



Weight Loss Resistance

Have you ever thought that being overweight or unable to lose the weight you want to lose is just who you are, that you are destined to be overweight. Or the thought that it is just your SLOW metabolism. Maybe, it is in your 'genes'. Well, there may be *some* truth to those thoughts, but it does not have to continue to keep you from reaching the goals you have to reach a healthy weight. It is possible that you may be suffering from: A subclinical thyroid disorder, food sensitivities, subclinical diabetes, or many other conditions.

If you are frustrated from **not being able to lose weight regardless of what you do**, then you've come to the right place. **It doesn't have to be that way anymore!**

Do you have any of the following?:

- Fatigue
- Weight gain, despite adhering to a low-calorie diet, or difficulty losing weight
- Morning headaches that wear off as the day progresses
- Depression
- Constipation (difficult or infrequent bowel movements)
- Hypersensitivity to cold weather
- Poor circulation and numbness in the hands and feet (cold hands and feet)
- Muscle cramps while at rest
- Increased susceptibility to colds and other viral or bacterial infections and difficulty recovering from them
- Slow wound healing
- Excessive amount of sleep required to function properly
- Poor memory
- Chronic digestive problems, such as a lack of stomach acid (hypochlorhydria)
- Itchy, dry or course skin
- Dry or brittle hair
- Hair falls out easily
- Carpal Tunnel
- Low auxiliary (body heat) temperature, although this may also be caused by any hormonal imbalance
- Loss of appetite
- Edema especially facial swelling (myxedema)

- Loss of outermost portion of eyebrows
- Heat Intolerance
- Diarrhea
- Excessive bowel frequency
- Inward trembling
- Night sweats
- Insomnia
- Feelings of nervousness/emotional distress
- Sweaty palms
- Increased pulse rate, even at rest

How many of these do you have? If you identified with more than one or two, then you may have an underlying condition that is the root problem of why you are unable to shed those extra pounds.

There are 7 major reasons people can't lose weight, but ultimately it comes down to one simple question. ARE YOU DEALING WITH A HEALTHY BODY?

- 1) Thyroid Dysfunction
- 2) Liver/Gastrointestinal Dysfunction
- 3) Adrenal Gland Abnormalities
- 4) Poor Blood Sugar Control
- 5) Brain Imbalances
- 6) Hormone Dysregulation
- 7) INFLAMMATION

First, the thyroid “runs” our metabolism.

It’s literally the “gas pedal” of the body.

Since the thyroid gland controls the body’s metabolism, it can affect all of the

systems of the body such as the gut, liver, gall bladder, hormones, cholesterol, brain (via neurotransmitters), adrenal glands, breasts, ovaries, and heart. This is exactly why your thyroid NEEDS to function at its optimal level. One of the most frustrating symptoms of hypothyroidism is the inability to lose weight, even though your calorie intake is low and the numbers of hours you've logged on the treadmill are high.

Hypothyroidism simply slows down the body's overall metabolism and fat burning. The adrenal hormones, epinephrine and nor-epinephrine, which enhance fat burning, lose power when the thyroid is underactive. Low thyroid function makes it harder for the body to burn fat by shutting down the sites on the cells that respond to lipase, an enzyme that metabolizes fat.

You also make fat much more quickly than it's burned, which can drive up your triglycerides, cholesterol, and LDL cholesterol. So not only does stored fat refuse to budge, but the inability to burn the fat for energy also contributes to fatigue and chronic craving for sweet and starchy foods. Lastly, since hypothyroidism hinders human growth hormone, building muscle through exercise is difficult, if not impossible, and muscle loss can occur.

The Liver's Connection To Increased Weight

The liver is our body's major filtration system. Just like a water filter in your house, it is used to clean up all the garbage and leave a healthy and clean environment. If your filter is broken or full of junk it won't be able to do its job. On top of this, the liver is a very important organ when it comes to hormone metabolism.

Here are the major problems that prevent you from losing weight because of liver dysfunction. First off, the liver begins to lose its ability to efficiently filter out the junk in bodies. When this happens, a backup of harmful substances called toxins forms. Since our body is so intelligent, it created a way to deal with this overload of toxins.

IT CREATES MORE FAT CELLS!

It creates fat cells to have a place for excess toxins to be stored so that they do not harm your body, at least for the time being. Where do we get the excess toxins from:

- Processed foods
- Detergents, Shampoos, etc.
- Environment
- Hormone Replacement

If the liver continues to be overworked by filtering out toxins it begins to decrease overall function. It basically becomes sluggish and tired, to put it simply. Not only does it play a role in thyroid hormone metabolism but essentially every hormone's metabolism.

It makes a little substance called cholesterol. High cholesterol is oftentimes linked to poor liver function as a response to local or systemic inflammation. Cholesterol is a major indicator of inflammation.

I will discuss inflammation later on, but just remember this: One of the signs of inflammation is “swelling,” along with pain, redness, and heat. So what is the answer to this problem? Proper investigation must be done to help decrease toxins and address the inflammatory conditions of the body, thus providing successful weight loss goals.

Why Are the Adrenal Glands Important?

Well, they produce a chemical called cortisol. Cortisol has a huge impact on your waistline. Cortisol is largely produced as a response to stress. That is why it is known as the “Stress Hormone.”

When we have high levels of stress, our bodies trigger the adrenal glands to produce more cortisol. However, stress comes in so many forms. Whether we are talking about emotional, physical, or chemical stressors, the body responds in the same way and releases more cortisol. Cortisol is not completely a bad thing.

Our body needs it for several metabolic functions. However, our body does not need the amount that is produced in most people who are overweight. There is a fine line between too much/little and just the right amount.

There also needs to be a specific rhythm in which it is released, such as higher in

the morning and tapering off throughout the day. What causes abnormal changes in cortisol levels?

- Poor Sleep Patterns
- Blood sugar imbalances
- Chronic Pain Conditions
- Emotional stress
- The list goes on and on...

What are symptoms of adrenal imbalances?

- Increased Weight
- Difficulty sleeping
- Inflammation
- Fatigue
- Dizziness

The adrenal glands also play a huge role in many other hormone processes. They have an impact on thyroid hormone, testosterone, estrogen and progesterone. The moral of the story is that the adrenal glands need to be properly evaluated when dealing with health problems, especially the inability to lose weight.

Why is Blood Sugar So Important?

It is the primary fuel source for the brain, along with oxygen. Brain imbalances have an impact on the ability to lose weight, and this is one of the things that causes problems with the brain. We all know that improper blood sugar regulation can possibly lead to diabetes. Clearly, most diabetics have a problem of being over-weight.

Here is a little secret though, you do not have to have full blown diabetes to say that poor blood sugar control is part of the problem when trying to lose weight. There are several other problems that represent poor blood sugar control:

- Insulin resistance
- Hypoglycemia
- Reactive Hypoglycemia

The optimal range for proper blood sugar levels is between 80-99. Blood sugar issues are the #1 stressor in the body and, remember, stress can impact the adrenal glands. So if you are wanting to be healthy and actually attain your realistic weight loss goals, then blood sugar needs to be addressed.

What About Brain Imbalances?

Did you know that the brain virtually controls every single function of your body? It tells your heart how fast to beat, senses pain, moves your muscles, maintains proper hormone levels, and the list goes on. We would have to be ignorant to forget that it has an impact on our body weight.

For the most part, it controls our body weight through a very complex system of chemicals called neurotransmitters and hormones. These chemicals are the messengers that the brain communicates from cell to cell. Over the course of time we can begin to develop brain imbalances.

As you know, there is a right and left side of the brain, but it is much more complex than that. You have frontal lobes, parietal lobes, occipital lobes, a hypothalamus and cerebellum. These are not all of the areas of the brain but most of the very important ones.

As I was saying, development of brain imbalances will lead to certain areas of decreased brain function, thus leading to a poorly operating brain. When it comes to weight management, probably the most important area of the brain is the area called the hypothalamus. The hypothalamus is extremely crucial in weight control because it houses several small areas called nuclei. Some of these nuclei are specifically related to eating patterns. There is one that senses when we are full and one that senses when we are hungry.

This whole process is done through a series of messenger chemicals. The primary chemical we are talking about is known as leptin. Leptin is the hormone in the body that is supposed to tell the brain that we are full. It can only operate properly when a good chemical environment is present in the rest of the body. It works at its best level when we are eating the right types of food but it goes further than this.

If we have underlying brain dysfunction then it will impair our brain from responding the way it should to this messenger molecule called leptin. It tends to respond slowly and we will end up overeating. You might ask what leads to this

dysfunction of the brain. Namely a dysfunctional biochemical environment throughout the rest of the body will have a huge impact on brain function.

Other things that contribute to it are direct brain injuries, inactivity, inflammation and emotional distress. The good news is that we can detect these brain deficiencies that drive the vicious cycle. We can find the areas of the brain that are not functioning at their optimal level and rehab the same areas to increase their function. When you improve the brain function you will have a better chance at losing weight.

Imbalanced Hormones Will Increase Body Fat

This is not news to anyone. One of the biggest problems we see with a woman as she is going through menopause is an increase in weight. The driving force behind this is the simple fact that her hormones are out of whack. However, you do not have to be a woman going through menopause to experience hormone related weight gain. This weight gain is starting to occur with people even in their teens and middle age as well.

We are supposed to have a certain level of each hormone in our bodies. Obviously there are normal fluctuations that occur through our life cycle, but oftentimes, hormones are not staying within these “normal” ranges of change. We tend to have too much or too little of our estrogens, progesterones, and testosterone.

In men, they tend to have a decrease in testosterone which leads to their flabby appearance as they age. They will develop more of an estrogen dominance due to several factors throughout the body that prevent them from producing the right amount of testosterone.

Women are much more complex. They have to have a proper balance between all three of the previously mentioned hormones. Women have these shifts in hormone levels on a monthly basis, which increases their chance of having imbalanced hormones.

Hormones come under the control several other factors of the body. The brain, thyroid, adrenal glands, liver, and several other organs can influence proper hormone levels. This is what makes it so difficult to evaluate and manage proper hormone levels. Just like every other function of our body, it requires a healthy biochemical environment to have proper hormone physiology. It would be nice if

we could simply run a test and see decreased progesterone or high estrogen, and supplement accordingly.

However, you need to step back and ask yourself *what* is causing this hormone imbalance. This is what makes things so challenging. Oftentimes, it is not just a cut and dry solution and you need to look elsewhere to identify the problem, since our body is a connected environment. Each system cannot be looked at as individual parts.

The best way to find the answer is to get the proper tests run and figure out where the **breakdown** is occurring.

Inflammation Is the Key

I look at excess weight a little bit differently than most people probably do. I see it more as a symptom than the actual problem. Here is what I mean by that, if you have an unhealthy body or system, you are in a state of inflammation.

Stated in nearly every medical pathology text book is the fact that long term inflammation leads to disease. The crazy thing about inflammation is that it comes along with several symptoms of itself: swelling, heat, and pain. Let's focus on one specific component - swelling.

Everyone knows what I am talking about when I say "swelling." You sprain your ankle; it fills up with fluid and gets enormous. Could obesity possibly be attributed to this concept of chronic inflammation? The answer is yes. As I mentioned before, chronic inflammation leads to disease.

You might have thyroid, adrenal, pancreas, liver, or hormone diseases and dysfunctions that were caused by chronic inflammation. Each of these diseases or dysfunctions has one common symptom...**WEIGHT GAIN!**

Many people say that they workout, eat right, take weight-loss pills (and the list goes on), but they just cannot lose weight. I am telling you it's because they have an un-healthy body and will never lose weight until they get themselves healthy again.

Obviously eating Twinkies, Ding-Dongs, and sitting on the couch all day will cause a weight problem but it does not compare to the negative impact of chronic

inflammation on our bodies. This concept of chronic inflammation is so important. An inflammatory state of the body will lead to a dysfunctional physiology that disrupts all of the organ systems of the body.

Certain areas of the body might be affected more than others, but the key is to determine the major source of inflammation. Is it your diet? Is it toxins? Is it brain imbalance? Whatever it is, you need to find it and remove it.

The next section is going to go over several lab tests that help us find a way to help you lose weight.

Comprehensive Metabolic Testing Connection: What Are The Tests And Why Do We Need Them?

I. Complete Blood Panels

A. Complete Metabolic Panel (CMP): The Comprehensive Metabolic Panel includes: Alanine aminotransferase (ALT/SGPT); albumin:globulin (A:G) ratio; albumin, serum; alkaline phosphatase, serum; aspartate aminotransferase (AST/SGOT); bilirubin, total; BUN; BUN:creatinine ratio; calcium, serum; carbon dioxide, total; chloride, serum; creatinine, serum; globulin, total; glucose, serum; potassium, serum; protein, total, serum; sodium, serum. These are used to monitor and identify metabolic status and function.

B. Lipid Panel: This panel includes Total Cholesterol, Triglycerides, HDL Cholesterol, VLDL Cholesterol Calculated, LDL Cholesterol Calculated, and LDL/HDL Ratio. The evaluation of hyperlipidemia has traditionally been used as an index to coronary artery disease. Patients with cholesterol levels between 200-240 mg/dL plus two other coronary heart disease risk factors should also have a lipid panel performed.

C. Complete Blood Count with auto differential: Complete Blood Counts with differential and platelets includes: Hematocrit, hemoglobin, mean corpuscular volume (MCV), mean corpuscular hemoglobin (MCH), mean corpuscular hemoglobin concentration (MCHC), red cell distribution width (RDW), percentage and absolute differential counts, platelet count; red cell count, and white blood cell count (WBC). This is used to evaluate status and function of many body systems.

D. 25-Hydroxy and 1,25-DiHydroxy. These tests are used to check Vitamin D metabolism. Vitamin D is needed in calcium metabolism and in immune response.

E. Hemoglobin A1c Glycosylated (or glycated) - hemoglobin measures the amount of sugar molecules attached to the hemoglobin protein molecule as a result of increased sugar consumption over a period of time. It is used in monitoring the blood-glucose level over the previous 2 months to identify dietary noncompliance.

F. Complete Thyroid Panel Thyroid interactions include:

- Brain
- Gastrointestinal Tract
- Gallbladder Function
- Liver Function
- Lipid/Cholesterol Metabolism
- Protein Metabolism
- Red Blood Cell Metabolism
- Glucose Metabolism
- Hormone Steriodogenesis
- Bone Metabolism
- Cardiovascular System

By doing a COMPLETE thyroid panel we can identify the precise mechanism or cause of any thyroid symptoms. There are as many as 22 published causes of thyroid dysfunction.

All 22 fall into these 6 basic patterns:

- Pattern 1: Thyroid
- Pattern 2: Pituitary
- Pattern 3: Under-Conversion
- Pattern 4: Over-Conversion
- Pattern 5: Thyroid Binding Globulin
- Pattern 6: Thyroid Receptor

II. Adrenal Stress Index (ASI):

Your adrenal glands are your “stress” organs (meaning that they react to stress). If you have been or are currently under stress, suffer from insomnia, and/or diabetes, this test is a must!

This is a salivary test performed 4 times throughout the day. When under stress you over-produce cortisol, and too much cortisol over a long period of time causes short term memory loss. The reason for that is the cortisol goes to the superior temporal lobe of the brain where memory occurs and affects that area. High levels of cortisol are toxic to the brain.

III. Sensitivity Testing:

This test is to determine if you have sensitivity to gluten (wheat, rye, oats, and barley), milk, eggs, yeast, and soy. If you are sensitive to ANY of these food groups, it can be making your condition much worse. It will also increase inflammation in your brain and throughout your body! IF you suffer from Hashimoto’s Thyroiditis, you need to be OFF of ALL gluten...NOW!

Here are some of the symptoms of these sensitivities:

- Chronic pain or fatigue
- Frequent indigestion
- Bloating after eating
- Frequent loose bowel movements
- Constipation
- Mouth ulcers or sores
- Vomit often

The only way to find out if you are suffering from any of these sensitivities is to run the test!

IV. Digestive Tests:

A. Intestinal Permeability: This is to test for Leaky Gut Syndrome (LGS), or damaged gut lining. LGS describes a condition of altered or damaged bowel lining, caused by antibiotics, toxins, poor diet, parasites, or infection which can lead to increased permeability of the gut wall to other toxins, microbes, undigested food, waste, or larger

than normal macromolecules. It has been proposed that these substances affect the body directly, while others postulate an immune reaction to these substances.

V. Hormone Panels:

We can check hormone panels to determine if the patient suffers from low testosterone in males or low estrogen/progesterone levels in females. Symptoms related to decreased hormone levels may include: depression, fatigue, mental fogginess, mood swings, hot flashes, sweating attacks, weight gain, and decreased physical stamina.

With the knowledge provided by running all these tests, we will find out the specific dietary requirements needed for your health. We then prescribe a targeted protocol to correct these deficits. This may include dietary changes as well as supplementary nutrient compounds that are designed to support optimal functioning of brain and body.

The Problems With Traditional Lab Testing

I know what you are thinking...I've had my blood work done and it was normal. Then ask yourself this question: "If my blood work was normal, then why do I still feel this way??" Maybe your blood work wasn't normal after all!

Please understand there are three major problems with **traditional** laboratory testing:

- **Broad Reference Ranges:** Laboratory Reference Ranges are created using people who go to the doctor frequently...sick people. Healthy people rarely see a doctor. Therefore, the reference ranges are far too broad to catch more minor fluctuations in physiology. Also the ranges that your medical doctor looks for are for pathology, or a full-blown illness. I look for the optimal ranges for your body's proper function, which is a narrower range of numbers.
- **Non-standardized Reference Ranges:** Not only is the reference range too broad, but it varies from lab to lab, and state to state. Therefore you can have a thyroid issue in one state, but not another. THAT'S NOT HEALTH!
- **Insurance Company Influence:** Doctors only run tests that are considered "medically necessary" by insurance companies. Therefore, doctors won't often run a full thyroid panel because most insurance companies won't pay for them.

I get asked if we really need to do all this testing.

YES! We have to run the tests and be thorough!

We don't guess...We Test!

You've had enough of guessing!

Here's What's In It For You...

- Ultra effective 3 Step Program that **fixes the leaks in your "leaky gut"**...keeps the foreign invaders out (every cell in your body benefits from this) and prevents the recurrence of diarrhea and constipation.
- **Sleep through the night like a baby**, wake up rested, refreshed, revitalized, and ready to take on the world (all without those "sleep aids").
- Naturally ratchet up **depleted hormone levels** and **say goodbye to depression**, anxiety, wild mood swings, loss of libido, and PMS...say **hello to a calmer mind**, decreased sensitivity to heat and cold, greater ability to handle stress, and increased desire for intimacy.
- **Improved Digestion and a Customized Nutritional Plan** deliver key nutrients your body needs to make repairs and maintain a high energy state...no longer any need to suffer with acid reflux, yeast infections, gas, or bloating.
- **Stop poisoning yourself**. The one toxic food group that most all Thyroid Disorder patients must give up to stop sabotaging their healing efforts.
- **Jump start your energy** systems and make it through the day without taking a mid-afternoon nap (and have enough energy to burn when you head on down to the gym for your workout).
- **No more singing the sugar blues**...the roller coaster ride of highs and lows will

become a thing of the past. *Enjoy a normal appetite* without needing to gorge or avoid eating entirely.

- **Targeted detoxification** of your liver and other related areas...*throw the aspirin away...* **no more headaches**, skin rashes disappear, eat fatty food without nausea and cramping.

- **Wake up and smell the roses** (and almost anything else for that matter) without worrying about any reactions from an overactive immune system...those tender swollen glands won't be bothering you like they used to, either.

- **Enjoy the focus and clarity** that's been missing in action when the mental sluggishness associated with a Metabolic Disorder lifts. We are going to take you by the hand and lead you away from the yo-yo weight loss/weight gain that you've had to endure. There will be no more stumbling around in the dark searching for solutions. You will be given a personalized road map to guide you through the steps of this program.

It doesn't matter how long you've been struggling, how many diets you have tried, how many medications you've been prescribed, how old you are, how lousy you feel or what you've been told.

All that matters is...

You've decided to get off the misery merry-go-round and finally get the help you need.

When you've decided to begin your Metabolic Disorder Program, you've taken a giant step forward to a new and healthier life.