

## **The Only True Way to Lose Weight**

You have heard the expression: “Calories in---calories out.” Also, you may have been told that “a calorie is a calorie is a calorie.” “All calories are the same. You know what? All of these are myths.

So, forgive me by entitling this “The Only True Way To Lose Weight.” I knew that would get your attention. **Please, for your sake and for the best chance for success, read on.**

My son is 5’9” and 135lbs. You ought to see what he eats during a day. But, you say, he is young and all those growth hormones are flowing. Yes, that is true. However, why is it then that he has friends who go out with him and spend all day long with him and eat where he eats and eat what he eats, and they are 20 lbs. heavier?

Here is why no one weight program “fits all.”

Which of the following questions prompts a quick “yes” from you? Some of these will pertain to both men and women. Some are meant for just one or the other. After you have finished working through the questions, I will let you know what it all means. Your responses are the keys to your unique and personal problems with body composition (even though I know you want me to call it a problem with weight). Your answers also are the keys to creating a unique and personal program to help you reach your goals and do so looking and feeling great. So, let’s begin.

- ***Do you have brothers, sisters, or friends who can pack it in and never seem to gain weight?***
- ***Does food sit in your stomach or give you heartburn, but your spouse or friend feels just fine.***
- ***Are you fatigued, stressed, unable to get 7-8 hours of good, deep, uninterrupted sleep?***
- ***Do certain foods trigger your desire to eat even if your stomach says “no more food - - I’m stuffed.”***
- ***Do you get bloated premenstrually while someone else might have no symptoms or might have cravings for certain foods or might become depressed or irritable or unable to sleep?***
- ***Do you tend to eat more food and more of certain foods at certain times during your menstrual cycle? Did you begin to gain weight and increase body fat just before or after menopause?***

- ***Are you easily influenced by what the people around you are eating?***
- ***Do you tend to eat more and/or exercise less if you worry, are caught in the web of negative thinking, are anxious, depressed, bored or lonely?***
- ***Do you build muscle easily? Do you tend to gain fat in specific places? Does most of your fat tend to increase around your belly?***
- ***Do you have a family history of adult-onset diabetes, obesity/ thyroid conditions?***
- ***Do you feel that your brain is “foggy”, that you have trouble concentrating or lack mental energy?***
- ***Do you feel that it is hard for you to relax?***
- ***Are you the caregiver who forgets or neglects to take care of yourself?***
- ***Do you suffer from erectile dysfunction?***
- ***Have you lost muscle mass or find it difficult to gain lean, hard muscle?***
- ***Do you lack libido?***
- ***Do you take medications?***
- ***Have you noticed weight gain after beginning certain medications?***
- ***Do you binge? Do you sneak junk food? Do you get up to eat in the middle of the night?***
- ***Do you get dizzy, disoriented, or very tired if you have not eaten for more than 4 hours?***
- ***Do you have satisfying relationships in your life? Are you loved and do you love others? Do you enjoy regular sexual intimacy?***
- ***Do you have symptoms of irritable bowel syndrome?***
- ***Do you have pleasure in your life - - regular moments throughout the day of real pleasure?***

All of these questions are clues to your weight issues. These clues have nothing directly to do with calories in and calories out. They indicate hormonal issues, neurotransmitter imbalances, thyroid or adrenal imbalances, unhealthy lifestyle habits, digestive problems, environmental toxicity (which contributes to hormonal imbalances), improper proportions of carbs, fats, and proteins, lack of confidence or self-esteem or poor self-image, consumption of the wrong types of carbs for you, the wrong type of exercise for you, and a struggle against family genetics (which you can overcome and win).

To become truly healthy and obtain a healthy body composition, these are the issues that must be assessed. A program for you must be designed for your specific needs. Health and vitality and longevity go hand and hand with healthy body composition. This does not mean your weight on a scale. It is all about how much fat and how much muscle you have. Two people might weigh the same, but if one has more muscle and less belly fat, the odds are substantial that s/he will live a longer, healthier, more vigorous life - - and look much, much younger than his/her years. Remember muscle weighs more than fat but takes up much less space. So, you can be the weight you want but have high risk factors for heart disease, cognitive decline, diabetes, osteoporosis, sexual dysfunction, depression, and a lack of overall vitality - - not to mention sagging skin, wrinkles, and fat deposits in all the wrong places. However, healthy percentages of your body fat and muscle mass (not the reading on a scale) promote a lean, toned body, a sharp mind, reduced risk for diseases of older age, glowing, taut skin, sexual appetite and performance to match, a zeal for life, and getting into the dress or pants size you dream of.

Look at those questions again. There are ways to discover precisely which of those imbalances affect you. If you want a personalized assessment and get to the root of your weight problem, then let's begin.

Or, you can always count calories and take that risk.

**REFER TO "PERSONALIZED NUTRITION ASSESSMENT."**

- **CONSIDER THAT IN ADDITION TO PERSONALIZED NUTRITION ASSESSMENTS, ACUPUNCTURE. CLINICAL HYPNOSIS AND BEHAVIOR MODIFICATION ARE ADDITIONAL PARTS OF THIS PACKAGE AVAILABLE TO YOU.**
- **THE NEUROSCIENCE TESTING (SEE THE PDF "NEUROSCIENCE") IS WORTH A LOOK. IF BRAIN MESSENGER MOLECULES ARE OUT OF BALANCE, YOUR METABOLISM WILL BE SLOWER AND YOUR CRAVINGS WILL BE GREATER.**