

Weight Loss Report - Five Keys to Lasting Weight Loss

For as long as we can all remember, one of the most difficult problems people struggle with is weight. Most people have a problem with weight sometime during their life and it can become the focus for a lot of people. After my own personal struggle, I finally found out the truth about weight loss and why it is so difficult to lose weight and keep it off. My problem started when I was 42. Up to that point in my life, I had very little problems with my weight, and I must admit, I wasn't very understanding about my patients' problems either. I would tell them that they simply ate too much or they needed to increase the time they spent in the gym. But suddenly, I found myself unable to lose the excess weight no matter how much I tried and no matter how much exercise I did, the weight simply would not come off.

I finally decided to study the problem and research what causes people to gain weight and also what keeps it off. In order to help as many people as possible, I wanted a program that would work for almost anyone. ***We have found that the one thing that keeps people from losing weight and staying at the desired weight is that they do not understand how the body works.*** For that reason alone, I decided it is time to give people the power to make the choice to understand and to have the truth. The truth is that anyone can lose weight if they take hold of this information and use it!

Key #1. You must be moderately healthy to begin weight loss.

In our office, we see a lot of people who want to feel better. The problem is, they don't truly understand that what they have been doing is what makes them feel bad. Many people (especially in the United States) are in search of the next great thing. We live on a superhighway of fast cars, fast times and fast food. If we can't do it in fifteen seconds or less, we're unhappy. Unfortunately, the fast food menu is unhealthy and it isn't really even food. Have you ever gone to a Chinese restaurant and eaten your fill only to be hungry ten minutes after you leave? The reason for this is that the calories are empty. This means that the food you just ate did not turn off the hunger trigger in your brain because your body still needs real food – good nutrients - for fuel. This can be a sign that you are eating so poorly most of the time that you are literally starving while you eat the last cookie or chip from the bag. The problem with this is ***the food you eat most often may be making you deathly ill and you may not even know it!***

Your body requires two things to be healthy ...fuel and activation. Simply put, you must have stimulation and real food or fuel or you will get sick. Try eating nothing but McDonald's for a while (a guy actually did this, see the movie *Supersize Me*) and you will get sick from the food, or rather the lack of nutrition. We simply cannot and must not confuse health with what feels good or tastes good. Now, I hear you talking to yourself and you're saying, Great, now I have to eat nothing but tasteless rabbit food forever or I won't be healthy! Well, nothing could be further from the truth! The real key to this program is getting your body to realize that you are going to feed it! When you do, the body will automatically start to dump the unwanted baggage you now carry (***FAT and toxic waste***) and begin to heal which will allow you to keep the weight off more easily!

Yes! You can have butter! Real BUTTER! *No, you should not eat margarine, it is not real food.*

The food you eat should be your medicine, if you will. When you eat properly, your body will heal itself and many of the problems you now suffer will simply fade into the past like a ghost. Sound good so far? Remember, you must be relatively healthy to lose weight, but it does not mean you have to be totally healthy to lose weight. Your body stores calories as fat when it thinks there is a need. This will happen in every type of body.

Key #2. Hormones control weight loss

When I was struggling with my weight, I ate around 1200-1500 calories per day. For an average man, this is a starvation diet. The problem with this is that I was tired, grumpy and I still didn't lose the weight where I wanted it to come off! Then, I found out that the real reason I couldn't lose the weight was that I was activating the hormonal system in my body that was telling my body to store all of the calories I ate as fat. I was actually starving most of the time and I still kept the weight I was struggling to shed. Now, I eat almost all of the time and I lose weight in my sleep! The one rule I have for my patients is *If you are hungry, you better have a good piece of food in your hand on the way to your mouth!*

When you are hungry, your body releases chemical messengers into your bloodstream that make you want to eat. This is hardwired into your system and you can't turn it off. These chemical messengers are called *hormones*. Now, some of the hormones are good for weight loss...growth hormone (a steroid used by some professional athletes) is actually good for weight loss, So is testosterone (the male hormone) and other hormones like growth factor one and the thyroid stimulating hormone (TSH.) Other hormones are bad for weight loss and cause your body to store most of the calories you eat as fat. *The two main fat storing hormones are cortisol and insulin.* Here is the real secret to weight loss... if you eat anything that causes your body to release increased levels of cortisol or insulin, you will store the calories you eat as fat. If you eat foods that heal your body and don't cause a rise in the level of blood insulin or cortisol, you will not gain weight!

Key #3. Toxicity is the real reason most people cannot lose!

Most people do not understand that they are not really fat. They tell themselves that they are because that's what they learned about big people. However, most people only look fat when they are really carrying around a lot (I mean *a lot*) of excess water and toxins. How do you think these people can go on a diet that requires them to eat mounds of protein and no carbs and lose weight? The answer is that they force the body to dump the excess water that is stored between the cells (we call this interstitial fluid) and then, presto, the weight comes off. But does it stay off? In our office we always have loads of people who tried this kind of diet and it worked! Until they cheated just a bit and had some of those delicious carbs like bread or pasts and then they gained back even more weight that they could never get off (boy were they hot under the shorts!) So, when you diet in this fashion, you get what most people get -- if you cheat, you gain back more than

you lost. On our plan, you can't eat the nasty carbs either, but you can have fresh veggies and even fruit and nuts! Almost all you can eat! The best part of the program is that these foods help your body to rid itself of the toxic byproducts that are being stored in your body and you not only lose weight, but you will get rid of a lot of things you may not even expect. Like your beer belly, your dowager's hump, your love handles and your floppy skin. People tell us that they get way more than they lose and they feel better to boot!

Key #4. You must activate your thyroid to activate weight loss.

Back in the 1940's, we didn't really have many people with thyroid problems. The thyroid gland is the gland that is in the area of your throat. It secretes hormones that regulate your internal body temperature. What this does for you is simple. We have all seen pictures of athletes who were trying to lose weight quickly for some reason. In those pictures you may have seen them going into a steam room. The reason they do this is to drive the body temperature up so they sweat out enough water to weigh a certain amount. After they do this, many people feel washed out. This is because it is very stressful to lose weight in this fashion, it's downright unhealthy! Your thyroid does this for you, every day! The thyroid keeps your body temperature regulated so you work like you are supposed to. But, if your thyroid isn't working like it is supposed to, then you will feel slow and weak and you will begin to gain weight. I have some patients who have an overactive thyroid who can eat anything they want without the fear of gaining weight because the thyroid keeps them burning those calories off at a very high rate. Now, the reason we didn't have many thyroid problems in the U.S. back in the 1940's may be due to the fact that the bakers of things like bread used Iodine in their breads as a binder. But during that time, the USDA decided that everyone should switch to using bromine as a binder. Now, Bromine and Iodine are very close in their effects on a human body with one small exception ...***Bromine is toxic!*** Iodine and Bromine both act on the breasts (in men and women) the sexual organs and they also affect the urinary tract. Now in the U.S. we have women who have fibrocystic disease (men too) ovarian cysts and tumors and men who have prostate problems and cancer of the prostate. David Brownstein, M.D., states that we don't get nearly enough Iodine in our diet in his book Iodine, "Why You Need It, Why You Can't Live Without It". We recommend that all of our patients begin supplementing with Iodine after they take a simple test to see if they are deficient (so far only one person out of hundreds tested has not needed supplemental Iodine.) The Iodine works as ***both an oxidant and an antioxidant!*** This means you get double the benefit from this powerful supplement. Iodine helps you lose weight by up regulating your body temperature, helping your own immune response to any disease and other benefits too numerous to mention.

Key #5. You must not consume Triggers in your diet!

Now I know that you're sitting there wondering what in the heck a Trigger is... is it Winnie the Pooh's friend? No, that's Tigger! Triggers are anything that you eat that will block a hormone's receptor site, or will cause insulin or cortisol to be released into your blood. We MUST stay away from these triggers if we want to lose the weight. I

have had literally thousands of pounds that have been *shed simply and safely due to our plan of action!* You can do it too! It has worked for almost everyone who does the program right and does not cheat! We have had only two women who could not lose weight after doing the program and one came back a year later to tell me that she had finally begun to lose weight (Over 40 pounds!) When I asked her how she did it, she told me in a whisper, “Oh, I quit cheating and it just came off like you told me it would!” So, now we have only one person who this plan did not work for. So, here is the catch, there really is no secret to lasting weight loss, you need to feed your body real food and you need to understand that anything you eat that causes toxins to be released into your intestines or your blood will do you harm. It’s like eating a little bit of poison every day and wondering why you don’t feel so good. Once you understand this information and commit to a plan of action (meaning you just do it) you will be in control of your weight for the rest of your life!

ARE YOU READY?

If this information is hitting home for you and you are ready to get to work, call our office for an appointment. Let our nurse practitioner do an evaluation on you and see what YOU need to get your weight back on track. Call us at 281-852-8724 for a time that is convenient for you.