

## Weight Loss/Omega3/Supplements

How to Gain at weight loss: In order to lose fat at the most rapid rate, you need to create a rather large caloric deficit in a relatively short period of time. A pound of fat is 3,500 calories. Want to lose a pound of fat? Then you'll need to be 3,500 calories in the hole. Five pounds of fat? Make that 17,500 calories. There's simply no getting around the math. Unfortunately, drastic reductions in calorie intake only cause the body fight back against your dieting efforts, shutting down metabolism and holding on to body fat as a starvation protection mechanism. Enter the rapid fat loss Catch-22: You can't lose fat fast without quickly creating a massive calorie deficit, and you simply can't create a massive calorie deficit quickly without your body shifting in to starvation mode and rate-limiting your fat loss.

Eat a low-calorie diet, focusing on whole, natural foods. Eating 5 small meals is recommended. Eat Breakfast like a king, Lunch like a prince and dinner like a pauper. Avoid late meals & snacks. Use resistance training to sculpt your muscles. Do short interval training instead of long, slow cardio. Be aware of Fat Signals: Fat Signal #1: Burning Fat for Energy – Naturally When things are running smoothly, your fat cells produce leptin. This messenger sends out two signals: One, it tells your brain you're full. That shuts down your hunger. Two, it tells the fat inside your cells to breakdown into a kind of fat that can be burned as energy. When these signals are working, you don't get hungry as often and your fat gets burned naturally. But when too many fat cells build up, a protein called CRP sticks to the leptin and prevents it from delivering its message to your brain. Signal lost. This is called leptin resistance. The bottom line is you'll always feel hungry and the fat inside your cells will stay there forever. When this happens it triggers a series of other signal problems. Reducing calories increase both cortisol and Leptin which leads to more belly fat. Fat Signal #2: Controlling Sensitivity to the "Fat Hormone" Another messenger – adiponectin – controls your sensitivity to insulin. When you have lots of adiponectin, your body responds well to insulin and everything is fine – your waist is small, your heart is healthy and your arteries are clear. But as you age, your levels of this critical fat signal drop... then you're more likely to get bigger and fatter. Fat Signal #3: The Bad Guy... Turning Blood Sugar into Fat The 3rd messenger is actually a bad guy you want to get rid of... it's called glycerol-3-phosphate dehydrogenase. This enzyme turns blood sugar into fat. Not what you want. The role of Leptin in Obesity: Leptin is a hormone produced by adipocytes (fat cells) that regulates body fat storage by modulating satiety, glycemic control and metabolism. When everything is working properly, leptin helps to keep adipose tissue (fat) within a normal, healthy range. However, diet and stress can lead to chronic inflammation and leptin resistance--chronic inflammation increases levels of C-reactive protein which binds to leptin, preventing it from doing its job. When leptin resistance occurs, the body does not get the signal to stop eating, leaving one feeling hungry even after having consumed enough calories. The World Health Organization has now classified obesity as a disease. It is often said that obesity is the biggest health problem facing the developed world today. It causes health problems such as hypertension, type II diabetes, heart attacks and strokes, elevated cholesterol and many more. Obesity is said to lead to 30,000 premature deaths each year and it is shortening the lives of people by an average of nine years. Probably the biggest breakthrough for the study of appetite regulation came in 1994 when the molecular geneticist Jeffrey Friedman discovered the adiposity signal leptin. It is an appetite suppressant. It stops you eating too much as well as makes you more active so you burn off more energy. Leptin is a hormone that assists in regulating both appetite and metabolism. . A new study published in the journal Cell found that overeating causes changes in the brain.

The hypothalamus is a cone shaped gland, about the size of an almond, attached to the pituitary gland and lying near the brain stem. It is the mechanism which helps the body maintain homeostasis – the tendency toward a stable, constant state of equilibrium. The hypothalamus regulates body temperature, hunger, thirst, fatigue, anger, sexual desire, blood pressure, water balance, and circadian cycles. The nervous system and endocrine system communicate through the hypothalamus. The amount of Leptin found in people increases as their body fat increases. Leptin levels are generally proportional to body fat, as leptin is released by fat cells. It is thought that many obese people may have developed leptin resistance – whereby the body fails to respond to leptin signals. This begins a cycle where more leptin is produced. Leptin acts on receptors in the hypothalamus of the where it: The theory is that as you get fatter you also get less sensitive to the affects of Leptin. Leptin works on the body in the following ways;

- counteracts the effects of neuropeptide Y
- resulting in inhibition of food intake

Conclusion: Solving Leptin resistance may offer solution to the obesity epidemic. Based on our evolutionary history, the ideal ratio of omega-6 to omega-3 in the diet is 1:1. Our ancestors evolved over millions of years eating that way. However, our modern diet has skewed the ratio significantly.

A hundred years ago, the average American ate less than one pound of vegetable oil per year. Today, the average American eats more than 75 pounds of these polyunsaturated omega-6 fats each year. So, instead of the ideal 1:1 ratio, most people consume anywhere from 20 to 50 times more omega-6 than omega-3 fatty acids! This is a prescription for cancer, heart disease, diabetes, obesity, cataracts, infertility, skin wrinkles, and much more. The twofold solution is very simple: First, reduce - as much as possible - the omega-6 fatty acids in your diet. Strictly limit vegetable and seed oils - corn oil, soy, canola, safflower, and sunflower oils. You should also avoid fried and processed foods. Potato chips, baked goods, salad dressings, margarine, shortening, etc. all contain vegetable oils and high levels of omega-6 fats. Replace any vegetable oils you currently use with extra virgin olive oil, organic grass-fed butter, and organic unrefined coconut oil. Conventionally raised meats are also much higher in omega-6 fatty acids than meat from animals raised on their natural diet. Cattle raised on corn, for example, have a much, much higher ratio of omega-6 fatty acids in their meat than cattle raised on a natural diet of grass. Grass-fed beef is generally very rich in beneficial omega-3s. Buy organic, naturally raised meats whenever possible. (U.S. Wellness Meats is a multi-family run business that takes great care of their customers.) Second, boost your intake of omega-3 fatty acids. Omega-3 fatty acids are found in very few foods, which is why most of the population is deficient. This is a shame, because omega-3s are one of the most beneficial

nutrients in the human diet. Hundreds of published studies show that optimal omega-3 levels can greatly improve your overall health, optimize your weight, increase your energy, and help you retain mental function as you age. Omega-3s also reduce your risk of heart disease, diabetes, cancer, and depression. And they can be used to treat rheumatoid arthritis, allergies, hyperactivity, diabetes, digestive disorders, and a host of other conditions. While you can get omega-3s from flaxseeds and walnuts, these plant sources contain only the fatty acid ALA. The best omega-3 fats are those found in fish - DHA and EPA. Your brain is highly dependent on DHA. Low DHA levels have been linked to depression, memory loss, and a higher risk of developing Alzheimer's. Wild Alaskan salmon (not farm-raised) is one of the best food sources of these fats. But your best bet is to take a fish oil (not cod liver oil) supplement. Absorption & Bioavailability of Supplements: Not all Supplements are made the same!! their absorption or Bioavailability range from 5% up to 90%. Use supplements that are Natural, standardized and most importantly Patented, Proven Clinically, Published, Predictable and Priced reasonable. We help many individuals at our clinics from Olympic Athletes to people who are suffering from acute or chronic conditions and anyone in between. Our clients receive natural recommendations on their: supplements, medications, blood test results, dietary recommendations, exercise programs and we have had over 90% success rate for many clients who have achieved total wellness within 3-6 months after following our natural recommendations. The results are well documented with blood test results, SCIO Biofeedback results as well as their doctor's report. We accept and appreciate referrals for our Nutrition & Biofeedback consultation. Staying healthy in an increasingly unhealthy world is becoming a full time job The International Academy of Wellness is dedicated to recognizing, respecting and understanding today's health challenges. Our mandate is prevention with a stated goal of getting straight to the cause and avoiding band-aid solutions. We employ the best of science and nature in all our efforts. Did you know that:

- heart disease is now affecting young people in their early and pre-teens?
  - the leading cause of death in North America today is prescription medications?
  - obesity is killing people 13 years earlier than those with normal weight?
  - many of the ailments affecting young and old, are being traced back to household chemical and toxins found in approved, store bought products?
  - our skin is the body's largest organ and absorbs whatever it comes into contact with - the water we bath in, the products we cleanse with and for woman, the makeup that is worn for over 300,000 hours in a lifetime? Women's Health
  - More women die from cardiovascular disease than men
  - Women are twice as likely as men to die from both stroke and Alzheimer's disease
  - Twice as many women suffer from symptoms of irritable bowel syndrome (IBS) - recurring constipation, abdominal pain, digestive discomfort, and bloating- as men
  - Women are twice as likely to suffer from depression as men.
  - The most common form of cancer deaths among women is NOT breast cancer
  - 60% of all cancers in women can be linked to dietary and lifestyle factors
- At The International Academy of Wellness, we understand and respect the fact that our bodies have an incredibly powerful ability to heal themselves as long as we focus on proper nutrition and a preventative lifestyle. Dr. George Grant Natural Medicine Specialist Mobile: 416.562.3140 Email: info@drgrantwellness.com

We help many individuals at our clinics from Olympic Athletes to people who are suffering from acute or chronic conditions and anyone in between. Our clients receive natural recommendations on their: supplements, medications, blood test results, dietary recommendations, exercise programs and we have had over 90% success rate for many clients who have achieved total wellness within 3-6 months after following our natural recommendations. The results are well documented with blood test results, SCIO Biofeedback results as well as their doctor's report. We accept and appreciate referrals for our Nutrition & Biofeedback consultation.

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At The International Academy of Wellness, we understand and respect the fact that our bodies have an incredibly powerful ability to heal themselves as long as we focus on proper nutrition and a preventative lifestyle.