

Awareness Month Helps Keep Nutrition Top of Mind

Symmetry promotes National Nutrition Month and explains how being aware of overall nutrition can make a real difference in one's life

Emerging information on diet and nutrition is published on a frequent basis. And, more Americans are aware of and better educated with overall health as they hear new information come through reports and studies. In an effort to continue helping the advancement of health awareness, Symmetry, the direct selling company known for its products that help improve health and wellness – is promoting National Nutrition Month this March.

"Nutrition is the lifeblood of our business and the focus of our mission, so we are happy to join the nation in recognizing National Nutrition Month," said Rudy Revak, president and chief executive officer for Symmetry. "In conjunction with the emerging information that people already receive, we are excited to also share our view of the overall benefits of wellness and living a healthy lifestyle."

It is a known fact that nutrients – usually consumed through food or dietary supplements – are a major contributor to overall health. However, Revak said one trend that has been covering headlines in the media is resveratrol, a nutrient that comes from the skins of red grapes and is said to enhance the overall health of an individual.

An article on FoodConsumer.org said that resveratrol has shown signs that it may help improve blood sugar control in people with type 2 diabetes. According to the Cooperative Research Centres Association, it also has been shown to reduce hypertension and blood cholesterol levels. Other articles have reported studies that have said resveratrol helps fight against heart disease and cancer, as well as obesity.

When Symmetry was originated over a decade ago, founder Rudy Revak's vision was to provide people with a product line to help them reach their full potential. For years, he studied and used nutritional supplements and believed that good nutrition could make a positive impact on an individual's energy, health, and life. Symmetry has been acknowledged for its product called Genesis, a resveratrol infused juice product.

"We believe resveratrol is a great topic to discuss during this awareness month because it is linked to aiding many common, everyday ailments we face. Besides resveratrol's presence as one of the top beneficial nutrients for overall health, there are a

myriad of ways to implement nutrition in your life: being more aware of the total nutrients you consume, incorporating frequent physical activity in your life, and keeping wellness as an integral focus," Revak said.

National Nutrition Month is a nutrition education and information campaign that is sponsored by the American Dietetic Association. According to the association's Web site, the awareness month was created to focus attention on the "importance of making informed food choices and developing sound eating and physical activity habits."

For more information about Symmetry, please visit www.symmetrydirect.com.

About Symmetry

Symmetry was founded in May of 1995 by Rudy Revak and is based in Milpitas, Calif. Its mission is to enrich people's lives physically, personally, spiritually and financially through state-of-the-art nutritional products that are constantly being enhanced with the latest and most advanced technology. Symmetry has been recognized in major business publications, including Success Magazine over nine times. The company is also a member of the Direct Selling Association, the Better Business Bureau, the Direct Selling Education Foundation and Chamber of Commerce.