

MODULE 4 – SOLUTIONS HANDOUT

Mid-life weight gain:

how to reverse it and stop it once and for all !

When it comes to weight loss, there is a list of practices and "tricks" which may come as a surprise to you and hopefully even delight you. Many chronic dieters think "they know all the tricks," but we hope you will enjoy learning new ways to achieve and then maintain your desired weight.

WEBINAR SUMMARY:

IN A NUTSHELL:

- Get good sleep.
- Hydrate.
- TREAT the mood-energy-cravings related issues (details to follow).
- NO soft drinks.
- Chew your food / Chew gum 3x a day for 45 min (sweetened with Xylitol). Again-keep this away from pets.
- See a Hormone replacement Specialist if needed.
- Eat the RIGHT foods: (and if you do, **you DON'T have to "count calories - NO KIDDING!**)
 - Protein / "good fat" - rich foods decrease appetite.
 - NO MORE JUNK FOOD!
 - Focusing on your food while eating improves your digestion (if needed you can jump over to the Solutions Handout on Module 9: Perfect GI tract health when you're done here. Not only can you improve your digestion; you can learn more about prebiotic fiber and probiotics.

These products are found in the **GI** e-store section and are not yet in the weight loss section; but increasingly more evidence is emerging that a healthy microbiome is necessary for proper weight loss and maintenance).

NOW LET'S MOVE ON TO THE USUAL STICKING POINTS:

- Your metabolism gets sluggish during hormonal change times and, for some people, it has been that way "for life". So for some, you need to amp it up - and we'll tell you how!
- You might be eating out of a need for energy, from stress, anxiety, boredom, or insatiable hunger - again, we have solutions for THAT!
- You might still be eating the **WRONG** foods, in which case, please see the Module 1 Additional Handout for your lifetime eating plan: "The Anti-aging-Anti-inflammatory diet."
- To **KICK OFF** your weight loss regimen please refer to the Additional Handout in this module titled: **THE HIGH-PROTEIN LOW-CARBOHYDRATE DIET**. If you want to "go keto all the way," no problem; this topic is coming up during this Solutions Handout with a special article link on the Solutions page.
- You might have adrenal issues or sleep issues causing decreased energy, so please refer to Module 2 Handout: "**How to Regain the Energy of Your Youth**" (adrenal issues) and Module 7 Handout: "**Perfect Sleep**" (sleep issues) for more specific information.
- You might have elevated insulin levels (**inflammation**), inhibiting your weight loss. For a review of this issue, see Module 1 information on the basics of "**Why We Age**".

For a more complete explanation of how a high insulin level will interfere with weight loss, please refer to the handout called "**Good Carbs, Bad Carbs**" which is an "Additional handout" in this module.

- As an aside, **FITNESS** is the next topic so get ready to move!

Most people think they need to do a LOT more exercise than they really do and that it needs to hurt to be effective. **WRONG** on both counts!

We'll walk you through the basics of how to get the fitness you need in the upcoming Module: "**Perfect Fitness**". Meanwhile, get out and just walk (if you have cardiac risk factors or are over 45 and have been completely inactive, make sure to have your doctor O.K. a walking routine).

LET'S GET TO THE SOLUTIONS THAT MAKE IT FEEL AS IF YOU ARE CHEATING (WHILE NOT!)

(All found in the weight loss section of the e-store.)

TO INCREASE YOUR METABOLISM (AND DON'T FORGET ABOUT THAT THYROID!)

7-Keto®: 200 mg caps (Keto DHEA)

Precautions Warnings	None for the Keto form as this is a form of the intermediary hormone DHEA which does not convert to either testosterone or estrogen.
Benefits	Amps up metabolism to burn more calories.
Additional Benefits	Other benefits include stimulation of neural stem cells and enhancement of the immune system.
Dosage	- One capsule each morning.
Additional Remarks	More about DHEA in Module 8, 10 and 12!

EGCg, Decaf Green Tea

Precautions Warnings	Do not exceed recommended dose as it will then interfere with mineral absorption.
Benefits	Amps up metabolism if taken regularly: fine to take with keto-DHEA for a full "burn."
Additional Benefits	Recall that it this decreases inflammation and improves periodontal conditions, AND is thought to protect against some cancers and heart disease.
Dosage	Dosage for weight control: - One capsule prior to each meal plus one after dinner, 4x daily. (Don't worry, they are decaffeinated).
Additional Remarks	Isn't that enough? Love this product!

Additional Product you will find in the Metabolism Boosters section of the Weight Loss "pod":

Metabogen™:

Metabogen™ is designed to support healthy weight loss by helping to increase the body's metabolic rate safely without causing any stimulant-associated side effects often seen with other weight reduction formulas.

Here are the specs on this effective supplement:

- Contains Bitter Orange Extract (as Advantra Z® which has been shown to increase thermogenesis and basal metabolic rate (BMR).
- Contains adrenergic amines, agents that mimic the actions of the sympathetic nervous system with no stimulant-type side effects. These amines help to stimulate metabolic processes while increasing lipolysis (breakdown of fat).
- Advantra Z® is the only bitter orange extract standardized and purified to contain primarily naturally occurring p-synephrine while having negligible amounts of synthetic m-synephrine. P-synephrine is an analog of adrenaline but has no side effects associated with it, unlike m-synephrine which is undesirable because of its stimulant-type side effects.
- Also contains Fucoxanthin (as FucoPure®) derived from wakame seaweed (Undaria pinnatifida).
- This has been shown to be a non-stimulant thermogenic.

TO BETTER MANAGE HUNGER

Now let's talk about cravings which include excess hunger and cravings for sweets, salt, as well as mood related eating.

Even if you do NOT "have cravings," please read this section as you may want a natural appetite suppressant, and you may also want to increase the brain chemicals known to help you lose weight.

OK, so you think that everyone eats only when they are hungry? This is far from the truth. If this is you - meaning you eat when you're not hungry - you are far from being "alone", in fact you are in the majority!

- You might be eating out of a need for energy.
- Or from stress, anxiety, boredom, or insatiable hunger.

1. IF YOU FIND YOURSELF EATING FROM INSATIABLE HUNGER, STRESS, ANXIETY OR BOREDOM: The following products will help.

First and foremost, make sure to identify YOUR specific situation (with the help of the Self-Evaluation questionnaire that have filled-out already).

Since most of these products have multiple purposes, you need to find which ones apply to YOUR specific situation.

Chromium Complex

Precautions Warnings	Do not take more than the recommended dose as it will interfere with mineral absorption.
Benefits	To decrease a voracious appetite. "Boredom eaters" will benefit from this also.
Additional Benefits	Recall that it also decreases glycation/blood sugar.
Dosage	- 300 mcg (µg) caps: 2 caps prior to each meal, 3x daily.
Additional Remarks	None.

5-HTP Complex: 100 mg Caps

Precautions Warnings	DO NOT TAKE this product if you are currently taking "serotonin uptake inhibitor" antidepressants such as Prozac, or Wellbutrin, or others including "MAO inhibitors." If you are unsure please check with your doctor. Using both products could cause what is known as "serotonin syndrome".
Benefits	This suppresses appetite and reduces sweet cravings. In addition it greatly reduces "stress-eating". It also often reduces other cravings such as salty snack cravings.
Additional Benefits	Mood enhancement, sleep enhancement and improved gut motility; helping with constipation.
Dosage	Dosage for appetite and sweet cravings: - Take 2 capsules before each meal, 3x daily.
Additional Remarks	If you are already taking this for sleep or mood, it's easy to coordinate dosing. Simply add the above daytime dosage to the dosage you are already taking for nighttime.

PharmaGABA™: Chewable Tabs 100 mg

Precautions Warnings	<ol style="list-style-type: none">1. An excess dose may make you drowsy so do not operate "machinery" if you feel these symptoms.2. Do not take along with anti-anxiety prescription medications unless OK'ed by your doctor as they may interfere with the action of those medications (Valium, Xanax for example)
Benefits	This is used for anxiety based eating.
Additional Benefits	Natural anti-anxiety, useful also for sleep initiation.
Dosage	<p><u>Dosages are very variable and need to be adjusted for each individual:</u></p> <p>The right dose will help to get rid of anxiety and anxiety-based eating, while avoiding the drowsiness, as well as side effects of tingling in the mouth and the sides of the head (harmless but annoying).</p> <p><u>Starting dose:</u></p> <ul style="list-style-type: none">- 2 tabs before each meal, 3x daily.- Can be increased to as much as 6 tabs, 3x daily.- Chew tabs, 2 at a time, hold under tongue 60 secs prior to swallowing.
Additional Remarks	<p>This is the same dosing schedule for anxiety (see Module 11).</p> <p>Note that using this product is a great way to wean from anti-anxiety medications. To do this, ask your doctor for a "weaning schedule."</p>

L-Glutamine: 850 mg Caps

Precautions Warnings	Do not take if you have MSG sensitivity.
Benefits	This is helpful for anxiety and anxiety-based eating because it is a precursor to the neurotransmitter that is an anti-anxiety chemical called GABA. Both L-glutamine and "Pharmagaba" (see above) can be taken together to really increase GABA levels.
Additional Benefits	Recall that this ups your Human Growth Hormone levels so this will increase both muscle mass and "volume." Also recall that it's great for your skin! (Module 3).
Dosage	One capsule 4x times daily (if you are taking the metabolism-speeding ECG Green tea, you can coordinate times, meaning: take them together).
Additional Remarks	Note: if anxiety is an issue for you, please see Module 11.

CraveAlleve™: (1000 mg of L-tyrosine & 100 mg of 5-HTP per two caps)

Precautions Warnings	DO NOT TAKE this product if you are currently taking "serotonin uptake inhibitor" antidepressants such as Prozac, or Wellbutrin, or others including "MAO inhibitors." If you are unsure please check with your doctor. Using both products could cause what is known as "serotonin syndrome".
Benefits	Good for appetite and cravings suppression which are mild, plus helps a bit with the need for energy based eating.
Additional Benefits	Some mood enhancement.
Dosage	- 2 caps before each meal, 3x daily.
Additional Remarks	THIS IS THE ONE TO USE IF none of these craving issues are seriously interfering with weight loss, because increasing the neurotransmitters serotonin and dopamine will augment weight loss.

Another option is to "go keto," which suppresses hunger and cravings. I'll put a step-by-step article on this Solutions page for you to establish your diet plan.

Helpful products to get you into ketosis and keep you there are found in the cravings relief section of the weight loss pod.

Those products are:

- ***MCT Ketosis Liquid, 454g***
- ***Ketosis Powder, 540g Powder***

2. IF YOU KNOW YOU ARE EATING OUT OF A NEED FOR ENERGY: The following products will help.

Note that if you fall in this category, you are the type of person we call "dopamine-deficient."

For more characteristics of a dopamine deficiency, please refer to Module 11.

For the purpose of this module, a dopamine deficient person tends to eat to gain energy, tends to be quick-tempered (but not always), and might have depression issues (but not always). They also tend to be the people who have "addictive personalities" and might have substance abuse tendencies.

- **A SHORT NOTE OF WISDOM:** Often when eating is based on the need for energy alone, some people tend to over-drink coffee and even energy drinks. If this is your case, watch those adrenals. This is a really quick and very common way to give yourself a case of adrenal fatigue.
- If you need more than the following, just review the materials from Module 2 and get your energy up where it should be.

L-Tyrosine: 1.2 mg Caps (Increases dopamine)

Precautions Warnings	None.
Benefits	Suppresses urge for energy related eating.
Additional Benefits	Mood enhancement may help to prevent migraines.
Dosage	<ul style="list-style-type: none">- One Cap prior to each meal, 3x daily.- Note: if PM dose interferes with falling asleep, move the dose up a few hours
Additional Remarks	Note that if you think you might be depressed, we urge you to take the questionnaire in module 11 with a loved one, and seek medical help per our guidelines.

Acetyl-L-Carnitine: 800 mg Caps

Precautions Warnings	None.
Benefits	AMPS up energy (see Module 2).
Additional Benefits	Recall that this is also great for energy and will also increase muscle mass, especially in the buttocks, believe it or not.
Dosage	<ul style="list-style-type: none">- 3 capsules before or with breakfast and 3 capsules before or with lunch.
Additional Remarks	<p>Recall also that this is used for cognition improvement and brain preservation as well.</p> <p>Note that you will learn ALL about how you can re-gain lost IQ and preserve cognition in Module 8.</p>

FOR UN-ADDRESSED ADRENAL ISSUES: The following product will help.

For a review, please refer to Module 2 on Energy, but here are the highlights:

- You have unrefreshed sleep and intermittent fatigue throughout the day with a negative medical work up.
- The energy enhancers listed above will all help but you also need "adrenal support" which is best obtained with:

AdrenoThrive™

Precautions Warnings	Monitor Blood Pressure as this occasionally (very rarely) raises it a little.
Benefits	Great adrenal support herbals for all.
Additional Benefits	Additional good brain chemicals.
Dosage	- Take 2 capsules at breakfast and 2 capsules between noon and 2 PM daily.
Additional Remarks	Hard to imagine hard driving working people NOT taking this! Obviously a must for adrenal stress/fatigue

FOR UN-ADDRESSED INFLAMMATION WITH ELEVATED INSULIN LEVELS AND ABDOMINAL FATTY TISSUE:

Our number 1 advice is to review your diet. And we mean not just review, but FOLLOW our Anti-Aging-Anti-Inflammatory diet.

You should also review all the anti-inflammatory products we offer, but if you are picking just one to stay on for life, you will be well served with the following:

<i>Inflammallevé™</i>	
Precautions warnings	Do not take if you have an active peptic ulcer.
Benefits	This packs some power for those with medium to high levels of inflammation and should be added to the other anti-inflammatory supplements curcumin, as well as fish oils as recommended in Module 1.
Additional Benefits	Also helps relieve degenerative arthritis a bit.
Dosage	- Take 2 caps 2x daily, with breakfast and dinner
Additional Remarks	Recall from the Module 1 Handout regarding curcumin, that it clears beta-amyloid which is the "stuff" forming in your brain 20+ years in advance of Alzheimer's disease symptoms, so everyone should take curcumin in my opinion. Also note that we recommend daily fish oil supplements.

Another product which deserves a mention is one that helps balance cortisol, insulin and leptin which works especially well for peri-menopausal and menopausal women. Because leptin and cortisol issues (as well as low estrogen and progesterone issues) are associated with an increase in appetite as well as food consumption, you'll find the following product to be helpful if you are a peri-menopausal or menopausal women or if you are an andropausal man:

Metaboprime™:

MetaboPrime™ contains the non-stimulating American ginseng for cortisol balance. Banaba, chromium and vanadium are included to enhance glucose control and insulin performance. ForsLean™ (Coleus forskohli), Garcinia cambogia, and green tea extract promote lean body mass through ergogenic activity. Activated B vitamins, magnesium and L-carnitine provide nutrients for optimal mitochondrial function and metabolism. N-acetyl-tyrosine supports thyroid function and proper catecholamine balance.

The addition of GABA, along with magnesium, provides an element of craving control to this unique product.

FINAL NOTES:

The products chosen for this Handout are obviously not one size fits all.

If you are not seeing the results from, for example, Chromium Complex alone to suppress appetite, just add the 5-HTP Complex.

As you are hopefully beginning to see by now, EVERYTHING is "inter-related."

If you are anxious (mood issue), you might eat more, and if you have inflammation that is unchecked, you will not lose weight. If you're not sleeping well, your energy levels will be down, and then you might be eating out of a need for more energy.

If Dr. Crawford were not breaking down each topic and relating it back to other topics, this COULD get really complicated, really fast!

We hope we are presenting this in a fashion so that you can learn about the root-cause of what is WRONG, and then be in a better position to use our Solutions successfully.

This is why we often suggest that you review other topics, especially if you are not getting the results you wish to achieve.

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We hope you are delighted with your fourth set of Anti-Aging SOLUTIONS and, as always, don't hesitate to contact us for assistance.

Please don't hesitate to contact Dr. Kim with any questions you might have.

Best Wishes for your Life and Health,

Kim Crawford, M.D., and the drkimsagewellsolutions.com team.