

This medical revolution is based on Nutrigenomics, the science of how food talks to your genes—and promises to turn up your metabolism, help you lose weight (fat), keep it off, and get healthy for life. The human body is designed to gain weight and keep it on at all costs. Our survival depends on it. Powerful genetic forces control our survival behavior. They are at the root of our obesity epidemic. Our bodies are genetically wired to produce dozens of molecules that make us eat more and gain weight whenever we have the chance.

The nutrigenomic program is coupled with the Leptin resistant nutritional program. According to Leo Galland MD, true weight-loss can be very challenging, but once you listen to your body and really tap into what it needs, it does not have to be quite as hard. We need to reprogram our body chemistry from its unhealthy condition of inflammation to the state designed by nature, in which our appetite, metabolism and food choices all work together to effortlessly maintain a healthy weight. Dr. Galland has done extensive research involving chronic weight problems and leptin resistance, he writes, a major emerging piece of the weight loss puzzle is tapping into leptin, a highly important hormone that is the subject of cutting-edge research on weight-loss.

When our bodies are working properly, we eat what we want, and if we inadvertently gain a few pounds, the leptin in our system works to suppress our appetite, rev up our metabolism, and reestablish our original weight. If you have struggled to lose weight on diet after diet but still can not shake those excess pounds, chances are you are “leptin resistant”—that is, your body no longer responds to leptin. Leptin is your body’s natural weight loss mechanism: it curbs your appetite and jump-starts your metabolism.

Leptin, is one of the major keys to weight loss. The discovery of leptin in 1994 revolutionized the scientific understanding of fat. Scientists and physicians used to think that body fat was simply an inert storehouse of unused calories. From that perspective, weight management should be a simple matter—exercise more, eat less, and the pounds will drop. We now know that obesity and its related problems are not just about pounds; they are about hormones like leptin that are produced by fat. These hormones are called “adipokines,” and they tell us that fat is not just an inert repository of unused calories. It is a living organ, as biochemically active as the heart or kidneys or liver. Through the actions of adipokines, excess fat by itself can cause high blood pressure, diabetes, heart attacks, cancer, strokes, and arthritis.

More importantly, fat regulates itself by producing adipokines that can increase or decrease appetite and metabolic rate. There is no one solution for everyone, a one-size-fits-all weight loss strategy that works all the time for every person. It is about finding the right diet for you, based on understanding the unique ways in which your genes and metabolism work. The Ultra Metabolism and Leptin

resistant program enables you to put these new scientific principles into effect enabling you to achieve your health and weight loss goals. Over the last ten years, medical research has revealed that weight loss is much more sophisticated than our outdated preconceived notions about eating less and exercising more.

## **INFLAMMATION AND WEIGHT GAIN:**

What is inflammation, and what does it have to do with being overweight? Remarkable new research links obesity and inflammation. Being overweight promotes inflammation and inflammation promotes obesity in a terrible, vicious cycle. More than half of Americans are inflamed, and most of them do not know it. Getting to the root of inflammation and cooling it off is key to reducing the obesity epidemic and your own waist size.

What is inflammation, most of us are familiar with inflammation. The classic signs are pain, swelling, redness, and heat...as with a bad sore throat or ingrown toenail. This is actually a good thing, as it fights the virus or bacteria causing the inflammation. Inflammation is part of the body's military defense system that fights against infection, irritation, toxins, and other foreign molecules. A specific cascade of events occurs in which the body's white blood cells and specific chemicals (cytokines) mobilize to protect you from foreign invaders.

The downside with all of this is sometimes the homeostasis (natural balance) of the immune system, which typically produces just the right amount of inflammation to keep infections, allergens, toxins, and other stresses under control, is disrupted. The immune system up regulates into a chronic state of alarm or inflammation, spreading a smoldering fire throughout the body. This fire in the heart can cause cardiovascular disease, in the brain causes dementia and Alzheimer's disease, in the whole body causes cancer, in the eyes causes blindness, and in our fat cells causes obesity.

While on the one hand this inflammatory process is protective, it can go awry, not only in individual with inflammatory diseases such as arthritis but in otherwise healthy individuals whose lifestyles and/or environments expose them to substances the body perceives as irritants, such as low-grade infections from gum disease, food allergies or sensitivities, toxins, and even inflammatory foods such as sugar and animal fat.

Likewise, while inflammation is sometimes obvious, such as when an injured area becomes swollen, red, and warm to the touch, what science is teaching us is that inflammation can occur much more quietly and insidiously. It can occur silently without any symptoms. It is even emerging as a major cause of heart disease, diabetes, cancer, Alzheimer's disease, and aging in general. It is also

connected to weight gain. Inflammation is a silent killer, and unless it is adequately dealt with it can have disastrous effects on your weight and your health.

Anything that causes inflammation can make you gain weight, and any weight you gain can cause more inflammation. The most common cause of systemic inflammation is our modern diet (sugar, animal fat, and processed food, or the high-glycemic-load diet most Americans are eating) and lack of exercise. Other things contribute but to a lesser extent, such as food (particularly gluten) and environmental allergens, infections, stress, and toxins.

If you are inflamed for any reason, it is very important to find the cause and reduce the inflammation, not just for the purpose of weight loss, but because of all the major degenerative diseases of modern civilization: heart disease, dementia, diabetes, and cancer.

## **ELIMINATE THE FACTORS CAUSING THE INFLAMMATION**

We have to find the inflammatory factors and get rid of them. You can take all the anti-inflammatory drugs you want (or eat all the omega-3 containing fish or chocolate nibs you want), but if you don't get rid of the cause you will simply be covering up the symptoms. Finding the cause is not always easy. The most common and obvious causes are our diet and living a sedentary lifestyle. But there are many factors, and at times specialized testing is needed to find hidden causes. This is an area of primary concern at Tulsa Natural Health Clinic. We offer specific lab work and testing to help identify the pathogens or toxins causing inflammation.

Dietary factors such as excess sugar, refined carbohydrates, saturated and trans fats, or just too many calories can also cause inflammation. Sometimes the cause may be a hidden infection, something you eat or breathe that you are allergic to, or an environmental toxin. Chronic stress will also make you inflamed. And though just sitting around doing nothing also causes inflammation, regular exercise is one of the best known anti-inflammatories on the planet. Sometimes this requires a lot of detective work, but this is our specialty at Tulsa Natural Health Clinic.

## **THE STARVATION SYNDROME:**



**The Real Problem with the Old Way of Promoting Weight Loss.** The worst thing a person can do in attempting to lose weight is to drastically reduce caloric intake. The World Health Organization (WHO) classifies a diet containing less than 2,100 calories a day for the average man and 1,800 calories for the average woman as a starvation diet. The average woman dieting in America is trying to eat less than 1,500 calories a day. That means she is constantly in a state of starvation. The most fundamental parts of who we are as biological creatures are designed to keep us from starving ourselves. It is a very basic survival mechanism. When a severe caloric reduction strategy is applied, our body perceives this as danger, and sends signals to eat for self-preservation. Ignoring these signals premature aging and weight gain and typically you gain back more than you initially lost.

### **THE REASON MOST DIETS FAIL:**

The reason most diets backfire almost all the time is because people restrict too much. They allow the number of calories they consume to drop below their resting metabolic rate. This is the basic amount of energy or calories needed to run your metabolism for the day. For the average person it is about ten times your weight in pounds (If you weigh 180 pounds, your RMR would be 1,800 calories). This is the bottom line for your body every day if you don't get out of bed or expend energy. If you eat less than that amount, your body will instantly perceive danger and turn on the alarm system that protects you from starvation and slows your metabolism. As a consequence, you go right into starvation mode and just start eating and eating once you inevitably stop the diet—the classic rebound weight gain. With the Tulsa Natural Health Clinic weight management program you will learn how to choose the right foods that decrease inflammation, promote fat loss, and correct Leptin resistance.