

I wanted to talk about a new and really exciting revolutionary product that is now available for weight loss. This product is different than most of the others as it is not an appetite suppressant that makes you "wired", and the studies examining its benefits did not include making any changes to your "diet". One of the very important reasons the use of this product's results in weight loss is its ability to modulate inflammation. Well designed studies demonstrated a 28 pound weight loss in ten weeks. I can't wait to get started on this product for myself, and the beginning of the New Year is the best time.

Let me take a moment and comment about inflammation. I feel that inflammation is the cause of heart disease and cancer. Markers of inflammation such as CRP(C-reactive protein), Homocysteine, and ESR (erythrocyte sedimentation rate) are elevated in heart disease, certain cancers, and the metabolic syndrome (high blood pressure, high cholesterol, elevated glucose levels, and increased belly fat).

This new product dramatically reduces CRP, and thus important markers of inflammation. By the way, the metabolic syndrome, which I mentioned above, is strongly associated with the development of heart disease. So can we lose weight, reduce inflammation, reduce cholesterol levels, as well as signs of early diabetes? The amazing answer is yes.

So how does this product work? One of the hormones in our system that becomes less affective or develops resistance is Leptin. Leptin is a hormone that talks to our brain and tells it that we have eaten enough calories. It also helps stored fat inside of our fat cells, which unfortunately accumulate around our midsection as we get older, receive the signal to breakdown and be released into our blood stream. This new product increases Leptin, and thus overcomes the resistance our body develops to this hormone as we age. Unfortunately adult onset weight gain is characterized by extra large fat cells that become plump with triglycerides. This occurs because Adiponectin levels drop with aging and obesity and by taking this product our levels increase, our fat cells become less plump, and our sugar levels go down.

There is an enzyme that takes the extra sugar floating around in the blood stream and converts it into triglycerides, which then get stored in the ever increasingly plump fat cells. Unfortunately with the metabolic syndrome you have elevated sugar levels and they are driven into making more fat cells. This new product blocks that reaction and thus glucose is cleared from the system without being changed into fat.

As I said, this is a new product that works at entirely different areas of problematic fat accumulation, i.e. inside your belly and around the midsection. Certainly adding this to existing regimens for weight loss sounds very appealing, but based on its own merits, one doesn't even need to change ones activity levels or diet to have this product work. All that said, I strongly encourage nutritional adjustments, optimizing hormonal balance as well as increasing our activity levels to achieve our weight loss goals.

I can't wait to talk with you about this exciting new product and look forward to meeting you and helping you achieve your weight loss goals.

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