY

*love this product!* - Christopher S., Brooklyn, NY

*Thank you!* - Ravit S., 42 Norfolk, VA

*It did great!* - Christopher S., Brooklyn, NY

*Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the face from the outside with harsh ingredients.*

*Ingredients: chamonille, cinnamon twigs, cranberry, damiana, Oregon grape root extract, bittersweet extract, MSM, melatonin 1/2 mg, chamonille, passionflower, sarsaparilla, juniper berries, neem extract.*

Bell Clear Skin, 750mg x 90 capsules

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**Snoring?**

After trying ear drop capsules, many people told us that they now were sleeping like babies. This product really helps the first night. No side effects.

*This is a great product!* - Denise M., 45

*Turned all my snoring friends into a snoring free money maker!* - Bell Ezee Flow. This product makes me so happy! Thank you!* - Claude M., St. Faustin, QC

*Ingredients: flavonoids, ashwagandha, pycnogenol, ginko biloba, choline bitartrate.*

Bell Snoring Relief, 60mg x 60 capsules

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**Frequent Bathroom Trips?**

Natural nutritional support for urinary incontinence and Comfort. Relief from dribbling, diurnal, urgency, flow within 5 days. Instead of getting up many times, most want to go to sleep only once each night or not at all. Also, help when the children want a better urine flow.

*I’m telling all my friends about Bell Ezee Flow Too! Thanks!* - Larry F., 60, Proctorville, OH

*I’m amazed with this product!* - Steve B., 59, Blue Spruce, MO

*I’m telling all my friends about Bell Ezee Flow Too!* - Christopher S., Brooklyn, NY

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**How to Trick Yourself and Others Into Eating Less**

By Stephen S. Holdren

Science has a simple and incred-ible trick that will help you lose weight. The idea, it seems, is to make portions appear bigger so that this leads people to perceive and act on them. While many such finding claiming facts are fake, this idea is not a fiction because it has a real effect. We know that bigger portions lead to more food intake (not only volume sooner), but portions that appear bigger have a reverse effect. Visual illusions have long facinated humans, but mostly they are viewed as problems to be explained. Philosophers themself in the challenge they offer to the nature of being (ontology) and all contexts (epistemology).

Psychologists study them for the light they throw on our understanding of how the human brain works and its limita-tions. Consumer scientists such as Brian Wansink and Keert van Itterbeem have been exploring how visual illusions can be used to help reduce con-sumption and tackle the grow-ing prevalence of obesity on big plates is amplified when there isn't much of a contrast in the color of the food and the plate, such as with pasta or a creamy sauce served on a white plate. Overeating on bigger plates is also more likely if there’s high contrast between the plate color and the tablecloth color. So, if you’re using large plates, choose plates of a color different from the food and one that matches the tablecloth color. You can also use these illu-sions with beverages. If you want to reduce your intake of over-sized drinks or diet, for instance, use tall, thin glasses in place of short, wide glasses. People drink less from a tall, thin glass than a short, wide glass with the same volume. The illusion effect is displayed by males and even stronger among chil-dren. It also helps for drinking—drinks—even after training and even experienced bar-tenders.

Indeed, this illusion is so per-suasive that many people are surprised to find the volume of large cups too often little different from the next size down. Sports fans in the United States recently revealed how a beverage brand and an idiotic stadium have endorsed huge cups of beer holding roughly the same volume, even though the larger one costs more. Similar claims have been made about more mainstream food retailers such as McDon-dald’s and the Canadian coffee shop chain, Tim Hortons. Hori-tons has responded with its own clip showing there is a differ-ence.

The reason the illusion works is not clear although it may be related to orientation amnesia, the well known tendency to perceive a vertical line as longer than an equal-horizontal line. What all these shows is that an illusion is present in the food and even among experienced bar-tenders, to make portions appear big-ger because this leads people to want to reduce your intake of consumption and losing weight. The idea, it seems, is to make portions appear bigger so that this leads people to perceive and act on them. While many such finding claiming facts are fake, this idea is not a fiction because it has a real effect. We know that bigger portions lead to more food intake (not only volume sooner), but portions that appear bigger have a reverse effect. Visual illusions have long facinated humans, but mostly they are viewed as problems to be explained. Philosophers themself in the challenge they offer to the nature of being (ontology) and all contexts (epistemology).

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