

Weigh Less can be permanent Weight Loss

Nutritional Data Inc

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ABSTRACT

Why do some people gain weight and others cannot or do not matter how much they eat? Does genetics really have anything to do with body weight? Why do most diet programs result in the YOYO effect? What does stress have to do with weight gain? Is exercise really necessary to lose weight? Energy and weight loss; what is the connection? Adrenals, cortisol, hormones, thyroid, and toxin relationships to weight loss. Genetics is a great place for science to use as yet another way to produce another weight loss drug. Does genetics have anything to do with weight or does it simply start at birth and we mold ourselves to one size fits all? Genetics has a lot of explaining to do when the parents are heavy and the children are thin, or when it's the opposite. Or better yet, when female twins are different sizes.

How is it that 70% of Americans have a weight problem?

Let's discuss how the body gains weight and how food is related to some weight gain problems. We continue to shovel food down until we feel full. What makes us feel full? You may be surprised to hear that it's not the food that satisfies our hunger and stops us from overeating. Who in their right mind would eat food to the point of discomfort? 65% of all Americans continue to eat until they are so uncomfortable that they need to take something to calm their stomach after each meal.

It is not food that satisfies the bodies craving for comfort, but the nutrient content of the food that satisfies the brain to say no more. During the past 20 years the food chain has become so deficient that there are virtually no nutrients left to satisfy the body. Have you ever wondered why so many movie stars do not have a weight

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problem when over half of them do not work out? What they have in common is that they eat foods that are high in nutrients and they take supplements that are the highest quality on the market.

We could discuss this by using science as the basis to our discussion, but most of us reading this are not scientists. So we are going to explain this in such a simple way that anyone can successfully lose weight. Gaining the knowledge on how the body works will allow you to lose all the weight you choose. But of course don't let this information make you believe that if your weight is normal you can lose more. Only someone overweight can lose weight. So first we have to determine if we really are overweight. If you're not sure, there are many places online that will tell you the proper weight for your body based on height and age. Once that is determined lets remove the misnomer that being overweight is genetic. Your mind needs to be straight before you lose the weight and keep it off. Diet programs fail because we don't change the most important thing, the mind. The next thing is having a better relationship with foods. Foods are only meant to break the edge of hunger and you should only eat if you are hungry. There is no requirement for the human body to eat 3 complete meals a day. It is best that the body eat 5 little meals a day even if some of those meals consist of just carrots and some other vegetables. Many of us have been taught to eat our fruits and vegetables. Most of us don't know that fruit is a very weight gaining food and it has nothing to do with the calories. Fruit is sugar and any type of sugar will require insulin. When too much insulin is requested it prevents the body from using stored fat for energy. So not only do you start storing more fat cells but you also have a lack of energy and that alone will prevent you from losing weight. The average person consumes over 200 grams of sugar type foods a day which include breads, pasta, sodas, ketchup, and 65% of many other packaged foods on the market. We are not suggesting to avoid all sugar type foods. The complex type sugars help the brain function. There are also safe sugar substitutes that taste exactly like sugar. There is recent research that claims a fungus can mimic insulin. The more sugars you eat the more fungus or yeast you will grow and this will mimic more insulin and more fat cells. This is like flipping on the insulin switch inside the body and not being able to turn it off. No matter how hard you try to lose weight, you can't. You have turned on this mimicking insulin switch that craves sugar, increases the yeast, puts on the weight, and drains all your energy and finally makes you feel depressed, weak, and tired all the time. You cannot lose weight if you are tired. You can only lose weight if you are full of energy. Now this type of weight gain then causes extreme body stress which then raises cortisol and this is what causes the body to put weight on around the stomach, hip and buttock areas (pear shape weight gain). Next, you determine if the weight is toxin related by looking for the dimples and cellulite in the buttocks and upper legs. If

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this is the case we now can add the lymphatic system into the picture and this must be addressed before disease starts to take place. Your lymphatic system is the passage ways throughout the body where toxins go to leave the system. Some patient's lymphatic systems are so congested that the one way valves cannot open and toxins cannot move out without manipulating these valves open. The easiest way to do this is with a rebounder, a small round trampoline that you use twice a day according to directions.

Thyroid

Weight problems can lead to thyroid problems or thyroid problems can lead to all the symptoms above. It is usually clear when a person has a thyroid problem. The usual symptoms are: cold hands and feet, some depression, overweight, hair loss, skin problems, some insomnia. There is a test for the thyroid that is much more accurate than blood work. <http://www.marysherbs.com/Miscellaneous/basil.shtml>

Exercise

Does exercise really help lose weight? Exercise can help some people lose weight. Exercise can be an addiction for some. It is used in place of food and it also increases important chemicals in the brain that prevent people from overeating. Exercise can also increase metabolism and energy which is good for weight loss. Exercise rarely works for the person that is extremely overweight. This type of weight does best with simple cardiovascular exercise like aggressive walking or stationary bike riding. Exercise may work for some people but it still not the solution for permanent weight loss. Once a weight problem is solved you will not have to do anything or take anything to maintain proper weight. The only exception to this scenario is when there is a serious chemical imbalance, but this involves only about 10% of all overweight people.

Different types

There are many different types of weight problems and knowing your type can help you resolve it.

Overeating

1. Weight gain related to overeating is usually an even weight gain that distributes itself from head to toe. Your mood and energy will most likely be normal. This type of weight gain is usually caused by a patient eating disorder.

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Thyroid Metabolism

2. Weight gain with symptoms of cold hands and feet, mild or major depression, some hair loss, some fatigue, skin rashes, constipation, and some insomnia.

Insulin Related

3. Weight gain with cravings of sugar or sweet type substances. Energy levels swing high and low throughout the day. Diabetes or pancreas cancer may run in the family. The weight gain will lean toward firm and less flabby or a combination of both. The scale may say you seem heavier than you look. This person will usually have Candida/Yeast infections.

Toxin Related

4. Weight gain involving toxins that reveal itself in changes of the skin. There may be rashes, dimples, cellulite, flabby areas, and a solid density to the skin. This weight gain is usually related to liver and lymphatic dysfunction.

Stress Induced

5. This is the most obvious weight gain of all and affects the majority of people overweight. This is the pear shape syndrome that is related to elevated cortisol which is produced by the adrenal glands. The type of stress is usually chronic and the weight gain is usually slow and gradual. This is also the most dangerous type of weight gain that can lead to other diseases.

Hormones

6. Hormone weight gain is most often considered simple weight and is usually caused by water retention. This person is usually not drinking enough water and consuming too many salty foods. With a simple skin test you can determine if this is your problem. Find an area on your body where you have a weight concern and where there is no thick or dark hair. Press down with your thumb and hold it for 15 seconds. Release your thumb and view the area for the following. Is the skin white for more than 2 seconds? Does the skin return to its normal level immediately? Was there any tenderness during the pressing? If the answer is yes to 2 or more of the questions, then you are dehydrated. You have an excessive water weight problem. The body will not release excess water unless it has a memory of receiving fresh water

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daily. You need to drink $\frac{1}{2}$ your body weight in ounces daily. So a 120 pound person will drink 60 ounces of water a day.

Losing Weight

Losing weight is your choice. The following information can help anyone lose weight. The more aggressive you get the sooner you will see results.

The first program is designed to address many forms or unknown causes of weight problems.

1. **Super Citrimax plus Chromemate:** Dosage for ages 13 thru 18 years take 2 capsules twice a day before meals at breakfast and lunch. Ages 19 and up take 2 capsules three times a day.

This all-natural, clinically tested weight control product can help reduce body weight, curb appetite, inhibit fat synthesis, and promote normal insulin function.

Super Citrimax plus Chromemate works naturally to weight control without stimulating the central nervous system. It is also non-habit forming and will not cause sleeplessness, nervousness, or rapid heart rate associated with diet stimulants such as Ma-Huang (ephedra) or caffeine.

Super CitriMax® is an all-natural, clinically tested weight control ingredient that can help:

- reduce/maintain body weight
- curb appetite
- inhibit fat synthesis

ChromeMate® is a patented oxygen-coordinated niacin-bound chromium complex that:

- promotes normal insulin function
- promotes healthy blood sugar levels
- promotes lean body mass
- promotes healthy weight control

HIGH POTENCY SUPER CITRIMAX® WORKS BY INHIBITING THE ENZYMES THAT CONVERT CARBOHYDRATES INTO FAT

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Carbohydrates, if not utilized for energy, are converted into fat and stored in the body. Super CitriMax® inhibits the conversion of carbohydrates into fat and promotes an increase in the formation of stored energy as glycogen. This also signals the brain to turn off hunger signals. New studies show that clinical strength doses of Super CitriMax® actually increase fat oxidation ("burning"), as well as brain serotonin levels, a neurotransmitter involved in mood, sleep and appetite control, which may help address many of the emotional issues overweight people face, including binge-eating and depression. No other Hydroxy Citric Acid (HCA or Citrin) product has been shown to do this.

HUMAN AND ANIMAL STUDIES HAVE SHOWN THE ABILITY OF CITRIMAX TO TREAT OBESITY

In one double blind, placebo-controlled study, obese subjects consuming HCA had significantly greater weight loss than subjects consuming a placebo. The weight loss was primarily due to loss of fat.

Research has shown that Super CitriMax is absorbed and retained by obese subjects, with blood levels of HCA peaking two hours after ingestion and remaining in the blood between four and nine hours after ingestion.

THIS UNIQUE COMBINATION HAS ADDITIONAL BENEFITS

When Super CitriMax, ChromeMate® niacin-bound chromium, and Gymnema Sylvestre Extracta were combined, treatment groups also showed a reduction in low-density lipoprotein ("bad") cholesterol and an increase in high-density lipoprotein ("good") cholesterol, as well as a decrease in serum leptin levels.

2. **Metabolic Complex:** Dosage for ages 13 thru 18 years take 2 capsules twice a day before meal at breakfast and lunch. Ages 19 and up take 2 capsules three times a day.

Increase the metabolic rate with Metabolic Complex. This special product stimulates the thyroid gland and adds iodine to the system through kelp.

Metabolic Complex increases your metabolic rate which helps your body burn excess fat. It assists in regulating the body's production of energy, increases oxygen consumption, promotes growth and development, stimulates all aspects of lipid metabolism, and may lower serum cholesterol and triglyceride levels.

3. **Glucostatin:** Dosage for ages 13 thru 18 years take 2 capsules twice a day before meals. Ages 19 and up take 2 capsules three times a day.

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Maintain proper sugar levels in your blood with Glucostatin. GTF Chromium and Pancreas tissue are supplemented with other important nutrients to make this product extremely effective.

Glucostatin is a nutritional supplement formulated to aid the body to control glucose metabolism and maintain normal blood sugar levels. All the factors are pH responsive in order to protect all glandular tissue from gastric deactivation, thus insuring maximum availability of intact components at the site of absorption. Glucostatin is a nutritional supplement designed to help the body help itself, adding nutrients that might be lacking in the diet or in greater demand due to stress or disease.

4. **Bio-Phen:** Dosage for ages 13 thru 18 years take 2 capsules twice a day before meals. Ages 19 and up take 2 capsules three times a day.

Suppress the appetite with a natural product. Bio-Phen works to help control excessive food intake and promotes weight loss.

5. **Hepata*Trope:** Dosage for ages 13 thru 18 years take 2 capsules twice a day before meals. Ages 19 and up take 2 capsules three times a day.

The liver removes fatty acids from the diet or from deposits by degrading and oxidizing them when the body must call on fat as a major energy source. Lipotropic factors such as those found in Hepata*Trope must be active to prevent abnormal accumulation of fats in the liver. By a process of transmethylation, these lipotropic agents promote the production of lipoproteins which transfer the fatty acids out of the liver.

6. **Milk Thistle Complex:** for ages 13 thru 18 years take 2 capsules twice a day before meals. Ages 19 and up take 3 capsules three times a day before meals.

Use the strength of milk thistle for detoxification. This herbal detoxifier naturally removes toxins from the liver. This formula is specifically designed to improve liver health by utilizing the natural powers of vitamins and herbs instead of chemicals.

7. **Adrenal-180:** Dosage ages 13 thru 18 years take 2 capsules twice a day before meals. Ages 19 and up take 2 capsules three times a day.

Adrenal-180 supports the adrenal gland with adrenal tissue. The adrenal gland stimulates the nervous system and the metabolic rate. These ingredients work together to strengthen the adrenal gland and nervous system. Adrenal tissue supplementation stimulates and supports the adrenal gland by releasing active adrenal hormones

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into the system. These hormones help the body fight stress and control the metabolism of proteins, fats, and carbohydrates and stimulate the central nervous system.

8. **Thyroid-120:** Dosage ages 13 thru 18 years take 2 capsules twice a day before meals. Ages 19 and up take 2 capsules three times a day.

Support the thyroid gland with Thyroid-120. The thyroid gland is responsible for multiple processes throughout the body; from protein synthesis to metabolism and immunity.

Thyroid-120 provides complete nutrition for the thyroid gland. The thyroid gland is one of the endocrine glands which make hormones to regulate physiological functions in your body. The thyroid gland manufactures the thyroid hormones, which regulate metabolism, energy level, and circulation in the body.

Disease Knowledge

Most diseases whether it be bacterial or viral are caused by the weakening of the immune system related to diet and environmental changes. An example of this is the recent outbreak being discussed in the media about Salmonella bacteria being found in nuts. All foods have their own bacteria on them that naturally occur. The unfortunate people who die from these bacteria have weakened immunity or are delayed in treating the condition. By keeping the intestinal track strong with the use of a full spectrum probiotic, you can prevent Salmonella and other bacterial outbreaks. We recommend Biodophilus capsules or powders which are best kept refrigerated and always required when taking antibiotics or any silver elixir product. Remember, disease can only survive in host immune systems that are conducive to the disease requirements.

The products listed in these pages are designed as a protocol, meaning that they can be taken together or separately. They are best taken together to address all possible areas of weight control. It is not possible to always diagnose the actual problem whether it is viral, bacterial or deficiency. To prevent drug therapy and worsening of symptoms it is always recommended to address all symptoms.

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Key Words: diet, adrenals, cortisol, hypothalamus, thyroid, pituitary, pancreas, liver, toxins, homeopathy, exercise, energy, hormones, stress, digestion, genetics, lymphatics.

Solaris Testing is a way to understand the chemistry of the patient and plan a more comprehensive health program.

As most Practitioners know, the Ingredients in a supplement do not guarantee the performance of the formula; it is the source, quality, balance, and manufacturing practices that create a synergistic reaction.

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Communication and explanation is a key factor in the success between practitioner and patient.



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