

Holistic Health Report

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A Holistic, Science-Based Approach To: **Rapid, Lasting Weight Loss & Brain Chemistry Optimization**



Are you frustrated because:

- You struggle with your willpower and self-control when it comes to food?
- Your life is stressful, and the EMOTIONALLY-BASED CRAVINGS DESTROY YOUR SELF-CONTROL?
- You struggle to get a good night's sleep and that increases your desire to eat?
- You're sick and tired of being overweight, BUT NOTHING SEEMS TO HELP?
- You diet and exercise, but THE POUNDS WILL JUST NOT COME OFF!

In the past few decades, researchers and medical professionals have discovered that **Brain Chemistry Imbalance** may be **SABOTAGING YOUR WEIGHT LOSS GOALS!**

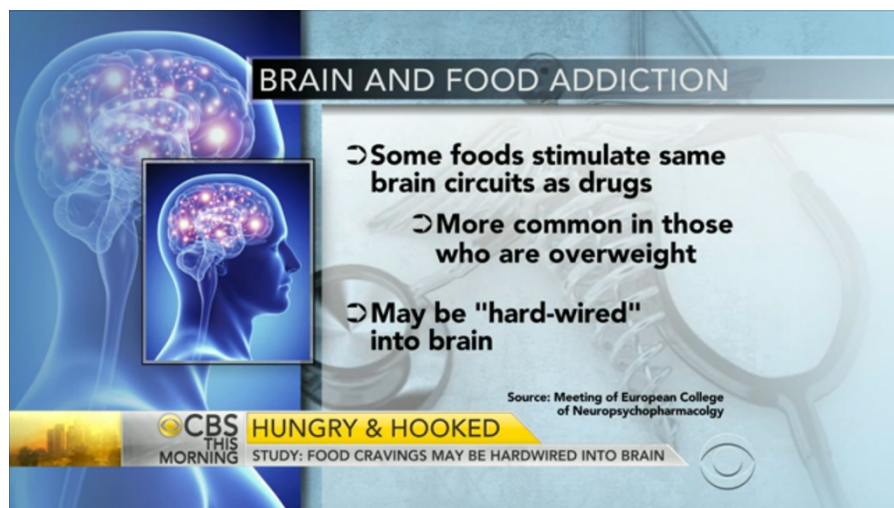
The latest research reveals that brain chemical problems cause cravings and negative emotions that **disrupt your WILLPOWER, JUDGEMENT, & DECISION-MAKING when it comes food!**

This chemical imbalance DRIVES YOU TO EAT, which relieves the imbalance for a few hours...BUT THE EXCESS CALORIES LEAVES YOU TIRED, FAT, UNHAPPY, & FRUSTRATED!!!

BRAIN CHEMISTRY OPTIMIZATION WILL:

- **Eliminate Your Cravings & Increase Your Willpower!**
- **Increase Metabolism So You Can Loss Weight Fast!**
- **Reduce Inflammation That Causes Belly Fat!!!**
- **Improve Your Sleep & Mood!**
- **Calm Your Stress & Increase Your Focus!**

Understanding The Latest Research



What if I told you that everything you know about losing weight is completely wrong? Don't feel bad or embarrassed: most people...including doctors and other "weight loss experts"— are in the same boat.

The latest research and treatment methods reveal that unhealthy, chemical shortages in the brain can sabotage your attempts to lose weight.

Research reveals that metabolism takes place in the brain? Your brain is the special place in the body that "ignites" your food. It is not your stomach that controls your weight at all. Neither is it your hips, thighs, or your butt. **Weight loss occurs in your brain.**

What Causes A Brain Chemistry Imbalance?

Brain chemistry shortages are caused by one or more factors:

Stress · Genetics · Age · Lifestyle · Toxicity · Deficiency

Regardless of the cause, without the correct supply of brain chemicals, the function of your brain slows down, which slows your metabolism, energy level, and causes cravings, excess appetite, and a loss of self control.

These imbalances create specific food cravings that when acted upon, provide a “short-term fix”, but you end up over-eating as a way of self-medicating your brain—often to excess—and **using food to help balance your brain deficiency leaves you overweight, frustrated, unhappy, and unhealthy!!!**

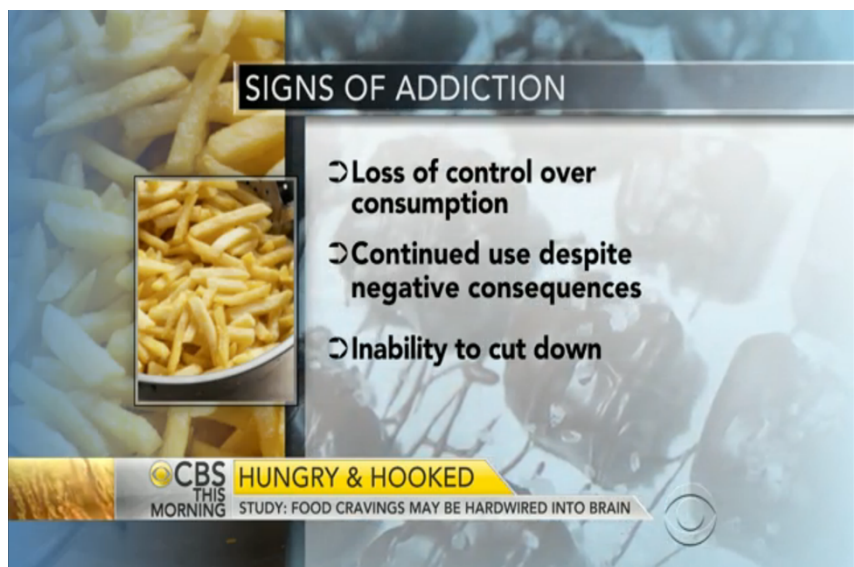
What Are The Four Critical Brain Chemicals?

The four critical brain chemicals (neurotransmitters) that govern weight loss, metabolism, cravings and mood are:

Brain Chemical 1: Dopamine – The Brain-Power Neurotransmitter

The brain chemical **Dopamine** is your brain’s natural power source, which keeps you mentally and physically energized throughout the day. When there is a lack in dopamine, your metabolism slows down, causing food to be stored as fat.

When this brain chemical is unbalanced, it causes cravings that are emotionally-based, making them difficult to satisfy, and excess food consumption is needed to provide a sense of fulfillment, both emotionally and physically.

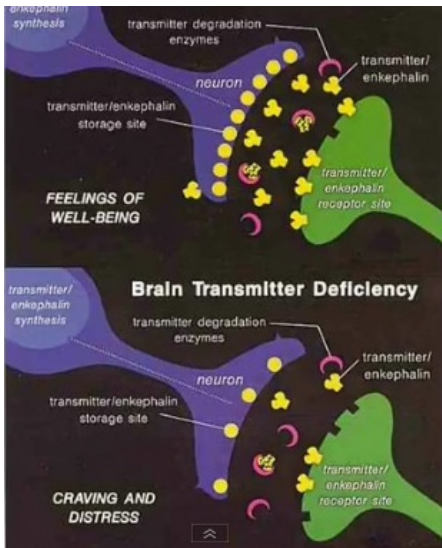


A dopamine deficiency will not only affect your weight, but it will also affect whole overall health. If you are dopamine deficient, you may find that it takes longer for you to get things done, your concentration is off, your intensity at work is off, and you may sleep a lot and wake up tired. Whenever you wake up tired, it is a sign of lost brain chemicals.

Brain Chemical 2: Acetylcholine – The Brain-Speed Neurotransmitter

The brain chemical **Acetylcholine** controls the speed at which electrical signals are processed from the brain to the body. When the brain loses its speed, it loses its power and slows down all bodily functions. When your brain slows down due to a lack of acetylcholine, you might become forgetful and experience a loss of mental and physical quickness. This may cause us to make bad choices, especially when it comes to food, and you find solace in “comfort foods”, like fried foods, high fat snacks, and often cause you to pacify your cravings with ice cream. It becomes a never-ending cycle as your imbalance increases, so do your cravings.

Brain Chemical 3: GABA - The Brain-Rhythm Neurotransmitter



Gamma-amino butyric acid, or **GABA**, is the chemical that functions as your brain's calming agent. It helps regulate the nervous system by keeping all the other chemicals connected. A balanced brain creates and receives electricity in a smooth, even flow, creating a consistent and even "pace" of both mental and physical activity. The chemical signal that relays this internal pace to your body is the brain chemical GABA.

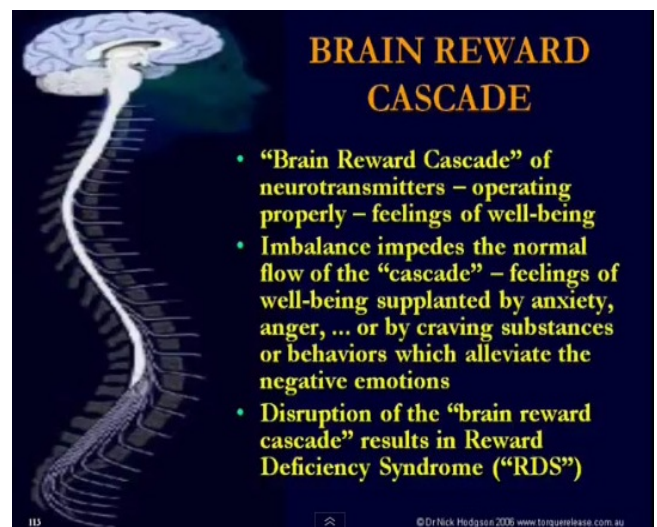
People with a GABA deficiency use food to medicate underlying feelings of anxiety, tension, nervousness, and fear. It is as if they have an overload of tension and emotion.

Without GABA, we cannot soothe ourselves out of a stressful situation; we then rely on food to fix the problem. Recent scientific advances have been able to unlock the mysteries behind the relationship between GABA and weight gain. The food addictive craving cycle is affected by GABA. A lack of GABA is connected to overeating and lack of portion control. Food addiction will cause you to eat and eat and never be satisfied.

Brain Chemical 4: Serotonin – The Brain-Sync Neurotransmitter

Serotonin acts as an "off" switch to the brain and the body: It transmits a signal that tells the body when to shut down and when to rest. Good sleep will reset and improve and enhance every aspect of health, creating a high-energy brain metabolism, and fast-thinking, calm, and steady brain.

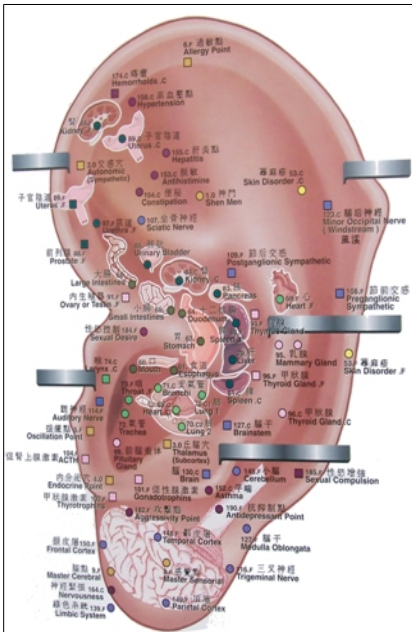
We all know what it is like to not get enough sleep. The next day one is tired and we feel rundown. Our ability to think clearly becomes compromised, leading us to reach for simple "refined" carbohydrates such as pasta, rice, bread as well as slat as a form to energize us.



People with a serotonin deficiency have trouble shifting their attention and tend to get stuck on thoughts of food or compulsive eating behaviors. They tend to have trouble seeing options and want to have things their way. **Nighttime-eating syndrome**, where people tend to gorge at night and not be hungry early in the day, is also associated with this deficiency

How To Assess And Correct Chemistry Problems?

The first step in addressing your brain chemistry imbalance is to determine which brain chemicals are lacking. This is easily done through a complete history and the **Functional Medicine Assessment**. This assessment is used to determine the specific causes of your sluggish and overburdened system.



Once determined, the goal of care is to correct your primary problem and chemical imbalances that are sabotaging your weight loss and health goals.

Phase 1 - Auricular Therapy

Auricular Therapy is a form of ear point therapy that works to normalize centers in the brain. This is done by stimulating specific **Brain Chemistry Master Points** shown to treat addiction and compulsive disorders by normalizing brain chemistry.

Although similar to acupuncture, auricular therapy uses **NO NEEDLES**. The master points are stimulated with micro-current with no pain or discomfort.

Clinical studies have shown a **95% success rate** with the study participants minimizing cravings and losing weight.

Auricular Therapy is proven to help super-charge the benefits of your Brain Chemistry Program, allowing for fast results, reducing cravings and improving mood and sense of well-being. It is common to experience diminished cravings and improved sleep after the very first session.

Phase 2 - Lifestyle Instruction

Your Lifestyle has a major cumulative effect on your weight and health.

Our Center provides you with a Personalized Lifestyle Program with a focus on weight loss and lifestyle optimization:

- Nutritional Program Tailored To Your Specific Needs
- Dealing with Stress & Negative Thoughts
- Lifestyle & Wellness Coaching
- Personal Exercise Instruction



The Promise of a Younger, Thinner YOU!!!

Any brain chemical imbalance is completely reversible once you learn



how to address the problem. By retraining your brain, you will be able to get rid of your food addictions and cravings so you are not self-medicating with fattening, unhealthy foods. With our 3 step brain chemistry approach, you will increase your metabolism and immediately start to lose weight.

This program has shown dramatic results with thousands of patients. Many men and women who had abandoned all hope of ever getting the body that they wanted, discovered the cause of their weight loss struggle. People who felt frustrated, tired, and helpless finally gained control over their life, weight, and health.

Let us provide you with the tools to rev up your brain's metabolism and increase your energy and burn more body fat.

Within weeks you will begin to see results; you'll lose pounds and inches so you can have the body you've always wanted, now

and forever.

Not only will you get thinner, you'll look and feel younger. When you lose weight and retrain your brain, you can turn back the aging clock by as much as fifteen years. You will begin to feel good about yourself. Your concentration and thinking will sharpen, and your mood will brighten. A better attitude and more physical energy will make staying on the program easier than ever before.

Brain chemistry optimization is the pathway to everything you want. The goal of the program is clear: Optimal brain chemistry leads to a great body *and* great health, which leads to an abundant life.

Getting Started

Call or email our office today and schedule your Functional Medicine Assessment and Auricular Therapy Session for only \$20.00 (normally \$110.00) **This is a total savings of \$90.00!!**

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*"The natural healing force within each one of us is the greatest force in getting well.
Our food should be our medicine. Our medicine should be our food."*

-Hippocrates 460 B.C. - 377 B.C.