

a healthier you

Feed the Brain and Lose the Fat

In theory, losing weight should be easy, right? You simply need to “eat less and exercise more.” However, the true fact is that many who try this simple formula fail...sometimes over and over again. Why? Because obesity, weight gain and weight loss are regulated by the brain. Powerful brain chemicals are sending signals to your body telling you to eat more and hormone imbalances governed by your pituitary gland in your brain are telling your body to slow down your metabolism.

Essentially, your brain is telling your body to store fat and not burn fuel (food). Two very contradictory messages coming from your own body often leading to frustration and giving up. Our goal at the Renewal Point is to get all of you on the same winning team.

diet that chooses one nutrient group over another might appear successful at first, but it can't last when your body continues sending internal mixed messages.

I advocate eating a healthy diet, increasing your nutrient content by eating natural foods, taking vitamin and mineral supplements and balancing your hormones. Fresh fruits and vegetables, organic lean meats, “real foods” (not Twinkies and Fruit Loops) are the keys to a healthy, longer, and yes... thinner life.

I hope you will join me at one of my seminars on weight loss, natural hormone balancing, or men's health, so I can share the most current information on taking better care of yourself and educate you on how to bring these powerful chemicals under control. ☺



Pow-Wow! Powerful Brain Chemicals

Leptin and Adiponectin — The “thermostatic” control called Leptin and Adiponectin receptors tell your body how fat it should be. Trying to lose weight without these strong brain chemicals in balance will end in failure.

Dopamine — By increasing dopamine and its related neurochemicals, norepinephrine and acetylcholine, you can reduce fat cravings.

GABA — By increasing GABA, you can tell nervous eating patterns goodbye. Additionally, when GABA is increased, it helps us fall into a deeper sleep which in turn helps to regulate the leptin receptors.

Serotonin — When serotonin, sometimes called the “joy hormone” is low, the brain sends out a signal that it needs carbs, especially chocolate.

The Key: Natural Hormone Balancing

Hormones, such as insulin, estrogen, testosterone, cortisol, and growth hormone (just to name a few), must be balanced in order to achieve good body composition. I have always advocated using a natural approach, such as bio-identical hormone balancing to accomplish this.

How to Succeed

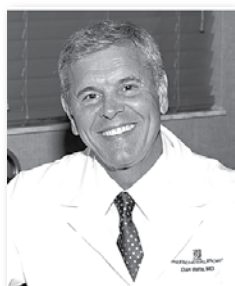
Successful lasting weight control first depends on controlling these powerful chemicals, not in counting calories, fat grams and carbohydrates. Following a restricted

FREE SEMINAR ON WEIGHT LOSS

The Renewal Point is having a free seminar on **Thursday, May 6**, called “The Hormone Connection for Weight Loss.” Learn how the breakthrough of safe and effective bio-identical hormones is the gateway to a healthier, slimmer, younger you. The seminar runs 6-7 p.m. and is held at the Renewal Point's offices at 4905 Clark Rd., Sarasota.

Please RSVP to 926-4905 or email seminars@TheRenewalPoint.com. Bring a friend!

SOURCE:
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BOARD CERTIFIED
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