

“How to Slim Down and Occupy a Leaner, Smaller Body”

- What does it take to shift to and occupy a leaner, smaller body?
- We try, but what keeps us from dieting successfully?

Some surprising findings:

- Throwing in the towel on dieting is only on the cusp of being recognized as a disease itself.
- Many of the foods we eat block our bodies' fat burning ability.
- Pesticides and proteins as well as being toxic become bound in the body's fat dramatically preventing weight loss.
- In addition, much of what we eat lacks the antioxidants & nutrients which are key to maintaining normal weight.

Paths to a leaner, smaller body:

- An exciting solution for jump starting & sustaining slimming down and occupying a leaner and smaller body.
- A revolutionary toxin-elimination program.
- Optimization of Blood Chemistry/with
- Target specific Nutritional Supplementation.
- Specialty supplements.
- DNA Guided, Personalized Nutritional Supplementation.

Introduction:

About Howard E. Wolin, M.D.

A psychiatrist and medical doctor for 39 years, Dr. Wolin has developed an Individualized approach to healthy living and dedicated his practice to an integrated, holistic approach to wellness. Through his Highland Park, Illinois based practice, he addresses the root causes of a patient's sickness with his ability to bridge the gap between science and alternative approaches to maladies that plague our emotional, physical and spiritual beings. Dr. Wolin combines personalized counseling with breakthrough nutritional programs and other leading edge treatments for disease. His concepts are quickly gaining reputability due to their vast success.

Help: I've Tried it All, How Can I Finally Become What I Want to See in the Mirror?

The statistics are staggering. In America today, almost three-fourths of our population is overweight. Obesity is an issue that is making national headlines everyday. More than 61 million people are overweight. Bottom

line: Americans are not just fat. They are getting fatter, according to a new government study finds that one in every three adults is now obese and nearly two-thirds are overweight in the United States.

The number of overweight and obese people continues to climb at a steady rate despite the fact that Americans spend \$34 billion annually on diet products, from sugar-free sodas to diet programs. According to the federal Centers for Disease the number of overweight adults rose to 65 percent of the population from 56 percent in just one year from 1999 to 2000.

Obesity is an epidemic. And even more concerning, is that being overweight leads to serious illness. Further, most people, out of desperation and despair, are content to stay overweight not realizing that being overweight itself leads to a host of medical and psychological problems. And more surprising, the average obese person has simply given up and thinks his or her weight is OKAY. We've convinced ourselves that it is okay to give up on dieting and self regulation.

I'm here to say today, that I believe this behavior and way of thinking is THE REAL disease. I don't know about you, but to me, that is very troubling. I'm here to say that it doesn't have to be OKAY. You have a right to be healthy and live a full, abundant life. Starting today you can have the power to begin your journey toward the possession of a leaner and smaller body. My thirty nine years as a traditional medical psychiatrist and holistic physician has shown me what works and what doesn't. Today I will share with you what does.

Why are so many of us who are overweight and why have so many of us given up on controlling that weight? We all have heard some of the answers to the first question, "Why are there so many of us?"

These are the obvious answers:

- We eat too much.
- We eat too many fast foods loaded with bad fats.
- We eat too many carbs and too much of the wrong carbs.
- We do not exercise enough.

We also have heard many answers to the second question about our multitude of reasons for NOT regulating our weight. The answers we typically hear sound something like this: Over-weight people give up trying to lose weight because:

- They've tried numerous programs and none of them have worked.
- It takes too long to lose weight.
- Our results don't match all the energy and time we put into dieting.
- Extreme fluctuations: We lose weight, only to gain it back again.

Other less talked about reasons:

- **Giving up on dieting itself is THE REAL disease that we do not recognize and do not combat with the right tools.**
- **The kinds of carbs we eat are our enemies: Most of the carbohydrates we eat have hydrogenated oil or trans-fatty acids which block our bodies' abilities to burn fats.**
- **Surprisingly, we've got pesticides, herbicides, chemicals and toxic foods INSIDE our bodies and then what we put on our bodies, such as perfumes, colognes and nail polish. And they are yet another rapid weight gain enabler.**
- **Much of what we eat has no life, no nutritional value and we only eat it to satisfy emotional needs or to relieve stress often caused by psychological factors and at the core adrenal insufficiency from too much stress leading to terrible neurotransmitter imbalances of serotonin, dopamine, norepinephrine. These very neurotransmitter imbalances lead to increased weight.**

I believe these four are keys to why we don't lose weight, maintain it and occupy a leaner, slimmer body.

- **As I have said, giving up on dieting is in itself a disease ...the core disease-and we do not recognize it and do not combat this with the right tools.**

Being overweight changes our metabolism which affects both our mind and body. Every time we get heavier, our body's computer establishes a new metabolic standard for itself, which becomes the new norm and does not want to change.

The question is: Why is that the new disease?

The resistance to change has come about because the computer of the body has a new metabolic standard, one that guards the new higher weight and attempts to add to it. Insulin is then stored in the cells and the tissues get fatty because glucose is converted to fat. Instead of converting our fat back to glucose for energy, the body prefers to consume our protein, our muscles first. The body is both an elegant and ignorant bio computer. Elegant in that it has an unconscious knowledge of what is struggling with emotionally, physically, and spiritually. Ignorant in that, ultimately it cares about survival only. When it has established a new standard, a higher weight, it sees weight loss as a threat to its very survival. The new body will teach the mind to be happy with it. And when that occurs there is no impetus to change. So much so, that in the next 10 years, most people will find that overweight is normal. This is nothing to be sad or unhappy about because it is impossible to change. THIS IS ALREADY HAPPENING.

This is a very important red alert consequence because your psychology and physiology now tells you to accept the new weight standard. Therefore, you begin to say to yourself, either quietly or out loud, such as, "it doesn't matter that I am overweight, I can still enjoy myself", or "I don't want to become obsessed with my looks", or it really doesn't matter that I am overweight, I am still a good person", or "I can eat anything because I am not trying to lose weight".

Why is this happening?

Most of our toxic pesticides, herbicides, and toxic foods are stored in our fat and our bodies are terrified of losing weight because in the burning of the fat, there is a lot of detoxification and this the core reason why dieting, exercise and counting calories often does nothing that truly lasts.

It's important to burn our fat, because if we don't, we are prone to heart disease, cancer, arthritic conditions and other diseases. The presence of pesticides, herbicides, chemicals and toxic inferior proteins in our bodies makes it harder for us to lose weight.

We often hear that eating too many carbohydrates or desserts causes weight gain. This is true. However, I feel other foods that contribute significantly to weight gain are foods with hormones and pesticides in them. These foods sustain our weights new metabolic standard. Our soil is also contributing through it's deficiencies in needed nutrients. This has been the case since the early 1900's. Many of our foods lack nutrients that if present can help us maintain normal weights.

1. Chromium is one example. Many people are deficient in it because it is absent or present only in low levels in foods, and it is desperately needed for glucose metabolism.
2. Zinc is also needed for proper metabolism functioning.
3. ATP, our body's energy source is in infinitely less supply then in previous generations due to many of the issues I've already stated.
4. The rise in body fat composition from ranges in 18-22 %, now up to 22-42 % is a result of our body's not converting glucose from the fat and instead eating away at or muscle first; because this is taking place more of the food we consume is being converted to fat

WHAT IS THE ANSWER?

The first steps to successful weight-loss are:

- We must view our bodies as bio-computers which need reprogramming and not just plans of reducing calories or increasing exercise.

- We need to recognize that counting calories and exercising are not the only tools necessary for a successful weight-loss program, in fact they often don't work or only work for a little while before a relapse.
- Specific detoxification programs eliminating key toxins from your body that program it to be overweight.
- Specific supplements that protect the body from being negatively reprogrammed again.
- Optimization of blood chemistry...
- Target specific nutritional supplementation.
- Specialty supplements which lead to sustained slimming down.
- DNA guided personalized supplementation.
- Nutritional supplementation in lieu of psychotropic medications and diet supplements.

Is it possible technology to eat better, diet and change the effects of all the properties of these toxic foods? You can see why calorie reduction simply doesn't work, because all these toxic foods, pesticides and partially hydrogenated oils wind up altering the body at the cellular level, supporting the toxic metabolic standard that I talked about before. Perhaps in a lifetime of eating better you could detoxify this. But very few do. Exercise and diet alone can't cure the toxic effects of toxic food, food funguses, molds, yeasts, Candida, food coloring, and antibiotics. There must be a new paradigm that re-stimulates and re-inspires the innate intelligence of the cells.

Let me say a few words about inspiration in connection with this new paradigm of health. Inspiration comes from the soul. It is the spark that comes from the soul. Because of all the chemicals, pesticides, and herbicides that are in or food and grains, as well as the hormones including xeno-estrogens which mimic estrogen compounds but are toxic, our hormone regulation becomes comprised and renders us estrogen-hormone dominant.

And that dominance from a metabolic point of view prevents inspiration from integrating into the physical body. It is inspiration not will power that creates the desire for a three-mile walk, not cookies. High estrogen levels lead us to lose the capacity for inspiration and inspiration is what creates A VISION OF WHAT WE WANT to be like- Fit. Thin. This, in turn, creates the desire for a path. Then through planning and dedication to action, the path becomes manifest. Plans, desires, goals and will power can do nothing without inspiration for they are the products of inspiration.

If we are looking for a new breed of cutting edge technology that will re-stimulate and re-inspire the old intelligence of the cells, we need to look to someone who himself is an inspiration, a shining example of cutting-edge nutrition.

I was a traditional western medicine doctor until the need to be otherwise thrust me into alternative health out of the need to fix myself. I have been in practice for 39 years. Through my journey of life I've had a mental, emotional and spiritual awaking that enabled me to treat and heal my patients on an emotional, physical and spiritual level. The benefits I had coming in were a wealth of knowledge about how the body works, how it stores toxicity, how it produces hormones, deals with stress and emotional trauma and what it does with the foods we eat. The reason I now have an alternative focus to my practice is that needs I had and needs you have simply cannot be met by western medicine philosophies alone. The blend I have created between the alternative and traditional styles of treatment has allowed me to see deeper into the conditions and diseases that plague every one of us living now. I consider myself a shining example of what is possible in terms of health because I did it. I am 68 years of age. I feel fantastic. I am passionate about what I do and I want you to have the same thing in your life.

I don't believe that diet changes alone can cure the toxic effects of ingested toxic foods, ingested and inhaled chemicals, vaccines, antibiotics, fungi, environmental chemicals, radiation and the DNA damage they incur. A new paradigm is needed to re-stimulate and re-inspire the old intelligence of the cells.

This paradigm includes:

- 1. A specific detoxification programs that eliminates the toxins from your body that program it to stay overweight.**
- 2. Specific supplements that protect the body from being reprogrammed again.**

The products I work with will detoxify and eliminate key toxic components and provide exceptional nutritional support for the body without stimulants.

It is a technology that utilizes both of these paths and has provided significant weight loss for myself and my patients.

I would be happy to tell you more about my health programs and to talk to you more in depth about subjects I feel so passionately about. My mission is to help you find a path to good healthy living.