



WELLNESS & NUTRITION
C E N T E R

WELLNESS WEIGHT LOSS

A safe guide to losing non-essential fat and keeping it off!

WRITTEN BY
DAVID NOBLE, D.C., CFMP, AAMA

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 /myWNC

847-426-2121
324 W. Main St.
Carpentersville, IL. 60110

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Introduction

I put this book together to uncover the realities of weight loss 'done right'. To me, that means losing FAT weight and keeping it off, all without ruining your health! I call this; "Wellness Weight Loss".

Healthy & successful weight loss is "Wellness Weight Loss" and it is a game that *can* be won! It is a game of self-control and self-discipline; there are actual 'rules' to this game and once you learn them you have a much higher likelihood of being a 'winner'. The opposite is true too, where the harsh reality of life is that no one is handing out trophies for just showing up, you 'gotta' work for it.

I have compassion for people who share their tearful declarations of wishing to lose unhealthy weight in exchange for a healthy and fit body. I meet people all the time who have been significantly overweight for years and listen to them explain to me their wishes of fitness and their resulting happiness. The first problem with that, is that just merely wishing for it doesn't bring about change, you have to work for it! Secondly, by making a beautiful body the cause of your happiness, you are setting up an idol in your heart, so you want to very careful with what or who you put on the throne over your life.

You know something is an 'Idol' when you believe the lie that says; "If I get _____, THEN I'll be happy!" With that view point, you are pushing happiness into the future, resulting in unhappiness now. Now this is very important because you can subconsciously 'train your mind' to reject happiness during the weight loss process and essentially learn to be unhappy as your regular, default mode. Eventually you'll burn out and give up.

Here are five tips to break away from the idol mentality and become present by focusing on 1) things in life you are grateful for NOW, 2) making an honest assessment of your current health situation, 3) making reachable and realistic goals (have the end in mind) based on your honest

assessment 4) creating lifestyle habits that support a fit and functionally healthy body and 5) gain understanding of the 'rules' as mentioned earlier so that you have confidence to carry you through the hard times. The Bible says that a wise man seeks much counsel, so be wise.

To better demonstrate the weight loss journey, let's say you are in New York and you want to go to California; you'll need to know a few things before you can assume, you'll get there. For starters, you'll need to know exactly where your starting point is and precisely where you hope to end up. Just as important, you'll need a means (a vehicle) to get you there, you'll also need to know how long this will take so you don't get frustrated and give up halfway there, you'll need clear directions and measurable markers that confirm for you that you are on the right path along the way.

It is no different when considering an audacious goal like significantly changing the form and function of your physical body in such a way that you can maintain it in that new and improved state.

So let's start by taking a sober assessment of where you are right now and how you got here. Once you do that, you will have a better understanding of the level of difficulty this journey could be equipping you with enough patience, proper expectations, enjoyment and happiness along the way to carry you through!

Wellness Weight Loss can often be difficult, inconvenient and take longer than we would like it to. However, the rewards are awesome and you will not only get control back into your life, but you are leading others around you to do the same for them and their families. Just remember; "Can't lives on Won't street" - so make up your mind here and now that you CAN and WILL will succeed!

I'm preaching 'it' and I'm living 'it'. If I didn't stay on top of 'it' in my own life, I'd be overweight, sluggish, and achy like most people are. I've chosen to insist on thriving health and fitness for myself and you can choose that too. Ready? Let's do this!

Chapter 1: What Kind Of ‘Wellness Weight Loss’ Case Are You?

No matter how overweight you are, you need to consider the information in this chapter, because if you don't make internal and lasting changes, even small changes, you won't be able to finish the game strong and you'll find yourself in a never-ending battle; always chasing that elusive 'weight loss'.

So to begin fixing your overweight symptom, we need to be willing to first assess the total situation and discover whether you are you an “easy” weight loss case or something much more complex. This would be based on a number of major things, but here is a list of the biggies:

1. WHY you became overweight in the first place
2. HOW LONG you've been in an overweight or physiologically obese state
3. WHAT OTHER health factors changed or crashed since you became overweight or obese
4. Your GENETICS and of course...
5. Your LIFESTYLE

It is only once we discover your starting point that we can create a plan and reach properly set goals. Unfortunately, 90% of the “weight loss” programs out there are about short-term results and little to do with how to maintain your ideal weight once (or if) you get there.

So let's get started by understanding the reason 'why' we're overweight in the first place, or why you're still overweight if it's been a long time. There's a multitude of reasons why these things happen and it's important to note that what works for one person may not work specifically for you.

Within your 'why', is where we can discover your view point. You cannot change a problem with the same thinking that got you there! We can agree that your excess fat weight is a problem, but it is not the *cause* of your problems. In fact, excess fat accumulation is a

SYMPTOM; a result of something. If you treat your overweightness as THE problem, you will find yourself chasing after that again and again.

The reality is that when your body isn't functioning well and or you don't feed it the right fuels, your metabolism slides 'downhill' and you begin to store more energy as fat, mostly for survival purposes. If uncorrected over time, you will become "fat". ...mind-blowing, right?

When we were younger we could get away with certain things that we can't later on mainly due to living a certain lifestyle over time; collecting toxins, sustaining injuries, undergoing excessive or chronic stress, and after a while, we lose that youthful resiliency.

So even if you have experienced losing weight relatively easily in the past, you may now be experiencing, for whatever reason, that what worked for you before, is not working so well now.

1) Your 'why' and your Viewpoint

Your viewpoint is the main 'reason' you are, where you are, in life and health. You have made a multitude of decisions that lead you to your current station in life. So let's be willing to loosen our grip on what we thought we knew and dig into 'why' you are overweight.

For example, when someone says to me; "I want to lose weight", many times I will respond by saying "which 'weight' do you want to lose? Brain weight? muscle weight? bone weight? or fat weight?"

Clearly, it's fat weight that we want to lose and more specifically it's the "non-essential" fat (Your love handles, saddlebags, double chin, etc.). This is ironically the kind of fat that is the most difficult to tap into when doing a typical weight loss or dieting program.

The 'why' you are overweight also has a lot to do with being misinformed about how to live healthy as well as with your motivations to do so. Therefore, your motivation to return to an ideal state of health that *includes* an ideal body weight, will help you find correct information, reject bad information and give you resolve to follow through in the tough times to reach long-term health and weight loss goals.

For instance, saying "no" to ice cream, soda pop, chocolate, \$7 sugar-laden lattes and third helpings, doesn't come naturally. If it did, you wouldn't be reading this right now! So YOU (all on your own) are not to be trusted.

Instead, look outside of yourself for a bigger vision of who you are and for a stronger motivation source, what your life really means and what is the legacy you will leave behind. Think of the influence you have on others around you, your kids, friends and other family members. Consider 'finishing the race strong' having stewarded our time, talents and treasures in an excellent way, leading others to do the same. Consider looking back on a life well-lived, well-taken care of and not as one who just irresponsibly ate and drank whatever tasted good, trading vibrant health and true happiness for fleeting pleasures of the tongue and tummy!

Ok, I'll get off my soap box, but meditate on those thoughts to tap into a deeper or altruistic vision for yourself and drum up some lasting motivation.

The other side of our 'why' is our viewpoint as to what the target for "successful" 'weight loss' is. Very often the target is very short-sighted and people find themselves yo-yo-ing up and down in body weight, ruining their metabolism over time. Many poor souls will diet real good (for a season), exercise real hard for a few weeks, hit their goal (or get close enough), then relax on their momentum just to find a little while later they gained that weight back, and feel like a failure.

This is analogous to studying real hard for the exam coming up, but once that exam was over you stopped studying, then got upset when your total grade at the end of the school year was a D minus! Short-range goals suck!

Weight loss ‘success’ or “Wellness Weight Loss” means not only losing the weight (which by the way is the easy part) but also means keeping it off for at least 9 months to a year - without having to do anything extra – enjoyably! To do this; to attain true success, you will need to design a lifestyle that you can enjoy and maintain for a long time. Maybe for even a lifetime! THIS is the goal we shoot for with all of our ‘weight loss’ patients and is one of our ‘secrets to success’.

Of course, that means not eating McDonald’s every day, soda pops, junk food and of course that means having some kind of exercise woven into your lifestyle; good sleep, gratitude thinking, etc. There are simply hard and fast rules you must live by if you desire truly successful weight loss. It doesn’t have to be all doom and gloom and it could be actually quite enjoyable.

So if you’re looking for a quick-fix or pill-popping solution to do all the work for you, where you don’t have to correct any of your lifestyle, you will find yourself disappointed; program, after program, after program.

Take Action: Before you read any further, take a few minutes and look inward at your reasons for wanting to lose (and keep off) your weight. Why now? Who besides you would benefit from this life change? What kind of lasting changes are you willing to make? What are you willing to give up?

2) HOW LONG you’ve been in an overweight or obese state

It should be no shock to you to know that if you gained 5 to 15 pounds in the last 3 to 6 months for example, you would most likely have a much easier time losing that excess weight than the person who has been obese for 20 years.

The longer your metabolism and your nervous system has been 'doing' any particular process or state of physiology, the more stable it is and the less likely it would be willing to change without enough force.

There isn't much more that needs to be said here, but is very important when setting up realistic targets and goals for Wellness Weight Loss.

Take Action: How long have you been overweight? Take a moment and meditate on the reality of that time frame and how long your body has been fed what it has been fed and how long it has been functioning at the level it is today.

3) WHAT OTHER health factors changed or crashed since you became overweight or obese

Toxicities, injuries, stressors, pregnancies, allergies, tired glands, etc. can add up over time creating "layers" of physiologic and metabolic chaos in your system which makes it darn near impossible to regain a balanced metabolic rate and healthy status.

We experience this chaos more as we get older and we call it "aging". So we run to the medicine cabinet or to the doctor and get a prescription to suppress those aging symptoms, which bring more degradation. We start to lose the willingness to continually eat healthy, life-giving foods, and we stop working out and going for walks, etc. Eventually, we give up and succumb to the gravity of it and ride that roller coaster of health into Medicare membership.

I know that was a bit cynical, but after over two decades of practicing, it rings true for many people. The bottom line is this; the more chaotic layers you build up, the less chance you have of recapturing that youthful fat-burning metabolism that is in the design of every human body.

Other things that occur that specifically interfere with your ability to lose excess weight are; significant stress, statin drugs, thyroid disease, autoimmune disease, inflammatory conditions, chronic pain, anti-anxiety or antidepressants as well as moderate to heavy alcohol and recreational drug use.

These things need to be considered when putting a program together that will actually work for someone for more than just the 'short-term'.

Take Action: How many of these factors are you dealing with? What are you willing to confront?

4) your GENETICS

Truly Successful Wellness Weight Loss is extremely personalized; it needs to be tailored for your specific needs and tailored for where you're at in your particular station of life. So firstly, we recommend you find out what works best for you; what foods work best with your 'metabolic type' or your DNA, and basically, what is your 'make up'? If we know that info, we can work WITH your hard wiring, not against it. This is why looking into your DNA or at least your "Metabolic Type" is so valuable.

Secondly, what does your life look like? What beliefs or habits have you adopted into your lifestyle? Helping someone who is a little off target and lives 'mostly well' is a totally different game than helping someone who hasn't got a clue what healthy is and has little willingness to change! Lifestyle is KEY, but changing it is completely dependent upon YOUR willingness. In this section, we'll touch on your 'design' and cover lifestyle in the next.

There are a growing number of DNA tests becoming available to the general consumer every year, but it behooves you to find out what you're buying before you commit. Some are testing for genes that explain your ancestry, your physical make up, genetic traits that could lead to specific diseases and even genetic traits that explain certain behavior patterns. While all of that is interesting is it useful in terms of weight loss?

Quick answer: Yes and No. Most of the testing information is interesting and may answer some intuitive assumptions, but only specific tests reveal usable data about metabolism and weight loss.

Longer answer is: Yes, but dependent upon, again, your willingness to follow through and tailor your lifestyle to accommodate to this new information.

The negative side of commercially sold genetic testing is that because they usually include a number of factors that show your potential for developing specific diseases, the fear of that disease possibility grows inside of your mind and, one could argue, promotes the disease state itself!

This taps into a concept known as; “Psycho-somatic” or “Auto-suggestive” disease state etiology and is beyond the purposes of this book. However, this means, essentially, that if you believe with intensity that you will have cancer (because you saw the test data), you initiate and foster the energy frequency of that cancer in your body which attracts the very cancer you fear! So seeing those results on a DNA test promotes a fear-based view point and may ironically be more ‘cause’ than prevention, and therefore not right for everybody.

There are a few different DNA tests we run at our wellness center that are chosen for very specific purposes; here are a few:

1. Gluten sensitivity
2. Detailed metabolic information to tailor your diet and exercise
3. Sugar and fat metabolism balance
4. Obesity, digestion and behavior factors

Commercial testing does in fact touch on some of these things, but they are limited as to their clinical significance and usability, so the 123 & Me, etc. again, are interesting, but not very clinical.

Genetic testing is not generally cheap, so we want to be smart about data we could obtain that would actually be beneficial for an individual’s weight loss case. We look at each case individually to see if DNA testing would be advantageous and cross that bridge when we come to it.

5) Your LIFESTYLE

Your lifestyle is your choice. It is the sum total of what you regularly choose to do with the time, resources and talents God has given you. Keep in mind that we all have 24 hours in a day, we all need about 8 hours of sleep and we all like sugar! ...we have choices to make every day that lead to consequences.

**“Tearful declarations, disturb the dust,
but relentless follow through moves mountains.” DN**

Don't merely wish for a healthy and fit body, work for it! The ideal you starts today! It starts (and continues) with every decision you make with the time, resources and talents you have available. You can choose to sleep in or use that time for a spiritually cleansing 'quiet time' and a workout that keeps you in alignment with your fitness goals. You can fill your plate with large helpings or leave room to see the color of the plate (smaller portions); it's a choice.

Enjoying the wonderful results of thriving health and fitness doesn't come easy, but then, as they say, nothing is. My wife, Dr. Jill Noble, when counseling weight loss patients will say; "Nothing tastes as good as skinny feels." It doesn't come handed to you, but it IS within reach! It really comes down to making good mental decisions over and over - not living as a victim of your feelings or your 'fleshly' whims.

Ask yourself: am I making bad decisions on a regular basis that lead to fat accumulation? Am I unknowledgeable as to which actions to choose? Am I willing to do what it takes, every day, to make the best possible decision for my health and body?

Failing to plan is planning to fail. Your lifestyle should be planned out, written out and committed to as though it mattered to you. Otherwise, if you live 'by the seat of your pants' and only workout when you feel like it or it fits your schedule that day, then you'll never reach your goals. It's the same with your diet; if you only ate healthy foods when they miraculously

showed up without any planning on your part, then yeah, healthy fat loss *ain't* gonna happen for you.

A lifestyle that supports a healthy and happily fit body includes the following:

- A consistent 8 hour sleep cycle
- Drinking plenty of water every day
- Eating salads and other raw, steamed and sautéed veggies of multiple colors
- Early morning H.I.I.T. workouts that stimulate Growth hormone, challenge your cardiovascular system and build muscle
- A morning and/or nightly routine that sets your mind and heart right
- Reachable healthy lifestyle goals that you review regularly
- Purpose and intentionality in your work and home life

This is a limited list, but a great start to get properly aligned for best results!

This is why the initial evaluation process of any 'weight loss' program needs to have, not only the right questions to search for potential unknown metabolic and lifestyle challenges, but also real-time functional testing assessments, access to lab work and even DNA testing to assess what it would take to help you get to your optimal weight.

Basically you want to discover what kind of weight loss 'case' you are so you will have proper expectations and can more likely follow through when it's difficult (because you will experience difficulties!). What path do you need to take for your best and most easily maintained results? Are you an "Easy", "Moderate" or a "Hard" case?



Just for clarity, you are a whole person, not a “case”, not a diagnosis, nor are you even a patient getting treated! This is just 7th grade terminology to make a complicated subject more easily understood for best results. The reality is that there are a multitude of reasons people have little success in losing fat weight and keeping it off, so we want to know, that we know, what we’re dealing with for proper expectations and happier results!

So how do we find out if you are a ‘hard’ case requiring a lot of work and time or an ‘easy’ case where all you need is some simple instruction with accountability to get where you’re trying to go?

In the next few chapters, we are going to begin walking down through a progressive list of weight loss tools and solutions, based on whether you are labeled an “Easy”, “Moderate” or “Hard” Wellness Weight Loss Case. From there, you will be given some direction as to how you can ‘make it happen’ for yourself.

Chapter 2: The Easy Case

Picture looking at a sliding scale or a line graph that shows the varying levels of weight loss difficulty; the easiest of possible cases is on the left end of the scale and the hardest weight loss situation is on the right. While keeping this scale in mind, we are going to work down the scale giving examples, tools and strategies for each category of difficulty starting with the easy side of the weight loss case scale, then moving to the right.

Consider what you are about to read in the “Easy” Case category of Wellness Weight Loss solutions as being similar to calling tech support for some device you are having trouble with and the first thing they ask you is; “Is the device plugged in?” Sometimes it’s the simplest of things that IS the main problem. So keep an open mind as you read through this section and be willing to make those changes that may be in the ‘Is the device plugged in?’ category.

Let’s dive in with an extremely common example of a person that experiences an insidious weight gain that seems to have crept up on them unknowingly. Let’s say that person is you at 25 to 30 years old, you are 15 to 20 pounds overweight, you’ve been slowly gaining for the past 12 or more months, and as it turns out - you simply eat too much junk food or too many calories relative to your activity level. Your lifestyle is ‘out of whack’ and it’s been like that for a few years.

Obviously, we would start by looking at your diet, educate you on how to get a handle on what you are eating, your caloric intake and help you find ways to become more active. So on your own you could very simply start walking more and stop eating snickers and sodas! ...I don’t mean to oversimplify it, but often times it is easier than we make it. However, if you are actually taking the time to read this book, you are more than likely not in this category.

Also, everybody knows that too much sugar is bad for you and causes weight gain (you don’t need me to tell you that), but even “normal” amounts of sugar are enough to keep you from

burning fat off of your body. When dealing with diet correction, the biggest and most common issues that we see has to do with intentionally identifying and eliminating sugars from your diet and, believe it or not, adding fats to your diet! ...all this to LOSE fat.

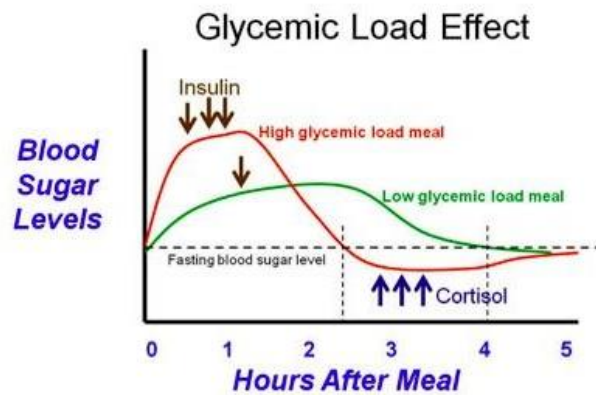
Sometimes it helps to better understand the harsh reality and the consequential seriousness that comes from eating sweet and carb-rich foods, so in the name of educating the masses, download this handout we use for our patients to persuade from ingesting sugar; [How Sugar Is Ruining Your Health.](#)

Fun ‘fat’ fact: If the brain thinks it will always have access to sugar (from your diet), it will NEVER try to burn fat by pulling out stored energy from your fat cells. So losing weight for a person who eats too many ‘carbs’ will generally have a very time-consuming and effort-heavy battle on their hands always having to out-exercise their diet to compensate for the sugar calories coming in.

So what’s wrong with a little bagel or a “healthy” bran muffin in the morning, you ask? Great question! On top of what was explained previously, simple sugars from foods like those just mentioned, when eaten, will easily and quickly enter the bloodstream which fuels our cells like kindling wood fuels a campfire; fast and hot. They may be a good source of energy in the moment, but the problem is that it burns up the carbohydrate fuel quickly and after cranking up the metabolic rate, it leaves the metabolic engine starving for more.

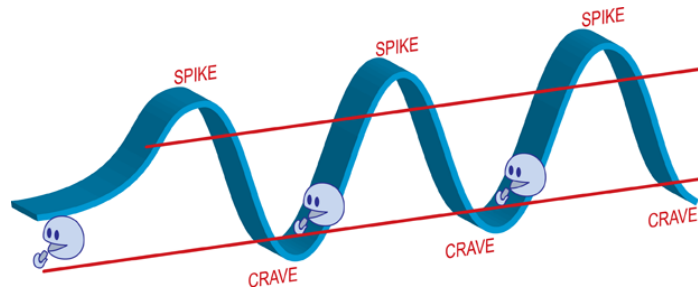
When a rush of sugar comes into the bloodstream, causing a spike in blood glucose levels, it stresses the body out and it responds in a panic by releasing extra insulin to store it away into your cells quickly (and into fat cells as stored energy (fat)).

The problem is that abundance of insulin stays active even after the glucose levels have gone down which causes your blood sugar then to drop too far, causing a blood sugar “crash”. Now, when your blood sugar levels crash, the body stresses out again (even more so) this time your body responds in a double panic by releasing a stress hormone called Cortisol.



It is important to know that as long as your blood sugar fluctuates too much like in the above example, you will keep your body in an unstable, reactive and chaotic metabolic state, which means your metabolism won't run efficiently and you won't be able to burn fat and build muscle.

When this happens, not only are you blocking any potential for weight loss, but you are left as a victim to

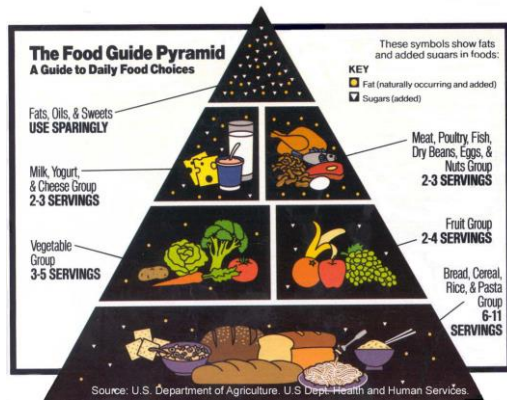


sugar cravings (“sweet tooth”), lowered brain function and a drop in motivation to eat well and work out. There is much more to it than that, but that is the basic reason why it is necessary to keep your blood sugar from spiking if you desire fat loss.

Diets like; “**Paleo**” and “**Keto**” promote eating patterns that help with avoiding the blood sugar spike and overall blood sugar balancing that we recommend and that you could easily Google and follow on your own. **Intermittent fasting** is another avenue for doing this but would be considered more ‘advanced’ and we’ll touch on that later in the book.

Another challenge we run into for the “Easy” case person is the common misunderstanding of what “sugar” is exactly or, more importantly, how the body responds to carbohydrate and sugar intake.

“Sugar” includes anything from candy or table sugar, to starches like potatoes, breads and cereals. It even includes things like; fruits, fruit juices, oatmeal, pasta, white rice and other such foods that we are told to eat large quantities of based on the very misleading “Food Pyramid” first introduced to us by the United States Department of Agriculture (USDA) in 1992. Even though it was replaced by “MyPlate” in 2011, the Food Pyramid concepts are deeply embedded into our culture and psyche.



The Food Pyramid tells us to eat very little fats (at the tip on top) and mostly grains (the wide base of the bottom). The ‘new’ version of this message; “MyPlate” (www.ChooseMyPlate.gov), does better than the original Food Pyramid, but still includes way too much grain. Our recommendation is to flip the USDA’s Food Pyramid upside down and you’ll find that you are much closer to the truth!

If you are serious about getting sugars out of your diet to become lean and healthy, it’s time to start “counting carbs”. I’m a big fan of this by the way; it’s a great tool you can use to get more control of your life on a practical, day to day level. There are several free apps out there to help you do this, where you simply manually enter or even scan UPC symbols into the app and it will keep track of these ‘carbs’ for you.



Every ‘body’ is different, but to put a number on it, you want to shoot for less than 100 total carbohydrate grams consumed per day. This includes anything from your morning latte, to your

cough drops during the day and to the evening snack (if you do so). If you want to be even more aggressive, keep it under 50 grams a day. Just make sure you have enough calories coming in so as not to cause a starvation response.

Going even further, you could commit to a Ketogenic (“Keto”) diet where your NET carbs are to be in the 25 to 30 gram range.

“NET carbs” = Total Carbohydrates – Fiber Carbohydrates

Simply put: Too much sugar intake diet creates blood sugar highs and lows giving you cravings, body fat and fatigue. The idea here is to get off of that sugar wheel and by doing so, you give your metabolism the opportunity to use stored sugar as fuel generating a leaner and more efficient body.

Taking this one step further, assuming that you have already gotten off of that enslaving “sugar wheel”, you have implemented better eating habits but haven’t seen adequate fat loss, you are now ready to engage in some regular exercise or activity. Truthfully, whether you are trying to lose fat weight or just desire good health and easier aging, you should be doing this anyway!

Picture this: Many people drive or ride to work, sit a desk all day and then drive or ride home, just to watch TV for a couple hours and then go to bed. ...and then repeat. They don’t really have any exercise that DEMANDS energy from the body - they’re just re-fueling 3x’s a day and kind of surviving with minimal caloric expenditure.

Another important fun ‘fat’ fact is that your metabolism responds to the demand you place on it. What I mean by this is, if you have an active or an aggressive lifestyle, your body will respond by turning up the heat in your metabolism, in order to make sure you will have the energy resources available to do any future activities. Therefore a lifestyle that includes regular exercise is absolutely key for successful, long-term weight loss.

Unfortunately, a lot of people are looking for the 'magic' weight loss pill so that they don't have to work out. Because let's be honest, most of don't want to work out, it takes effort, it hurts and we're too busy, right? The harsh reality is, everyone, needs to have exercise, or else your body will get soft, your joints get stiff, our blood flow to our brain and organs diminishes, and we just age so much faster. Even if you live until you're 90 and modern science has kept you alive with medications and surgery, your life's ride downhill is much less enjoyable. I say; "not for me, man!"

So, yeah, you need to consider what kind of exercise you can enjoyably add to your weekly routines. The basic types of exercise are; Cardio, Strength training, Speed and agility, Flexibility, Core strength, Circuit training, etc.

The person in my example who sits all day obviously needs to get in some walking, biking, or cardiovascular exercise - as a minimum! But when it comes to burning fat, there are different kinds of exercise that are much more effective.

So for those of you that have been walking or treadmilling only, you may have found it difficult to burn excess fat and have become frustrated because it is such a time commitment for little result. Think about the number of calories you have to burn to bypass your calories you're eating in order to begin to tap into your emergency energy stores (non-essential body fat areas).

So to blow past those time-gobbling and inefficient exercise activities, you're going to want to crank up the intensity of your exercise plan in order to put enough of a demand on the body to shift your metabolism to fat burning, all without over-stressing it. *This is the KEY!*

Most people are spending 30 to 60 minutes on their treadmill 4 to 5 times a week, 'burning calories', but not really changing their metabolism. You see, this kind of exercise done for too long per session can cause the release of stress hormones, like Cortisol, which actually blocks the burning of fat and even can stimulate fat production! Who wants that??

Creating an energy demand without overstressing your body, to build efficient muscle that kicks up your metabolism, done in a half hour, 3 to 4 times a week can not only be done by you, but can also be done enjoyably! And don't worry ladies, because I know how the sound of "building muscle" scares you (as has been reported to me on multiple occasions), you would have to have the male DNA mapping to be able to produce larger, bulkier muscle, so no worries on losing your female shape!

Here is how this 'magic potion' works: Perform short bursts of high-intensity exercise movements with intervals of rest so you can stimulate your growth hormone (which is a fat-burning youth-producing hormone) without triggering a sustained high level of cortisol, which is a stress response, fat-storing hormone! This is what's known as a; "H.I.I.T." (or 'hit') philosophy.

H.I.I.T. stands for; "High Intensity Interval Training" where the type of specific exercise doesn't necessarily mean as much as the fact that you do something really intense for 20 or 30 seconds and then you rest for twice that time frame so for 40 to 60 seconds – so you are looking at cycles that last minute to a minute and a half.

This should be done for only up to 15, 20 or maybe up to 30 minutes max, because if you work out for too long (for most people) – you can start to over-stress your system and begin releasing high sustained amounts of cortisol which stimulates fat storage. Thereby making your exercise work against you!

H.I.I.T. not only produces an increase of growth hormone, which boosts your metabolism during the exercise, but done in the mornings, it will help get your all your other hormones back into a better daily rhythm which ultimately raises your metabolism for the long-term and can help with getting better sleep and more available energy throughout the day. So there is a big benefit to this kind of exercise.

Side Note: For those of you in love with doing ‘cardio’ on the treadmill for 60 minutes every day, I’m sorry to say that even though you may be burning ‘x’ amount of calories, not only are you not efficiently losing fat weight, but you may be causing too much stress hormone (cortisol) to be released; causing fat storage, ultimately speeding up the effects of aging.

However, if you love your walking or treadmill ‘thing’ and don’t want to stop that particular exercise, you can still use the H.I.I.T. philosophy to get some of your goals met. For example; after a few minutes of moderate speed for your warm up, go super intense for 30 seconds (full out run or very brisk walk – depending on your physical fitness ability) then rest (or very slow walking) for 60 seconds and then repeat that cycle over and over again for a total of 20 minutes.

Treadmills will not promote much muscle gain, however, and therefore still be somewhat futile in the longer range goals of producing a self-sustaining fat-burning metabolism through efficient muscle building. You must build muscle or increase muscle efficiency if you want long-term fat loss.

HIIT-type workouts have more to do with the philosophy of improving your metabolism than the old-school ‘calories in vs. calories burned’ philosophy. The calorie-based philosophy workouts will eventually (if not already) prove to not work in regards to burning fat, at least not efficiently. This is because, as already mentioned, that fat-burning is a hormonally driven process and isn’t effectively addressed with most ‘cardio’ type exercises. That being said, your walking or treadmill ‘thing’ can be decent forms of exercise but it is not the most impactful or efficient method of burning fat. Period.

If after reading this thus far, and you feel that you need a little more help, hand-holding or direction, we offer a simple 3-visit coaching program that is designed to help you at a foundational level with regards to specifics on the diet you should be eating, how to eat less sugar, the exercise regimen best for you, and help redesigning your overall lifestyle for better health and wellness. We call it “Foundations” [Nutritional & Lifestyle Coaching](#).

Now for the person reading this thinking; “Yeah, I’ve been trying all that, but it’s not working, I’m not losing weight.” If that’s the case – you’re already eating well-balanced healthy meals, you’re exercising regularly, staying active, you sleep 7 to 8 hours every night and you barely eat sugars or your total carbohydrate intake is low, AND you still not losing weight – that should tell you how far you’ve slid down the scale. Your metabolism and your ability to adapt to stress may be getting “stuck” into a slower gear! In other words, your metabolism has weakened and qualifies you as a more difficult case.

Chapter 3: The Moderate Case

Brisk walking and or treadmill use is a good place to start if you are doing nothing, or aren't in decent condition, but for the "Moderate" case individual, it won't be enough. As for me, I'm a very busy person and I want the most from my time exercising, so it's not a great use of my time. Muscle building is important to me especially as I enter my fifties!

Aside from kicking up your exercise routine through "HIIT"-type exercise routines, it may be necessary to 'kick up' your dietary intake. So, if you are, in fact, a "Moderate" case, then consider dialing in the ratios of food types you're eating to match your 'Metabolic Type'. Another way to say this is; 'eat right for your metabolic type'.

Eating the wrong fuel for your specific body will cause some level of metabolic chaos and block fat burning. To illustrate this concept, think about what would happen if you were to put kerosene into your car's gas tank? ...it wouldn't run right.

Just like your car's motor, your body needs the right fuel to run all your metabolic functions. Every one of your trillions of cells have little engines in them doing the work of cellular metabolism; making proteins, producing energy molecules as well as excreting cellular waste.

Now, there are all kinds of 1-size-fits-all fad diets out there mentioned before, like; Ketogenic (or Keto), Paleo, Atkins, Mediterranean, South Beach, etc. But what we have found in our practice of over 20 years is that people do have a functional propensity for a particular way of eating which is best for THEM and is dependent upon their genetic structure and or their environment.

For example, you might be a person that does very well with carbohydrates and not so much with proteins or oil-rich foods. This would make you a "Carbo" type. Likewise, the opposite may

be true for you if you do better with foods high in protein and fat, which would make you a “Protein” type.

This is known as your “Metabolic Type” and is very practical because without having this data, you could be struggling with your weight for years simply because you are eating the wrong ratios of food types, even if the foods you ate were considered healthy foods! Eating the wrong ratios of foods would create an unnecessary burden, lead to chaos and eventually leads to weight gain in most cases.

So if you are a “Protein” type, then a diet rich in proteins and oils, like the Ketogenic diet, would work better for you than for a person who was a “Carbo” type. You would be eating according to your type and would have less metabolic chaos and therefore feel better and shed excess weight!

I have discovered, through the use of the “Metabolic Type” questionnaire, that I’m a “protein” type. What that means for me is that if I am eating too many carbohydrates relative to proteins and fats, I get sluggish, my joints start to hurt a little, I go up in weight or I can experience brain fog. I’ve learned that I can’t tolerate a carbohydrate-rich diet so I choose wisely and I avoid grains and sugars most of the time (for this and other reasons).

I can also feel it when my discipline slips, which is a handy reminder! Knowing this about myself gives me a major leg up so I can make better eating decisions when it comes to snacks and meals.

Bonus Fun ‘fat’ fact: We have found that you can eat more calories in a day when eating the right type or ratio of healthy foods for your body!

Also, when combining healthy low “Glycemic Indexed” foods within your Metabolic Type diet, you can further reduce the impact that eaten calories have on you relative to fat accumulation.

The Glycemic Index (GI) is defined as a relative ranking of carbohydrates in foods according to how they affect blood sugar levels. Because a low GI food is defined as 55 or less, most sources have made the reasonable assumption that a whole diet that averages 55 or less is a low GI diet.

High GI food examples:

Watermelon, Honey, Doughnuts, French fries, White Rice, Cereals, White bread, pretzels, Onions, Dates, Ice Cream

Low GI food examples:

Various Meats, Broccoli, Plain Yogurt, Apples, Peppers, Butter, Kidney Beans, Chickpeas, Lentils

For example, a high Glycemic Index food, like white rice, may have fewer calories than another food with a lower Glycemic Index, like sweet potatoes, yet have a bigger fat storing impact than the lower Glycemic Indexed food that has more calories. This is another reason why counting calories alone to lose weight is not a great plan.

So part of our Wellness Weight Loss program includes assessing your metabolic type and giving you relevant information to support those dietary changes you need. It's always fascinating to observe when just making these kinds of seemingly small lifestyle changes is the little thing that makes a big difference!

Metabolic Typing is another aspect of what we provide as a part of our "Foundations" [Nutritional & Lifestyle Coaching](#) program that was mentioned earlier. So if you are interested in doing this affordable 3-visit training process, you can actually go through the course without having to become an official patient. Feel free to click the link above or to contact our office if you are interested in finding out more! **847-426-2121**

As I teased earlier, there is another pattern of eating that isn't new, but seems to be becoming more and more popular... **Intermittent Fasting (IF)!**

IF is a basic pattern of fasting (no food or calories in) for a set period of time that alternates with a feeding period of time. The purpose is to challenge your metabolism to get more efficient at pulling stored fat from your fat tissues as well as (believe it or not) balancing blood sugar levels. the bonus is that this eating pattern encourages muscle building and a better metabolism!

Clinically and personally, I have found that the 16 to 18-hour Intermittent Fasting pattern to be the most beneficial. This is where you fast from about 6 or 7 pm to 11 or noon the next day. another way to look at that is to say that from noon to 7 pm is, my “feeding” time.

Another bonus is that you want to make sure you eat a big enough meal as your first meal, which, if big enough, will kick start your metabolism! You could also have all of your three meals all within that Feeding time so you can get in enough calories so you don’t stress the body and lose muscle.

Now, most of you may be thinking; “but I thought that breakfast was the most important meal of the day!” To that I say; “I was taught that as well, but the research piling up wouldn’t support that old wives tale.” The research is showing that the fasting during the first half of the day is what balances your daily metabolism by forcing you to burn stored fat as fuel.

Picture your fat accumulation areas like little refrigerators that store food where the more you open the fridge door, the better that door functions. likewise, the less you open the door to store food and to take it out, the tighter the hinges get, making it tougher (and less likely) to get that stored food out! The repeated switching from fasting to feeding is what makes your metabolism stronger and MORE ABLE to burn stored fat!

I also recommend doing your work outs in that fasted state to fuel your muscle building and metabolic balancing. There are a lot of great health and wellness industry voices out there

available on the web to learn from, including people like Dr. Mercola and a plethora of fitness experts all saying virtually the same thing.

My chiropractic, physiology and functional medicine training all preached the idea of having breakfast and eating smaller meals throughout the day to balance blood sugar. The problem with that eating pattern is that as long as your body has plenty of food coming into the blood, all the time, the less you'll need to tap into calorie (fat) stores. As with anything that seems radical, you should work with a licensed physician before you do it.

Check out this article from Mercola.com to start your discovery:

<https://fitness.mercola.com/sites/fitness/archive/2019/01/18/incorporate-intermittent-fasting-daily-routine.aspx>

Now, assuming you're doing the things mentioned so far:

- You cut out most junk food and sugar,
- Established a good regular pattern of exercise and have implemented a HIIT philosophy
- AND you're eating the right combination of foods per your metabolic type along with staying within the lower Glycemic Index foods...

AND your still not losing weight? Then you may be a tougher case than originally thought and it's time to discuss an extremely basic, yet commonly overlooked concept known as hydration. Drinking water, how basic, right?

Why is this important? Glad you asked and let me reply with a couple questions of my own; Are your cells getting the water and nutrients they need to function properly? Are your cells getting enough water to aid in the *removal of wastes*? Both of these represent the basic values of proper hydration.

De-hydration (less than adequate water in body) is important in relation to weight loss because, without enough water in your cells and tissues to flush toxins out will foster a back-up of this

gunk. Consider cellular dehydration is the same as a sort of ‘bathroom dehydration’ (not having enough water to flush out waste material).

Let’s use my wife, Dr. Jill’s, graphic toilet analogy again to highlight the importance of hydration...

Picture this; you eliminate waste into your toilet, but you don’t flush. You eliminate again in your toilet, but you don’t flush – again! maybe you pour a little glass of water into the bowl wash some down the drain, but very little moves down. You keep pooping in your toilet day after day with inadequate water to flush it down and pretty soon, you have a smelly mess to deal with. –

Thank you for that image, Dr. Jill!

How this applies to your health and fat loss, is; nutrients come into your cells – through the cell membrane – carried with the movement of water. Likewise, your cellular waste (or cell poop) is carried out of your cells the same way; with the movement of water. This cellular waste still has to get through your lymphatics and eventually out of your body, again, carried by the movement of water.

Most people who drink liquids daily, are not only chronically dehydrated, they are also sodium deficient! ...yes, you read that right. Even if you drank enough water (bottled or whatever) we find that this water can wash through your body unutilized. In other words, it doesn’t make it to the deeper recesses of your tissues and cells to be used for nutrient transport, basic metabolic functions and cellular waste removal. This is where the sodium comes in.

Naturally occurring sodium (at other minerals) helps the water move through the cell membranes more efficiently by the action of osmosis, so when we don’t have enough naturally occurring salt coming in, water can generally pass through the body, being peed out later.

I say; “naturally occurring salt”, because table salt, or; bleached sodium chloride (made in a factory) doesn’t exist in nature so purely in that form. Sodium exists naturally with other

minerals and “trace” minerals to form almost a ‘whole food’ salt that not only helps water bring in nutrients, but also directly feeds cellular function and cellular metabolism.

We find that a lot of people are “stuck” with their weight due to this simple physiologic dynamic. So just increasing their water intake and using high-quality sea salts is a major help for them in losing their stubborn weight.

The first reason this is considered a “Moderate” case solution is because, for some reason, this is a tough concept for people to grasp, believe or follow through with. I’m not sure why, but it may have something to do with habits that are hard to break or addictions to coffees and teas that can cause dehydration.

The second reason this is considered a “Moderate” case solution, is that for people who are chronically ‘backed up’ in their cell ‘toilets’ (...again thanks Dr. Jill), they need more invasive tools like detox programs for the liver, drainage products for their lymphatics as well as lung and colon cleansing supplements.

It’s all about getting good water from your mouth to the cells, then out the body.

Unfortunately, because many people are in a chronically dehydrated state, they not only have a desensitized thirst reflex, but they are less likely to keep drinking water as a lifestyle habit.

You know you are dehydrated IF:

- You don’t drink any water or
- you’re drinking the wrong waters or
- drinking diuretic beverages that cause the loss of water like; coffee/caffeine, energy drinks, colas, alcohol, etc.

Another aspect to this problem is that we eat too much processed or junk foods with high sodium content (sodium nitrates and other bad sodiums) as well as taking cheaply made

vitamin supplements that have inorganic salt binders and fillers that keep the ingested water from even entering your cells through the action of “osmosis”.

You remember our old friend, osmosis, from science class, right? Just in case you don't, let's review. Osmosis is a process by which molecules of a solvent tend to pass through a semipermeable membrane from a less concentrated solution into a more concentrated one, thus equalizing the concentrations on each side of the membrane.

Picture two containers that are connected by this membrane with little holes in it. The container on the left is pure H₂O, while the other container is H₂O with sodium in solution. The sodium will always move towards where it is least concentrated and automatically try to balance itself between the two containers. This is known as “Osmotic Balance” and this is what happens with your blood supply as it flows next to your cell membranes; bringing nutrients in and wastes out. So if you're drinking pure distilled H₂O, for example, - to reach an osmotic balance - you may be pulling things OUT, like; sodium and calcium and phosphorus from your cells and out of your body.

Additionally, drinking tap water, which has chlorine, fluorine and other impurities, likewise will, by the action of osmosis, allow these chemicals and poisons to enter INTO your cells while possibly pulling the good ionic compounds out.

So drinking too much of the wrong types of water may very well be pulling good stuff OUT of the cells and out of your body while putting BAD stuff IN. So unless you have your own untainted natural spring water source in your own backyard, we recommend using charcoal-type filtration for your drinking water and adding things like lemon, cucumber or using a pinch of Himalayan Pink Salt to your water. These things make the water a “living” water and make it easier for the water to actually get into your cells.

I routinely suggest to my patients using a big pinch of Himalayan Pink Salt with their water particularly in the morning so along with hydrating their system, it gives their adrenal glands a little boost at the start of their day. This is because;

- the adrenal glands are like your batteries and your main stress response organs
- and are most active in the mornings – so the sodium gives these glands more *stamina*
- this also helps balance your tissue pH - among other things
- this is particularly important for those of you with any fatigue or slow metabolism problems.

For those who desire healthy weight loss and are particularly obese or chronically overweight, it is safe to assume that you are also very toxic, meaning that you are loaded with heavy metals and chemicals from food, water, and air, stored safely away into the fat cells. It is these fat cells, where the toxins are stored that by the action of osmosis, will pull additional water into them to dilute the overall toxic burden. This is for your protection.

Unfortunately, this osmotic protection results in puffy fat accumulation and a tough resistance to fat burning, which simply doesn't go away if you don't deal with the toxicity component. This is why we almost always utilize detox with our weight loss programs.

It is important to note that the 'detox' component itself is significantly limited to the hydration factor, so you can see how this is all beginning to add up; they work together. THIS could be one of the very things you're struggling with - blocking your healthy fat loss goals! So when it comes to weight loss, eating the right type of calories is better than the amount of calories eaten, eating the right food types for your metabolic type and being adequately hydrated all help your body run more smoothly and makes it easier for your body to release the fat from its storage tissue. These things are crucial if you plan for your metabolism to be able to stay in a fat-burning mode.

Chapter 4: The Hard Case

Ok, so if you're doing everything we mentioned in Chapters 1 through 3; in other words, you've done a good job correcting your lifestyle, but you are still struggling. We can now classify you as a tougher, more complex or "Hard" case and take a deeper look at your 1) Potential genetic (DNA) interferences 2) Functional metabolic interferences and 3) Implementing a Total Metabolic Reset.

1) Your DNA & Potential Genetic Interferences

Your DNA could be a big limiting factor for attaining that Hollywood starlet or Hollywood hunk body. For example, if both of your parents are obese and their parents were obese, your success will likely be more difficult. Not impossible, just more difficult. Likewise, if you come from parents who are "big-boned" endomorphs, then there is only so much you can do about transforming your body to be fashion-model skinny! (Not that that is what we should be aiming for)

Interestingly, your genetic map can tell us more about your pathway to healthy weight loss than just the likelihood of obesity and the shape of your frame. Our interest in Genetics falls into mainly in 2 areas:

1. Obesity and Body Frame design; Endomorph, mesomorph, ectomorph
2. The probability of Functional Metabolic chaos, like; Food Intolerances, Inflammation, Gluten Sensitivities, etc.

If you, by genetic design, are "Big Boned" or are an "Endomorph" type, then you, as already stated, are limited by those physical factors and should not expect to ever have that Barbie or Ken doll body; It would be futile. The point is that your expectations have to be reasonable. However, when you are in the best shape you can be, you are going to not only feel good, have energy and all of that, but you will also look good because your body will be proportionate to its design. THAT is a righteous and maintainable goal.

Casual observation of generations before you will yield good results, but if you are more of a data-collection person, there are a handful of test kits available to get an accurate read of your genetics. If you are a person with little to no information about your birth parents or your ancestry, then DNA testing may be the best way to get answers. There is a lot available on the open market today and at relatively inexpensive price points, like; Ancestry.com, HeritageDNA, 23andMe, etc.

There are also several genes that carry information that could not only lead to obesity but also lead to functional disabilities to respond to foods and other metabolic factors like, Gluten, blood sugar, fat metabolism, etc. You can learn a lot about these dynamics from reading your genetic map through DNA testing as well as various 'functional medicine' lab tests to corroborate that data. As we like to say; "Don't guess – test!"

The multitude of genetic testing options available to us, as mentioned before, are okay, but they're not going to have everything you're looking for – regarding deeper functional issues like weight loss and your metabolism. If you are trying to DIY this process, they might, however, be an easy place to start.

It is nearly impossible to maintain a healthy body weight if you are always living in a state of "Functional Chaos". Once you better understand your 'wiring' or metabolic predisposition, you can improve your chances for long-term victory by maintaining functional harmony, making it easier to hold a healthy body weight indefinitely.

The term; "Functional Chaos" relates to anything that keeps your body and its systems in a 'reactive' state. Reactive to some irritant like; inflammation, stress, toxins, infections, fear, staying up late, sugar, etc. A specific example of "Functional Chaos" would be the inflammatory cascade of events that Gluten-containing foods, for example, can cause in gluten-sensitive people. Gluten is famous for causing things like inflammation, joint pain, muscle weakness,

brain fog, autoimmune disorders, and sex hormone imbalances, just to name a few. This is particularly important to detect if you wish to lose fat weight, but are having some difficulty.

Unfortunately, more people than not, are sensitive to gluten in varying degrees and don't even know about it, which makes it all the more insidious. The good news is that you can not only test your immune system to see if you are currently reacting to glutens, but you can also test your DNA for your potential of "Gluten Sensitivity", which is something I do with my patients who present with conditions that don't respond to typical treatments or with unexplainable recurring symptoms.

If you are sensitive to Gluten, whether you have immediate symptoms or not, your body produces inflammation EVERY time you eat anything that contains Gluten. This includes mainly (but not limited to) foods like; wheat, barley, rye, and oats. There is even research that demonstrates how grains like corn and rice to have gluten-like compounds! This is important to know if you are attempting to go "gluten-free", because most gluten-free diet plans fail because people don't feel better due to:

1. Hidden gluten-containing foods they're still eating
2. Cross-Reactivity to similar gliadin proteins or peptides in foods like; corn, rice, etc.

Click the link below to read more detail about this confusing and impactful topic:

[Hidden Gluten-Foods Download](#)

(You can also go to our website to download this article at www.thewnc.net/wp-content/uploads/2019/01/Arent-Glutens-Healthy.pdf)

It is important to reiterate here that the gluten molecule is inflammatory for most people, so just because you don't experience obvious symptoms when you eat gluten doesn't mean that you are exempt! This is often glossed over because there are differing levels of gluten-sensitivity, so some may react significantly while others don't experience any symptoms that they can trace directly to eating gluten-containing foods.

Gluten sensitivity is often confused with a wheat allergy or celiac disease, but it is not the same as either one. Wheat allergies and celiac disease are medical states of disease, whereas gluten sensitivity is a metabolic functional response that is dependent on many health factors, the biggest being your genetic potential. So, you can have a gluten sensitivity and NOT be technically “allergic” to gluten and also NOT have celiac disease. But, if you are allergic or have celiac, you are then therefore sensitive to gluten.

So, if I’m not having noticeable symptoms, what’s the big deal? Good question. Inflammation distracts your metabolism from doing a ‘normal’ level of physiology and will thwart your hopes to losing fat weight. There are many who suffer from weight loss failure due to this hidden source of inflammation.

If you happen to be sensitive to Gluten and don’t know it, you are subjected to futility, frustration and giving up on yourself. So, you can see how avoiding gluten, if you are sensitive, can become a very important piece of your ‘getting well’ and ‘losing weight’ program.

The good news is that I happen to be, along with being a licensed Chiropractic Physician and a Certified Functional Medicine Practitioner, a certified Health Care Provider for the “Gluten Free Society”, which means that, through this organization, I have access to their comprehensive “Gluten Sensitivity” DNA test. It is much more conclusive than anything else on the market today and could be the ‘breakthrough’ you are looking for if you are a “Hard” case.

The Gluten Sensitivity test from the Gluten Free Society tests for 10 HLA alleles where most commercial DNA tests for one or two alleles that indicate gluten sensitivity or celiac, so there is a big chance you would get a false negative. Contact us directly at; YourCareTeam@TheWNC.net if you wish to run this test on yourself.

As a reminder, having a “Gluten Sensitivity” does not mean and is not the same thing as experiencing digestive symptoms from eating wheat, having wheat allergies or even necessarily

having Celiac Disease. They can absolutely be related, but one does not mean the other. There are multiple functional and metabolic-based disease states for which a hidden gluten sensitivity can be the cause or instigator. This is another reason why testing for this factor is so important for those of whom are struggling with answers to their chronic health problems.

As a side note:

We perform other testing through blood and saliva samples to test “delayed” food sensitivities that may be actively keeping your body in a reactive state, hence blocking fat loss. Sensitivities to foods are considered “delayed” when the reaction occurs 3 days to 3 weeks after ingesting the food!

How is anyone supposed to know that they have delayed food sensitivities unless they go looking for them? Don’t guess, test! So, by finding specific foods that your immune system is reacting to, you can eliminate them from your diet and open up the potential to reach your weight loss goals.

I am always surprised when I run these tests and find otherwise healthy foods, like; apples, lemons or cucumbers that people are eating regularly, but are reactive too, that when eliminated, immune activity calms down, inflammation reduces, and their symptoms improve. It's almost that easy!

Other functional chaos detecting DNA tests are available that are more focused on weight and metabolism, like the “FindWhy” Gene profile we offer.

A similar test that I ran on myself a few years ago was called the “Weight and Wellness Profile DNA” test and it showed that I had several genes that give me the propensity towards obesity, difficulty with metabolizing carbohydrates and tendencies to overeat as well as warnings about cravings due to low dopamine or serotonin production, not to mention childhood obesity, which I definitely had! Even though I’m not obese right now, I was, in fact, an obese adolescent, which I think added to the DNA testing credibility.

I would be technically considered as a “Hard” weight loss case simply because of my genetic factors and I have learned over time that if I don’t keep a balanced lifestyle (based on those areas I tested weak for) my lifestyle could easily push my genetic ‘button’s’ enough to cause my fat-making genes to express themselves and I would begin gaining extra fat weight.

This is the value of (and the argument for) getting your DNA tested; that you would be better prepared and able to make better decisions for yourself – for life! You can rely on this test for decision-making at every meal because your DNA doesn’t change!

Eating too much sugar, being exposed to too much toxicity or being malnourished for too long may push your cells to the brink where they begin to demand from your genes a protein to survive your lifestyle. Eventually, like turning on a light switch, your genes (that you don’t want to hear from) are given an opening to ‘express’ their information. Once you turn a gene ‘on’, it’s very difficult to work backward and shut them off.

So the DNA testing gives me a better handle on my weak spots, which ultimately makes me less vulnerable to daily lifestyle traps that could lead to failure! Even though I am technically a more challenging case than the next guy or gal, because of my genetic potentials, I am also more equipped and more prepared for successfully living – for life.

Knowing more clearly how my body is wired to function gives me a major ‘leg up’ and confidence for thriving health for now and into my future. In other words, I can manage my life in such a way that I can actually win the game for myself!

If you been obese for a long time and you are finding it difficult to correct, then most likely you have pro-obesity genes and they’ve been ‘turned on’. It’s important to understand, however, that it’s never the gene’s fault, it is how we have been living.

Simply put, the DNA double helix is the blueprint map that is used to build your body. Much like the paper blueprint that was used by construction workers that built the building our wellness center is in, it didn't really DO anything or CAUSE anything. It merely stored the information that is needed to properly build the building that the builders used when they did their work.

So when considering DNA testing, just understand that it serves us by holding valuable information on how to make proteins, enzymes, hair color etc.

Your lifestyle, on the other hand; food, activity, sleep, etc., creates an 'environment' that your body – made up of cells – has to learn how to survive in. This cellular environment places challenges onto your cells and they will do their best to respond for survival by demanding the right protein or enzyme to function, heal or survive in that moment.

The cellular organelles (mini-organs inside each cell) will demand and copy information stored in the gene "bank" inside the cell nucleus and if they don't get what they are looking for, will demand more forcefully. If there is a consistent over-demand on something, it may push the genes to point where they express an undesirable result, like obesity, diabetes, etc. or even cause a genetic mutation in the name of coming up with a protein similar enough to the demanded one. Yikes!

So in regard to weight control and metabolism, the key factor here is actually more about lifestyle than it is about your genetics. Ultimately, having a better understanding of your genetic make-up will give you a better sense of what kind of goals are realistic, time frames for reaching your goals and lifestyle-modifying motivations that will carry you through immediate temptations and hard seasons.

2) Your Functional Metabolic Interferences

There are big and small decisions you make throughout the day, everyday, that make an impact on your "Functional Health" (your ability to lose fat weight, have energy, build muscle, get good

sleep, etc.) Your functional health could be high or it could be low and it is influenced over time by these daily decisions as they relate to your genetic potentials.

What I mean by that is; you could have a very low functional state of health for a long time – all without any obvious symptoms and before anything is diagnosed as an actual “disease”. Nobody ever, from an otherwise high functioning state, magically becomes diseased one day; it generally happens gradually.

Over time, you begin to lose your ability to do normal, fully functional things like complete digestion, ample enzyme production, energy production, optimal brain repair, complete joint repair, etc. Eventually you begin to experience symptoms as a sign of a lowering level of functional health. Often people will ignore their symptoms or suppress them with medications, all the while allowing that functional state to keep sliding downward, never addressing the reasons it is happening in the first place.

Your functional health is regulated by your hypothalamus, a little area in the center of the brain that acts much like that of an organization’s CEO. The Hypothalamus communicates with your systems and organs and they relay information back up to the central nervous system just like the two-way communication you would see with the CEO and the different department heads of any typical organization.

The CEO isn’t really doing any of the work, it is the managers and workers that do that. The hypothalamus (CEO) is ‘regulating’ the entire organization ensuring its survival and growth, which arguably is just as important. When this communication process breaks down, the CEO is still regulating the organization, but it is based on corrupted information which could possibly and eventually lead to disaster. So, when we continually expose the body to things like; lack of sleep, excessive stress, bad diet, etc., we cause communication breakdowns and therefore lose optimal regulation of the entire system, leading to lower functional health states and disease.

Having weight loss as a goal is a good thing, but it is of key importance to include optimal functional health as your priority and weight loss as a secondary goal. To put it another way, losing weight without attaining a high state of functional health is a fat boomerang; it'll come back!

Attaining a high level of functional health is all about a balanced lifestyle and the 3 main things that disrupt a balanced & functional state of health is all about the 3 "S's"; sleep, stress and sugar. Let's break these down individually:

"S" #1 - Sugar:

- We mentioned sugar's impact on the body already, but to take it a step further; refined carbohydrates (or sugars) cause your metabolism to burn hot and fast like kindling wood in a backyard fire pit. Proteins, oils and fats, on the other hand, burn more like big logs on the fire to keep it burning longer and more consistently.
- The 'kindling wood' sugar meals quickly ramp up your energy then set you up for a crash that takes about 2 to 3 days to fully recover from. This dysfunctional cycle can be repeated with every high carb meal, ultimately layering up these responses – keeping you in a sugar-based metabolic state. This takes a toll on various hormones and produces an inability to respond to them over time, which leads to various metabolic syndromes and even could evolve into diabetes and various autoimmune diseases.
- A diet loaded with refined sugars is very distracting to your metabolism and is detrimental to overall health and in the end encourages inflammation, aging and excess fat storage.

"S" #2 - Sleep:

- Sleep is extremely important, for not only physical repair and tissue regeneration, but also for psychic recovery and mental stability.
- We find that including effective exercise habits into your morning ritual can help reset your daily energy rhythm and aid in getting better sleep, mainly because your central nervous system demands it, so exercise and sleep go hand-in-hand.

- A good rule of thumb is; every minute of sleep before midnight is equal to 10 minutes after midnight. Therefore, it does not pay to stay up late; you cannot make it up with getting 8 hours starting from 1 am. Quality of sleep is worth much more than quantity.
- Also, we're designed to go to sleep shortly after the sun goes down and to wake up as the sun is coming up. Our demanding modern-day lifestyles don't always fit that model well, but if you don't play by those 'rules' you have to pay the price. And that price is inadequate repair and regeneration of brain and body. Ideally 9 or 10 pm is a good bed time. Period.

"S" #3 - Stress:

- Thirdly, is the STRESS component. The mind space or the "Mind-Body", as I call it. It is how you perceive the world around you, your freewill, your feelings and your subconscious reactions to information and circumstances.
- Your physiology (the total functioning of your systems, organs and cells) is influenced by your emotional state. **Thoughts are things** and they drive your emotional state, so choose to think on good things. In other words, your 'feeeelings' influence your physiology and your metabolism, so 'think' good so you can 'feel' good.
- You choose to complain or to be grateful, you choose to begrudge or to forgive and you choose to leave or to love. In any case, your choices will bring feelings and your feelings will bring health or disease. I recognize that this is an oversimplification, but true nonetheless. Read the book of Proverbs (whether you are a believer or not) and gain wisdom for your choices.
- More on this "S" in the next chapter...

3) Implementing a Total Metabolic Reset

Every January people come into our wellness center asking for something to 'reset' their system. They say; "I just need a big reset button, then I'll be ok." It is rarely that simple, but it would be nice to have a button like that!

So, good news, we do!

If you are, in fact, a complex weight loss case and your metabolism is slowed down or worse, stuck, then you *do* need a major reset. One of our more aggressive tools we use to help people lose fat weight is a program called; **“Metabolic Reset”**. (Genius, right?)

To review; you’ve been cleaning up your lifestyle – you’re working out intensely enough using the HIIT philosophy, you’re getting regular and ample sleep, you have cut out sugars and most starches, and you are eating according to your Metabolic Type? Then yes, it might be time to get radical.

You are ready to do the “Metabolic Reset” program, which can be compared to a sort of homeopathic brain surgery. Don’t worry, there is no actual incision or anything, but it is like a surgery because the homeopathic solutions along with a very specific diet, give us entry into the heavily guarded Hypothalamus (CEO) hidden in the middle of your brain.

It is your Hypothalamus that essentially sets and regulates the metabolic thermostat and it is your Hypothalamus that holds that elusive “reset button”.

Our Homeopathic-based program uses a proprietary product from DesBio called HA2CG and it requires that you follow the diet structure of the “hCG Diet” program. The difference is that with our program, there are no drugs, injections or side effect, in fact, it's much less expensive and it is much safer.

At the risk of sounding boastful - this program works really well, but it is certainly not ‘step one’ for most people, which is why we reserve this for more complex or “Hard” weight loss cases. Not only is the short-term diet tough to follow, it depends upon your willingness to clean up your lifestyle first anyways. However, if you are committed, have the right frame of mind and you properly plan out your steps you will experience a cleansing and a transformation. This isn’t magic, but is as close to that as I’ve seen.

The protocol that we follow utilizes a systemic homeopathic detox and drainage cleansing – ‘from the nose to the toes’. It covers all of the major systems, which when cleaned up gives the fat cells permission to release their contents, like; toxins, stored fat molecules and even stored nutrients (Yes, your fat cells even collect nutrients for a ‘rainy day’).

The way the homeopathic HA2CG product works is by alerting the hypothalamus in the brain, directly (the CEO – in charge of your metabolism). The ‘CEO’ dictates to the autonomic nervous system, including telling the organs and glands which enzymes and hormones to release, as well as balancing the function of blood sugar regulation, fat storage & fat burning and all other metabolic activity.

Your metabolism rate is set much like the thermostat setting is set for your house. Your genetic makeup combined with the net result of your lifestyle over time is what sets this rate and what can move it as well. Since the CEO (hypothalamus) is where this thermostat SETTING is located, this is where we need to get into.

Picture a virtual brain surgery - opening up your skull and resetting the thermostat setting and closing it back up. It’s awesome, but it’s a little aggressive and you need to commit **to the entire process** for lasting results. It’s tough, but doable.

This surgery analogy is important because, much like if this were an actual brain surgery; you can’t go halfway through the procedure then quit. You have to go all the way and follow through with it. This “Metabolic Reset” program requires a very low (500 to 1000) daily caloric intake for a few weeks (which by the way I would never suggest without This particular - Dr. supervised program) then a gradual return to a custom designed – NEW Normal diet.

Essentially what we’re doing is we’re starving your body from outside sources of calories for a short season, so the CEO will look inward – into the body’s own nutrient storage facilities like

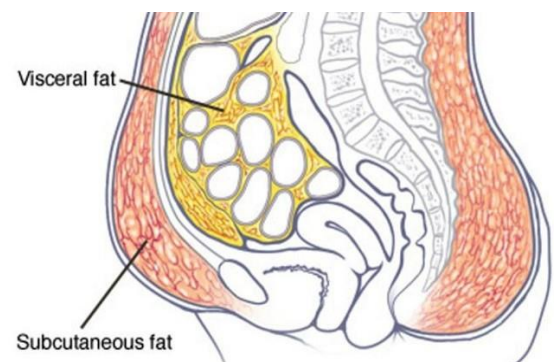
the fat accumulation areas. Believe it or not, most people are barely hungry on this program - if it is done correctly! This DOES NOT work without the special homeopathic formulations.

This brings us to the next major point, which is, that there are different types of fat in our bodies, known as “White Adipose Tissue” (WAT) and “Brown Adipose Tissue” (BAT). BAT is highly vascularized, is metabolically active, and mainly found in babies and is gone by the time you grow into adulthood, so a non-issue for this discussion.

WAT, on the other hand, does not have much access to our blood supply, is not very metabolically active, but does secrete hormones like; **Leptin** (an appetite suppressant), **Asprosin** (causes a rapid release of blood sugar from the liver during fasting) and **Adiponectin** (levels are lower in obese and diabetic people). WAT also secretes **Estrogen** which itself can be fat producing (sorry ladies!).

There are different patterns of storage fat or WAT, which are based again on your genetic map as well as levels or imbalances of varying hormones that are results of recurring lifestyle choices. For instance, if you have big thighs or are known as being ‘hippy’, then you most likely have an estrogen imbalance. If you are puffy all over you most likely have a thyroid hormone imbalance (which does not necessarily mean that you have a thyroid gland disease).

If you collect most of your fat or are puffy around the middle or are accused of having a ‘spare tire’, then you most likely have either a blood sugar imbalance problem or a cortisol balance problem or both! In any case, these hormone imbalances have little to do with the glands and more to do with lifestyle and regulation of the hormones, via the Hypothalamus (CEO).



When discussing fat loss, it is important to also know the functionality of these fat accumulation areas so you don't lose the more valuable fats of the body, like the fat tissue of

the brain organ, or the much needed, however vilified, circulatory fat known as blood cholesterol. So our goal isn't necessarily to lose ALL fat, because that would be detrimental to our health. Our goal is to lose the least important or storage fat, like the 'spare tire', the 'saddle bags' and the 'double chin' (stop me when you get the point)!

Types of storage fat:

1. **“Visceral” Fat:** Visceral fat is found around inside the abdominal cavity and around the organs. This is actually good for organ structure and protection. Too much visceral fat is not good and is sometimes the reason people have a “beer belly”.
 - a. Visceral fat puts pressure on organs like your heart, kidneys, and liver, making it harder for them to function properly
 - b. Visceral fat is closely linked to many life-threatening diseases such as cancer
 - c. Visceral fat impacts hormonal function, which creates the "snowball effect" - having a build-up of visceral fat makes it more likely that you are going to gain even more fat in the future

2. **“Subcutaneous” Fat:** This is the generalized fat that is all around your body under your skin. ...you know, the jiggly stuff. There are two functional types of Subcutaneous Storage fat; “Essential” and “Non-Essential” Fat.
 - a. **“Essential”** fat is like a checking account at your bank where you can easily make deposits and withdrawals - you're storing energy as fat and or withdrawing fat and other nutrients all day everyday as kind of an accessible fuel source. This is what most people lose easily when they go on diets (especially starvation-type diets) only to return just as easily.
 - b. **“Nonessential”** fat which is like an additional or 'emergency' nutrient and fuel storage, which would be similar to that of a CD (certificate of deposit) at your bank where you can't access this money for some long period of time. This type of fat is what we know as the “love handles”, the 'saddlebags' and double chin areas that are so resistant to reduction on typical diets. THIS is the fat we want to lose most.

Our Metabolic Reset program actually reaches this “Non-Essential” stored fat in a way that causes a ‘reset’ for your system through the hypothalamus. As mentioned before, fat tissue stores nutrients and toxins along with the fat molecules, which when combining a restricted diet and the HA2CG product, we have the advantage of being fed from the release of these nutrients. Some might say that the success of this program stems from the ability to ‘eat yourself’ from the inside-out!

BUT, you have to follow through!

Secondarily, and just as important is that we almost always include a systemic detoxification process, so you can safely eliminate those nasty toxins being released along with those nutrients to increase the efficacy of this program. So to be clear, this process would not be a healthy option if it weren’t for the Detox products to clean your system and for the HA2CG to direct and reset the hypothalamus.

Just as important as the “Metabolic Reset” (“Brain surgery”) phase is, it is just as important to move into the next phase. This is like the healing phase after brain surgery where we begin to re-introduce healthy fats in your diet, where your caloric intake starts to go up and where we develop an ideal wellness-producing lifestyle that’s actually enjoyable for you to continue.

This is where the information mentioned earlier in this book can be applied and implemented into a maintainable lifestyle. Every person is unique and the later phases of our Metabolic Reset Program are very individual to that person’s needs and goals.

In any case, after a few weeks of losing the fat in the first phase and successfully reintroducing dietary fats we are able to begin re-introducing healthy carbohydrates into your diet and discover and maintain an ideal caloric intake range. During this phase it is absolutely crucial that you have a HIIT exercise program established, you have good hydration habits as well as all the other basics we covered earlier.

Without implementing these simple and often overlooked lifestyle “basics” in this healing phase, you will most likely gain some or most of that weight back. ...not cool!

Locking it in!

Once you reach any weight loss goal (even if it is an intermediate one) it is wise to stay at that same weight for several months before doing anything drastic again “to lose weight”. You can actually “lock in” your new set weight by maintaining a specific body weight (plus or minus a few pounds) for at least 9 to 12 months. The good news is that when you are doing that well, you may still trickle weight off without having to do anything extra! Just by dialing in your carb level, your caloric range along with easy enough eating and balanced exercise habits, consistently – you can reach and maintain your goals.

Chapter 5 – Stress and the Mind-Body

What does stress have to do with losing weight you ask? Great question!

Firstly, and observationally, we have noticed that the majority of people that struggle with reaching or maintaining fat loss are also struggling with some form of stress or live such an overwhelming lifestyle that don't even realize that they are under stress due to the relentless distractions of their noisy life. Another version of this is somebody who has been hurt deeply at some point and they are harboring that pain, unforgiveness, fear, anger or bitterness.

Bottom line: Excessive or consistent stress = Fat gain.

These feelings, whether you are painfully aware of them or not (are playing in the background somewhere in your mind) can dominate your physiology, keeping you in a reactive state, blocking fat loss. This is particularly important in folks who have fat accumulation in the 'love handles' and 'spare tire' areas (Fat accumulation due to cortisol and blood sugar imbalances).

Feelings and various emotional states that directly affect your physiology are what we refer to as the "Mind-Body". The state of your Mind-Body has a direct effect on your ability to burn fat and lose unwanted pounds. The Mind-Body is the dimension of self that is very real, but hard, if not impossible, to put into a box and clearly define. For example, we know what and where the brain is, but do we really know what and where the 'mind' is? ...deep, right?

So, for ease of discussion, let's try to pull apart the Mind-Body and explore how to position it for optimal fat loss. The key aspects of the Mind-Body for this topic are:

1. Your conscious identity and beliefs (Past, Present and Future)
2. Your conscious will, desires and motivations
3. Your subconscious identity and beliefs

Are you successful? Are you a victim? Are you a fat person or are you thin? How do you see you? How do others see you? What do you really believe is 'in the cards' for your life? Why do you want to lose weight? ...to be happy? ...to be fit? ... to have energy? ...to look good?

These questions seek to pull out your motivations, your feelings on weight loss and if you can be honest with yourself, you can get your Mind-Body in alignment with your Body-Body to live an authentic life, which will ultimately bring you to a happier place.

For instance, if you require having 9% body fat and a professional model's body in order to finally be happy, you'll find that you may never find true happiness. If you could admit to desiring to looking good as part of your goal, which is healthy to do, then you have a greater chance of reaching that goal.

Likewise, if you want to merely lose weight to fit into your outfit for the upcoming event so you can show off and be someone you aren't, then, even if you reached your goal, you'll find any satisfaction fleeting and you'll gain that weight back in short order. No sir, the secret is playing the long-game. Have the end in mind, which is living a balanced and maintainable life for optimal health. Never give up your long-term health in order to gain short-term results like weight loss, etc.

Sustainable and rewarding Wellness Weight Loss results from a lifestyle that you can enjoy and maintain. So, begin by resolving yourself to being 'the guy' (or gal) who works out, who eats salads, who has a bedtime, who gets up a little earlier to do your 'quiet time', who says; "No" to donuts and to junky treats 95% or more of the time.

Remember my wife's quote mentioned earlier (with a slight twist), "That (insert junk food here) doesn't taste as good as skinny feels." Its ok to say "No" to the desires of your flesh, to withhold toxic pleasures and to make sacrifices for your long-term health. Choose to identify with that person, in fact, invent that person today – write your story.

Pick a target to reach by next year at this time and begin to journal or write some of these desires and challenges down. Open up your universe a little and be willing to let go of some pleasures or hindrances (or even relationships) that have been keeping you weak, defeated or lazy.

Change your mind. Weak people let their feelings dictate their actions and therefore their lives, landing them 'safely' (sarcasm) into a victimhood mindset. Leaders and champions LEAD their feelings and find themselves in a 'cause' position, not as the 'effect' of someone or something. To start changing this, you'll need to start becoming aware of the power your mind has over how your body feels and functions.

For instance, you experience this when you are real nervous about a situation like; public speaking. Your palms get sweaty, you feel "butterflies" in your stomach and maybe your mouth dries up. Or when you find out someone whom you are attracted to, likes you right back, or if you get recognized at work for doing a great job; you feel good about yourself – valued & validated. You'll notice that you stand up straighter, you feel a little more invincible or even feel like you could take on the world.

But these are short-term experiences that can pass quickly, leaving your physiology only to return to its original set point. More profoundly is noticing and elevating your average or chronic state of mind; your "set point".

For example, if your viewpoint is always; how 'bad' people 'really' are, generally cynical about everyone or if you're in doubt often, if you live with or work with people who constantly invalidate you or if you're always worried or fearful about what will happen 'next'; your body and all of your cells are literally bathing in that negative energy – keeping you in a state of readiness or protection. This is known as the "Fight or Flight" response and will directly work against any sense of healing and healthy metabolism; and therefore healthy, long-term weight loss.

The Bible tells us to be grateful in ALL circumstances, so start saying ‘thank you’ to people, change your mind, learn to think differently and focus more on what is pure, lovely and good around you. It’s simply a moment-by-moment choice, and choices bring results.

So, if you find that you live your life where you are always ‘behind’ and always ‘stressed out’, always worrying, you don’t get enough sleep, you don’t eat nutrient dense foods and you’re always on the ‘survival’ plan - get great at doing gratitude. Be more thankful for the good things, love your neighbor as yourself and learn to relax about the small stuff. My great grandmother would always say; “At least no one died.” ...a bit dramatic, but you get the point.

Negative thinking (“Stinking Thinking”) stems from a combination of your formative childhood years and your accumulated beliefs and agreements as to who you really believe you are. In our office we use techniques to clear negative emotional energies, to reset your nervous system from stress overwhelms and mental exercises like; “Ultimate Truth Statement”, “Identity Statement”, and the “Gratitude Journal” where you can gradually correct your negative thinking habits.

For instance, does your mind get real dark? Do you identify yourself with a fat, ugly or worthless person? Are you limited to what you think you look like to others or do you have goals for making a positive impact in a life beyond yourself? Do you have purpose in life or are you just existing? Do you live in a cloud of low frequency confusion – or in a high-toned state of clarity?

Healing (and therefore optimal metabolism and optimal body weight) comes from the inside out, not from something outside; coming in, like a drug or magic pill. You’ve got to get your mind set right if you want to attain and maintain a healthy weight.

Chapter 6: Fat Loss Accelerant!

Most holistic or wellness-based options for weight loss follow a more gentle 'inside-out' flow mechanism of healing rather than an aggressive 'outside-in' mechanism of a treatment. To accelerate your fat loss process, you may have to get even more radical and work it from the outside-in. So I want to take this last chapter to share with you some outside-in fat-melting treatment options.

This includes things like; (In order of most aggressive to least); liposuction, cool sculpting, Body Wraps, Vibration and red light therapy.

Liposuction and CoolSculpting are techniques that essentially obliterate tissue. These techniques destroy your cells, which creates inflammation and trauma to the body. Liposuction is where they stick a tube into your fatty areas and literally suck the flesh and fat out. It does technically work, but when the procedure is over and you've healed up, the tissue never really feels normal anymore. The skin has a tendency to feel more leathery than normal supple skin due to the scarring. (By the way - there's absolutely no judgment if you've already done this procedure or planning to do it. Just beware.)

Coolsculpting is a little less aggressive, but the reviews are mixed. The good news with liposuction and CoolSculpting is that you are going to get physical changes almost right away, however, the bad news is that since you are destroying living tissue, you will leave scar tissue behind, plus it's expensive and there are risks of permanent and undesirable damage, like pain or asymmetrical body proportions when doing so.

Body wraps apparently work ok, but it is messy, inconvenient and some sources say that it is temporary. I do recommend however that people use heat trapping compression wraps & belts when they work out or for a few hours after a light or vibration therapy session.

Red light or Infrared Light therapy, on the other hand, is very safe and gentle on the body. It is essentially a soothing and healing light energy. Red light therapy is effective and produces no side effects other than tighter skin and more youthful turgor to the skin. The downside is that we have seen that when Red light or Infrared light therapy is used as the only fat loss ‘tool’, it has a minimal effect on some and a significant fat loss effect on others. So it’s hard to predict.

In our office, we use red light therapy in conjunction WITH Vibration, the compression wraps and lymphatic help. This system only works when the person stays well hydrated, is on some form of liver or lymphatic opening products and keeps a clean diet (essentially living well; like mentioned in the earlier chapters).

You can actually buy red light therapy diode equipment yourself on Amazon for cheap, but remember you get what you pay for. These cheaper diodes are typically very weak, have inconsistent wavelengths, they typically don’t include infrared and may require endless hours on it to get even minimal results.

We have been watching this technology for several years and have discovered a company that makes high-quality diodes where each diode is a finely-tuned German microchip, which produces more specific and stronger wavelengths of red light. This is contrasted by the typical mass-produced Chinese diodes as mentioned earlier.

The delivery of these 635 nm and 880 nm diodes are laid out systematically inside these little blankets or pads that you can wrap around all of the target fat loss areas of your body, like your thighs, arms, love handles, etc. [\(Click here for the video demo\)](#)

Basically the way this works is the 635nm wavelength of red light stimulates the release of fat and triglyceride molecules from the adipose (or fat) tissue. Once the fat molecules get outside the cell, your lymphatics should pull it out of the body – this is why hydration and lymphatic health is so important. While all that is happening, the 880 nm infrared light stimulates collagen and elastin production- which tightens the skin! it’s literally a beauty-maker!

I know, it sounds too good to be true, however, it does work and what we discovered when we first got this technology is that some people did really great with it and some people, well, not so great. Ultimately, we found it worked far better for people who have a lifestyle habits that support a healthy thriving body (as covered earlier) where they drink water to stay hydrated, they got good sleep, they exercised and ate well.

We noticed lackluster results for those who were very stressed, were on anti-anxiety or hormone medications, weren't exercising, were living a dehydrating lifestyle (regular alcohol and caffeine use) and for those who stayed up too late and or ate junk food regularly. So initially, we had hot and cold results, but now recognize how important the patient's lifestyle is for red light therapy to work well.

One last note about "liposuction" and "CoolSculpting" is that if you use those techniques for quick fat reduction results but don't address the underlying reasons why you became overweight in the first place, I can guarantee you will gain weight back again. It's just common sense. Unfortunately, in some cases, you may even gain weight back in an unsymmetrical fashion.

Remember, that obesity or weight gain is merely a symptom of something deeper – something out of balance in your mind and or body. And until you address the deeper causes, the outside effects never truly change or last.

Conclusion

So that's "Wellness Weight Loss" at WNC! I don't know where you are you are on that (Easy case – Hard case) spectrum or what step you need to start with, but if you take our Weight Loss Survey, we could help you with that! Secondly if you submit your survey and live in the area, I could sit down with you personally and go through it and help direct you into the right direction. [Click the link here](#) to take the survey.

Once you complete the survey, we'll contact you to schedule your personalized consult with me. That way we could see what needs to be done for you, whether you become a patient or not.

There is a qualification for the **Wellness Weight Loss program**, which is done through the new patient process; and if we accept you as a nutrition patient, we'll lay out a "Road Map" for your overall health – this is because being overweight is a symptom of a DEEPER problem.

It is these DEEPER problems that we focus on at our wellness center whether your motivation is headaches, cancer or weight loss. We might be able to get started right away or it may take you a few months before we can actually do "weight Loss" work – it depends on how sick you are, really. This is how we can keep our results high and repeatable.

The new patient process includes, a detailed health questionnaire, performing functional testing in the office and performing our trademarked PRT body reflex testing with one of our doctors. Our initial recommendations may or may not include doing blood work or using specific products right away. You can go through our "Weight Loss Assessment" and begin the process, once you get the "Green Light" from one of our doctors. For instance, if your lifestyle is just 'that' upside down and has been like that for a long time or maybe you're on medications – we may need to get you 'right side up' first before we work on your excess weight.

Now, I understand it can be frustrating if we have to hold you off for a while before doing “weight loss” work, but trust me when I tell you that we have nothing to gain by rushing the process. We have only **your results** and **our reputation** to lose if we don’t do it in the proper sequence or in the proper timing.

Whether you are an “Easy” case or a “Hard” case, getting healthy always helps people to lose weight more easily. In our office, we use a trademarked technique (you can click here to learn more about our trademarked [“PRT” technique](#)) to help people reach thriving state of health. I like to say that we make getting well and staying well simple.

So hopefully that makes sense and if you’re looking to get started with us, by all means, please contact the office at the number below and someone from our care team will connect with you and review your options.

On the other hand if you want to get things started **on your own**, you’re welcome to do so - you have a list of things you can start doing right away from this e-book and you could always call us if you run into trouble.

Live Your Life Well!

David Noble, DC, CFMP



324 W. Main St., Carpentersville, IL 60110

847.426.2121

www.TheWNC.net