Rethinking Weight Loss

Why Everything You Thought You Knew About Weight Loss is Wrong... and What You Can Do About It.

~Dr. Peter G. Hilgartner
Human progress has never been achieved with unanimous consent. Those who are enlightened first are compelled to pursue the light in spite of others.

- Christopher Columbus (1492)
I. How it All Began

Amy came to my office in tears that hot August morning.

She had made the same New Years resolution that January that she had made for the past seven years…to finally lose the 45 pounds she had gained since she started having kids.

Amy had three beautiful children: two energetic boys who always wore an impish smile and a wide-eyed little girl who was obviously cherished by the entire family.

Amy had a beautiful home, a loving husband who not only provided well for the family, but who was actively involved in the kids activities and was loving and attentive toward her. She didn’t have to work, but as the kids were all in school, she dedicated her time to various volunteer activities in her church and the local community.

Amy finally had the time and money to set herself up to, once and for all, shed those pounds that made her feel self-conscious.

Though Amy had a lot of good friends and a great husband, she had become more reclusive over the years, avoiding social gatherings due to her weight. She told me she felt “ugly” and had grown more self-conscious and less intimate with her husband.

That day, she had just had it!

She had “done everything right” that year. She had started the year off by joining Weight Watchers. She had hired a personal trainer and pre-paid for a one-year plan in order to reinforce her commitment. She met with her primary care physician who had recommended a dietician who was known as “the weight loss expert.” (It turns out this person sold the same diet plan to everyone, which involves a series of shakes, pre-made foods, pills to “melt the fat” and diet snack bars.)

Through the years, Amy had tried all the same things. She had usually gotten results initially. Once she had actually lost 30 pounds over a 5-month period with a strict diet and heavy exercise routine…only to gain it back; plus an additional five pounds.

What had brought Amy to her knees that day was the fact that in June of that year, she had redoubled her commitment. She had written her goals down, said her daily affirmations, changed her training regimen to a High Intensity Routine that was
supposed to “hyper-activate” her metabolism.

She had been very strict with her food intake; counting every calorie and watching the number of calories burned in each workout session, yet…she had not lost a pound. In fact, over the past six weeks, she had gained 3 pounds! She had also started feeling more fatigued than ever, her hair had started to fall out and she felt anxious all the time.

It was obvious that doing “all the right things” was clearly not working!

Every expert she went to asked the same type of questions…how many calories was she eating? How many calories was she burning?

Their prescription was always the same…increase exercise, decrease intake, take this pill, herb, or potion to increase metabolism or depress her appetite.

Amy had come to me originally for help with back and knee pain so she could keep working out. We had been able to resolve her problem fairly quickly and were now more focused on general health and wellness issues.

On this particular day, I spent most of the visit listening to her story and hearing her frustration.

For some reason, my visit that day with Amy left a strong impression on me. For days I kept thinking about it. Something kept nagging at me...

When a patient comes to see my wife, Dr. Lolin, or me, we always ask ourselves a simple question…”What else do we need to look at?”

Every time I came up with a suggestion for Amy, she had already tried it.

I realized that every suggestion I came up with was based upon a certain set of “rules” I had learned about weight loss during my training and all the hours of anatomy, physiology, biochemistry, nutrition, etc.

Always trying to help my patients with their health problems in a holistic, “systems” approach, I began to research the topic of weight loss in earnest.

What I found out was that there is MUCH more to the story than simply the “Calories-In, Calories-Out” equation we are all taught and that the entire multi-billion dollar per year weight loss industry is based upon.
My research revealed that, despite dramatic increased publicity and more and more studies coming out talking about the detrimental effects that being overweight has on human health, productivity, mental health and happiness...Americans are only getting exponentially fatter.

In 1976, only 12% of the American population was obese. Today, that number is around 40% with expectations that by 2025 over 50% of the American population will be not only overweight...but morbidly obese!

When I considered these statistics, as well as the health implications and the individual and societal costs of that reality, I thought, “We need to do something about this! Maybe we are asking the wrong questions.”

My revelation came one day when I was doing some research and had read some articles from the fields of neuroscience, environmental medicine and functional endocrinology.

As Chiropractors, we are taught that the brain coordinates and controls all the functions in the body.

The body is a stimulus-response mechanism, always dealing with the physical, chemical, emotional and spiritual stressors of the human condition...However, in that context, it never does anything wrong!
The body, directed by the brain and coordinated by the nervous system, always does the *exact right thing*, relative to the environment it finds itself in.

Since the primary drive of every organism is to survive…the brain will cause the systems of the body to either adapt (that means get bigger, faster, stronger or smarter relative to its environment) or to compensate.

The problem with compensation is that it is always short sighted…it will handle the most immediate problem…the “closest Alligator to the boat”, at the expense of the overall system. It is reactive and not geared toward optimal function, but mere survival.

The paradox is that the more the body has to compensate, the less adaptable it becomes and the more it will tend to compensate.

At some point, this process leads to the point of diminishing return. After all, physical matter has its limitations!

Through my personal journey regaining my own health from a severe disc herniation, Gulf-War syndrome, Lyme disease and Chronic Fatigue, my wife, Dr. Lolin, and I have developed a unique perspective on restoration and regeneration of human health we call The Seven Essential Dynamics to Real Health.*

This perspective takes us from the “symptoms” model we were trained in to a “systems” model of health care where we look at the following interrelating dynamics: genetics, structure, nutrition, exercise, rest, attitude and energetics.

It’s from this perspective that I asked the following question: “If what we are taught about weight loss is true, why are people not losing weight, even when they do the ‘right things’”?

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* The Seven Essential Dynamics to Real Health.
Maybe there is more to the story.

In fact, there is a lot more to the story!

Before I get into the details of what we discovered, let’s take a look at some of the most pervasive myths about weight loss…

* You can read more about my personal health journey in my book, The Secrets of how to Feel 20 Years Younger in 90 Days or Less available on our website, www.HilgartnerHealth.com

**MYTH #1: All it takes is Willpower!**

How many of you have tried this?

Amy is a great example. She exerted amazing willpower!

Like most of us, though, willpower conjures up similar emotions as the word discipline.

For most people, these words bring up feelings of restriction, loss of freedom, denial of pleasure, etc. None of these are very positive emotions.

As it relates to diet, we imagine permanent loss of flexibility, freedom and pleasure in order to experience long-term diet success.

The fact is that willpower does work…for a while. But it’s been proven, that willpower requires an enormous amount of brain energy and that every time you have to exercise your willpower during the day, you deplete your reserve.

The best way to think of your willpower is like the battery on your cell phone. You charge it up at night while you sleep; then you use it during the day. The more times you use it, the quicker it drains the battery. The more times you have to exert willpower, the faster you deplete your overall reserve.

Have you ever noticed that you have much more willpower in the morning than at night? This is why it’s common for dieters to be really good during the day only to binge late at night. By depleting their willpower reserve multiple times during the day, they have no resistance against the temptation of potato chips or ice cream.

It’s also been proven that you have more willpower after you have eaten or exercised, but again, that resolve is once more depleted with multiple exposures to temptation.
You see, anything new or different in terms of habit or routine requires mental energy. Your body only has so much energy stored each day. If you do things, physically, mentally or emotionally that require a lot of energy, it drains your bodies ‘battery’.

The more you drain your energy, the less efficiently your brain and nervous system are able to function.

Since the brain and nervous system coordinate and control all the functions of the body, you can easily see where this situation will lead you.

When you deplete the willpower energy store, and the stress of life keeps coming at you, you revert to habit.

Habit is the hard-wired conditioning that is on auto-pilot in the background of your brain. (More on this later.)

Sadly though, we judge people, and even ourselves, as having a character flaw if we are not being able to overcome our issues with willpower or discipline.

The key here is to magnify the things that enhance willpower just enough and just long enough until you have engrained a new habit.

When this is done, you now have a new behavior that no longer draws on the energy system of the body.

**MYTH #2: It’s Just a Matter of Calories-In, Calories-Out!**

Though, on the surface, this equation is true, it is far too simplistic!

Yes, people will lose weight when they starve themselves. But have you noticed what happens as soon as they start eating again?

That’s right…Poof! The weight comes right back on and, in many cases; it brings along a few extra pounds for good measure.

The reason is that when you starve yourself, the brain interprets this as a life threatening condition. It adjusts the physiology to store more energy as soon as it can since food might be in scarce supply.
This is an example of the innate intelligence of the body and its propensity for efficiency and survival.

The Pima Indians are a great extreme example of this.

The Pima tribe thrived in the American southwest, where food and water were extremely scarce.

Over millennia, they acquired a genetic mutation, known as an efficiency gene that ensured their survival. They were able to convert a tiny amount of food energy and magnify its effect in the body. Think of all the rest of us operating like a Hummer in terms of miles per gallon, while the Pima Indians were like a Prius. They were able to get many more miles per gallon of fuel, than the rest of us.

The sad history of the Pima Indians is that this life saving adaptation became an Achilles heel as soon as they were exposed to the high energy foods of the settlers…grains, sugar and alcohol.

The Pima’s now suffer from the highest rates of obesity and diabetes of any group of humans!

We ALL have an innate programming that says, “Do what ever you need to in order to survive.”

Though you will not become as efficient as the Pima Indians, your physiology is designed to adjust in order to keep you alive as best it can.

In order to optimize your body’s full efficiency, all the hormone producing glands need to be balanced and properly working with your nervous system.

Once this occurs, you will be able to adjust to a more optimal weight.

**MYTH #3: All you have to do is stop being lazy and exercise more!**

Talk about a myth that really sets people up for failure!

Think of the judgment statement inherent to this line of thinking as well. Not very supportive is it?
How many times have you tried to lose weight with exercise only to be discouraged by the time and intensity required to see any real gain.

The conventional Mantra has been, “If you’re not losing enough weight you’re not exercising enough.”

This is where Amy was. She was exercising six days a week for an average of 2 hours a day! Her trainer kept ramping her time commitment up.

The insanity of this approach is revealed once we realize the basic premise I mentioned earlier…that the body is a stimulus-response mechanism.

The shortsighted view of “exercise more to burn more calories in order to lose weight” doesn’t consider what is truly happening.

Too many people think that it’s a linear equation of putting a greater demand on the body for a longer period of time in order to make it use more energy.

The reality is that exercise is really a neurological event, rather than a muscular or cardiopulmonary event.

Exercise provides the stimulus…the input to the brain that says, “Here is your challenge…now step up to it!”

Exercise, if done correctly, is the initiator of a neurological process where the brain will interpret the event and send signals to the hormone system, digestive system, immune system, muscular system and cardiopulmonary system that says, “OK, your life is being threatened, get to work rebuilding and getting ready to handle this next level of stress again.”

Now, the essential ingredient is TIME.

The stimulus (exercise) initiates a process that indicates the environment is a bit tougher than the body is equipped to handle, now the body has to strengthen and toughen up in order to adapt to those environmental conditions.

Working out too hard, too soon or for too long is like whipping an exhausted horse. You will quickly hit a point of no return.
Unlike the horse, which will eventually quit and die, your body is programmed to keep going, no matter what. In this case, what should have been a stimulus to cause adaptation, becomes a state of compensation. Remember, compensation is ALWAYS a state of degeneration…it takes you on a downward spiral.

Proper stimulus-response is like pushing a button to call an elevator…it doesn’t come any faster if you keep pushing it!

In fact, in Amy’s case, her workouts became her Achilles heel. Rather than stimulate repair, rebuilding and regeneration, the constant stress of her workouts was interpreted by her brain as a threat to her survival. This led to compensation where her adrenal glands had to constantly produce the stress hormones adrenaline and cortisol.

Over time, her adrenals became overworked. This resulted in a physiological shift that placed increased demand on her thyroid. This entire process also challenged her immune system.

Pretty soon her entire system was upside-down in its attempt to keep her alive. The last thing it was going to do was release any energy from its reserves. In fact, with the excess cortisol, it began holding on to more and more fat.

Her body was telling her it couldn’t do any more, no matter how hard she beat it!

**MYTH #4: It doesn’t matter what kind of food you eat, as long as its less than the energy you expend.**

The folks who buy into this way of thinking, and a remarkably large number of physicians and health professionals do, think that 1000 calories is 1000 calories, no matter how you get it.

Nothing could be further from the truth!

The way I get my patients to think of it is with this question, “How would your child grow up if all you fed him was 2000 calories of sugar a day?”

The idea that food is simply a source of energy is just idiotic!
The true purpose of food is to provide the minerals, nutrients and amino acids to rebuild and regenerate the body in order to adapt and express it’s optimal genetic potential relative to the environment it finds itself in.

If it can’t regenerate and adapt…i.e., get bigger, faster, stronger and smarter, it will, at the very least, compensate. (Yes, we are right back to that equation...It’s really the foundational premise to ALL the work we do.)

In fact, not all food is created equal.

1000 calories of sugar will give you 1000 calories of energy but is devoid of any nutrients. Compare that to 1000 calories of eggs, meat, or vegetable, which will not only give you the energy you need to function, but also what I call the “genuine replacement parts” required to rebuild and regenerate…i.e., adapt.

Some foods are actually anti-nutrients!

Sadly, a number of “Miracle Weight Loss” formulas contain one of the worst anti-nutrients…Soy!

Not only does soy prevent the proper absorption of many minerals, it also disrupts the proper function of your hormone system and alters the proper function of neurotransmitters required for optimal communication within the body.

Soy is a major estrogen mimicker in the body. A number of studies have proven that increased ratios of estrogen, relative to the other hormones, actually increases fat stores.

MYTH #5: My doctor says my weight is not a problem, I’m just a little chubby.

This is a problem of relativity…

If you could take yourself back in time and visit your grandparents doctor, what would they say?

Relative to people back then, they would probably look at you and say, “You’re fat…let’s take a look at what you’re eating and see if we can get you to lose some of that extra weight. How much sugar are you eating?”
Yes, they knew the truth way back then! However, the industrialization of food and farming, along with the heavy marketing of processed foods of convenience in America, has caused our culture to forget it.

Back then, doctors knew that sugar is one of the most addictive substances on the planet and was one of the quickest ways to rob the body of health and vitality.

The food industry knows this too. That’s why they add sugar even to fast food burgers. It gets you to come back for more!

The other truth that the Old-School Docs knew is that weight is not really the issue…FAT is!

I had this reality presented to me one time when I had a patient, I’ll call her Suzie, come in with a history of long-term diabetes, high blood pressure, hormone imbalance and chronic fatigue. She had also been diagnosed with Fibromyalgia, Chronic Fatigue and myriad of other issues.

I told her that a lot of her issues would probably significantly improve if she lost 20 pounds.

She looked shocked, irritated and insulted. She exclaimed assertively, “Dr. Pete, I’m 5’6” and I weigh 125! I wear a size 4 and I look great. I’m not fat!”

I agreed, she looked great, however, I explained that it’s not about her overall weight, her dress size or how “skinny” she was…it’s about body composition…the ratio of muscle, bone and fat.

I told her that her symptoms indicated that her body composition was probably way out of the healthy ratio and that she was most likely “over fat.”

I challenged her to get an accurate body composition done (at the time I did not have an accurate machine in my office).

Suzie left that day pretty mad at me but she did exactly as I asked her to do and got her body composition checked…probably more to prove me wrong and show me just how rude my bed-side manner was.

She came back a week later in a much more subdued mood.
She showed me her results. She was 46% body fat!

That’s right…almost half her body mass was fat. At her age, an optimal number would have been 22%-25%.

With her percentage of fat so high, it was no wonder her hormones were going crazy…as you will see later, her fat cells were now acting as an independent endocrine organ system, run-amuck!

**MYTH #6: There is a Secret Formula (Pill, Potion or Lotion) for weight loss**

One of the great fallacies people seem to buy into hook, line and sinker, is the idea that there is a Fairy Godmother, Prince Charming or Cavalry that will come to the rescue just when they need them.

Though this idea makes for great Fairy Tales and Hollywood movies, the reality, as it applies to weight loss, is that there is NO secret formula!

There are, however, some basic guiding principles that, if followed, once you have a clear understanding of the various causes and complicating factors pertaining to weight loss, will ensure success and allow you to finally achieve your ideal body composition.

One of the first things I do is reorganize people’s thinking away from the idea of weight loss and toward the concept of Fat-Loss!

As Suzie’s case showed, it’s about body fat percentage…not how much your scale points to.

Some folks know this and come up with gimmicks to “melt” your fat away. Have you ever heard their commercials?

Oh, if that were true! We could all lie around and eat all the goodies we want and just pop a pill or rub on some magic potion and feel our bodies simply melt all that excess fat.

My first question when I hear these things is, “Where does all that fat go? Do I sweat it out? Pee it out? Poop it out? Am I going to wake up in a puddle of melted fat?”
The simplistic idea is that somehow some chemical reaction is going to occur, or my core body temperature is going to get high enough to melt my fat like a pat of butter on a hot skillet…

REALLY?

This line of reasoning goes against every law of human physiology, yet these products sell!

Remember, we all wish there was an Easy Button and a Fairy Godmother…

II. A New Paradigm…Brain-Based Weight Loss

“You can’t solve a problem with the same level of thinking you had when you created it.”

~Albert Einstein

Our research into neuroscience revealed that a large part of the problem with weight gain and obesity is a brain-based issue…

In fact…everything is ultimately a brain-based issue because your brain monitors, coordinates and controls everything in your body…Digestion, Respiration, Blood Pressure, Hormone Balance, Mood, Attitude, etc…

Your brain has one simple job…yet it’s very complex how it accomplishes it. The brain’s job is to ADAPT YOU, IN SPACE TIME AND NEED, RELATIVE TO YOUR INTERNAL AND EXTERNAL ENVIRONMENT.

As I stated earlier your brain and your body NEVER do anything wrong…

Anything it does; from get fat, heal a wound, get stronger or make a tumor, is your body doing exactly what it needs to do in response to the environment it finds itself in…even if the effect of that response may eventually kill you.

If the response is detrimental in the long run, it’s because it’s a compensation, rather than an adaptation.

Compensations always lead to less adaptation and more compensation.

We call this process Physical Degeneration…
Physical matter has its limitations, but the brain and the body will go through all sorts of heroics in order to try their best to survive relative to your environment.

The area of the brain that is constantly gathering information about the internal and external environment is the Limbic System.

The Limbic System is made up of the following structures:

- **Thalamus**
- **Hypothalamus**
- **Pituitary Gland**
- **Pineal Gland**
- **Hippocampus**
- **Amygdala**
- **Visual, Auditory, Olfactory Nerves**

### Functions of the Various Limbic System Structures

**Thalamus** – Sensory perception, motor function/movement, consciousness, sleep-wake cycle

**Hypothalamus** – Control center for autonomic nervous system functions, emotional regulation, food/water regulation, sleep-wake cycle, motor function, hormone balance, maintaining homeostasis

**Hippocampus** – Regulation of emotional responses, navigation, special orientation, forming new memories and connecting them with emotions and senses

**Amygdala** – Emotions and behaviors associated with survival, memory storage... especially those associated with fear, hormones...especially those associated with the fight/flight response, arousal

**Pituitary Gland** – The “Master Gland” because it communicates with the entire endocrine (hormone) system,, growth hormone

**Visual, Auditory, Olfactory Nerves** – The eyes, ears and nose gather and send information about our environment to the brain where it is evaluated, processed and categorized in order for the body to adapt.

The Limbic System is the Perception Center of the brain.
The Limbic System is part of what I call “the Old Lizard Brain”. In terms of brain evolution, it’s the most primitive part of the brain and drives all the functions of survival.

The Limbic System controls Hunger, Thirst, body temperature, digestion, respiration, mood, attitude and a number of other functions you are not conscious of…

It’s also the Emotional Center…

We are emotional beings! (No matter how logical you think you might be…)

There is incredibly strong communication from the limbic system, the subconscious emotional perception center, to the Pre-frontal Cortex…where reason and logic reside.

There is very weak communication returning.

Because of this, we are driven by emotion…not logic. Emotion originates in the perception center of the Limbic Systems.

Our perceptions dictate our hormones, respiration, mood, attitude and our understanding of our reality, as well.

That means we are driven by perception and emotion!

As emotional beings we are driven by our perceptions and our need for safety and security.

This is a hard-wired survival mechanism… it allows for instantaneous reaction to our environment.

Perception and emotion are the drivers that move us toward pleasure and away from pain.

But, what if your perceptions become cloudy or inaccurate?

Worse, what if the more your perceptions are inaccurate, the more inaccurate they become?

It’s like a downward cascade…(Think compensation/degeneration…)

When emotions go up, logic goes down…
So...how does your perception center go haywire?

**Physical, Chemical, Emotional and Spiritual Stress.**

Your body is not designed to undergo constant, chronic stress.

As a stimulus-response system, we are designed to take in physical, chemical, emotional or spiritual stimuli, interpret and organize the information, process it, and then respond.

The response will be to adapt...to get bigger, faster, stronger or smarter. However, it takes time to respond. If you are under constant stress, you do not have the ability to respond.

It’s like a boxer being pummeled while he is stuck in the corner against the ropes!

Think about today's world... we are all living with constant physical, chemical, emotional and spiritual stress in ever-increasing amounts with no let up in sight!
It’s been said that people today experience, in one year, more stress that people did in an entire life-time in the 19th century!

As I often say to my patients, “Take a heaping of emotional stress from relationships, money and work; add to that a mixture of chemical stress from our food, water and air; mix in postural strain, repetitive physical stress, trauma, and sprinkle in a dash of spiritual disconnectedness from our natural environment and each other...add to that our chronic addiction to velocity and external stimulus...it’s no wonder people are dealing with chronic disease!”

What I describe is a recipe for the perfect cocktail of neuro-physiological and biochemical imbalances. This leads to a build up of toxins that the body must store, to hormone imbalances, to digestive disturbances and to immune suppression.

Needless to say, it’s not a good place to be!

With this never-ending stream of stressors, your body is in a constant state of reaction. It never has quite enough time to fully repair so it builds up excess byproducts of metabolism.

These byproducts are actually toxins that the liver needs to neutralize or store. Add to that toxic load the environmental toxins that we get from our food, water, air we ingest and the lotions and creams we put on our skin and it’s easy to see how the liver gets backed up in its ability to filter and store these toxins.

When the liver gets backed up it shuttles the toxins off to secondary storage areas... i.e., fat cells!

The brain and spinal cord are made up of cholesterol and fat! Don’t for a minute think that they are immune from the accumulation of these toxins.

As these toxins accumulate, what do you suppose that does to the function of the organizational and perception centers of the brain?

It’s like throwing sand into computer circuitry. Things begin to stop working accurately!

Along with these toxins accumulating in the tissues of the nervous system, they will be stored in all the other fat cells of the body.
These cells can only expand and hold so much excess energy and toxins. When they are full, they produce estrogen, which signals the brain to issue the command to make more fat cells in order to increase the body’s storage capacity.

The production of fat is already being driven by an every increasing amount of high energy-low nutrient foods in the American diet.

The combination of excess energy and toxins results in excess fat, weight gain, fatigue, gastro-intestinal problems, hormone imbalances and even psycho-emotional issues…

As you have hopefully already surmised, based upon this more global understanding of what make us fat, this program is a new paradigm designed to handle the underlying issues that lead to people becoming over fat.

**III. A Study in Fat**

So, if your body is actually a complex eco-system that NEVER does anything wrong... AND if it always does the right thing relative to the environment it finds itself in so you can survive, then it should be self evident that the people we all see walking around these days are NOT reflective of an optimal environment, nor are they reflective of optimal expression of human genetic potential.

**Modern expression of genetic potential versus...**

**Optimal expression of human genetics**
Study the pictures above. All humans share the same genetic makeup, yet we express those genes relative to our environment. When our physiology reflects a less than optimal expression of our genes, as shown in the first set of pictures, it’s more a reflection of less than optimal environmental factors than faulty genetics.

When you are dealing with excess fat, your body is a reflection of an ecosystem that is seriously out of balance…

It’s a body on its way to diabetes, cardiovascular disease, arthritis, stroke, gastrointestinal issues, psycho-emotional problems and cancer.

The secret to bringing the eco-system of the body back into balance requires three things…

1. Remove the toxins.

2. Restore and maintain the physical, chemical emotional and spiritual needs of the body needs, in proper ratio and proportion.

3. Restore and maintain optimal communication within the body and its external environment.

Nowadays we are surrounded by toxins! Toxins build up in our tissues and create metabolic imbalances. These metabolic imbalances create cellular changes that lead to ever more internal toxic build up.
With out a way to eliminate the overwhelming amount of toxins, the body resorts to storing them…and the fat you can’t loss is exactly where those toxins are hiding.

What would happen if your body suddenly released them? Without a way to eliminate them, they would flood your blood stream and lymphatic system and you would become VERY sick

So, let’s examine fat a bit closer…

Research done in the 1940’s and 50’s by Dr. Albert Simeons shows us that there are three types of fat in the human body.

Sadly, because all fat has been vilified and because of the billions of dollars to be made in the weight-loss industry, very little work has gone into fully understanding the function of these types of fat.

The three types of fat Dr. Simeons described are:

- Essential Fat
- Structural Fat
- “Secondary” or Non-Essential Fat.

Essential fat is the fat used for energy once you have depleted the glycogen stores of the muscle. This is the fat that you tap into for exercise lasting more than about a minute.

Structural fat is the “stuffing” of the body. Its purpose is to provide padding and shock absorption to the organs and tissues of the body.

Secondary, or Non-Essential fat, is the thick, stubborn fat that accumulates around the midsection, around the thighs and hips in women, at the base of the neck creating the “dowagers hump”, in the upper arm and across the chest creating “man-boobs” in men. It’s also the fat that creates that stubborn “kangaroo pouch” fat pad that many women struggle to get rid of after childbirth.

This type of fat is not only very reactive to increases in excess energy and toxins, but also to increases in estrogen.
This type of fat becomes an autonomous neuro-endocrine organ. *It hits a tipping point and begins to produce estrogen on its own...thus stimulating more fat production.*

The increase in estrogen also disrupts the fine balance of the brain-hormone system, leading to further confusion and dysfunction.

It’s easy to see how this becomes a self-perpetuating system and only leads to a downward spiral of the entire body eco-system.

Dr. Simeons found that secondary fat stores can only be released under certain very specific conditions.

In order to fully understand how the body utilizes the three fat stores, let’s look at how your body prioritizes its energy utilization...

**Priority of Energy Utilization**

- **Used First**
  - Glucose/Glycogen
  - Used up quickly

- **Used Next**
  - Essential Fat Stores
  - Used for endurance activities

- **Used Third**
  - Structural Fat Stores
  - Tapped into once Essential Fat Depleted

- **Used Last**
  - Muscle
  - You will use muscle before you tap into the non-essential fat layer. This is why starving women are able to give birth to healthy babies...the non-essential fat is reserved for the survival of the fetus.

When you do short burst exercise, such as a sprint or a heavy lift, you use up blood sugar and glycogen, a sugar stored in the liver.

Keep going and you begin to tap into your essential fat reserve. This is what endurance athletes use.
Talk to any marathon runner, though, and they will invariably tell you of a time in their training where their hands and feet became tender. Not only is this an indication of overtraining, but also that the essential fat stores have been depleted and that they have begun to draw on the structural fat. This is the fat that pads the hands, feet and internal organs and provides insulation and shock absorption.

Once the structural fat is used up, the body does not shift to the secondary or non-essential fat layer. This layer of fat has a very specialized purpose...

Instead, your body will shift into breaking down muscle and using it for energy.

This is what happens when people starve to death. It’s also why starvation diets and most calorie restriction diets fail.

If you have ever experienced fatigue and weakness on a diet, it’s because you were not losing fat anymore. Instead, you were losing muscle.

You never want to lose muscle on a diet!

Loss of muscle mass immediately sends a danger signal to the brain that screams, “EAT NOW!” This signal will easily overpower even the strongest willpower.

Muscle is the most metabolically active tissue in your body and essential for helping maintain proper balance of all the hormones in the body.

Another observation Dr. Simeons made during his research is that, even in times of famine, when women were starving, they tended to still deliver healthy babies.

Wondering how this could happen, he discovered that the hormone-like compound Human Chorionic Gonadotropin (HCG), produced by the placenta in pregnant women, releases these secondary fat stores.

The so-called non-essential fat layer is absolutely essential for a developing fetus…it represents its last-ditch life-line!

Dr. Simeons later discovered that if he injected HCG daily, while people were on a very low calorie diet, the HCG caused the body to mobilize the secondary fat stores as fuel.

The restricted calories seemed to be the trigger for this mechanism to work with the injection of HCG so he placed people on a 500 calorie per day diet. This was enough
food to provide basic nutrition for the body but it mimicked starvation enough to activate the HCG weight-loss response in the presence of the HCG molecule.

The biggest problem was that, since the injections came from HCG derived from humans, this approach was VERY expensive and only the very wealthy were able to take advantage of it.

Dr. Simeons ran his weight loss program at a Spa-like clinic in Italy during the 1950’s into the 1970’s.

Many clinicians, who lacked the understanding of what Dr. Simeons discovered, criticized his approach as merely another starvation diet claiming that, “Anyone will lose weight on only 500 calories a day!”

The big difference between a 500 calorie/day starvation diet and an HCG assisted calorie restriction diet is that people using HCG did not lose muscle mass.

What happened physiologically on a Dr. Simeons HCG diet is that, due to the calorie restriction, the body got its minimal nutrients needed to survive, regenerate and repair from the 500 calories of specific foods it ingested. The remaining calories necessary to function were drawn from the Secondary fat stores due to the increased presence of HCG.

For example, if a person needed 2500 calories a day to function, 500 calories came from food. The remaining 2000 calories of energy needed came from the secondary fat stores.

This is how people were able to rapidly and efficiently lose weight without feeling hungry or losing muscle mass.

Due to the high cost, relative exclusivity and opposition from conventional medicine, Dr. Simeons research and protocols fell out of favor.

Fast-Forward 50 years…

Researchers recently rediscovered Dr. Simeons work in Canada and Europe and began tinkering to see if his approach would work using Homeopathic dilutions of HCG.

This approach would prove to be not only very effective, but MUCH cheaper.
Homeopathy is a form of energetic medicine based upon the principle that minute amounts of a substance, known to cause a certain effect in the body, is also the cure.

This is very similar to how vaccines work, yet homeopathics are much smaller dilutions. Homeopathic dilutions are so minuscule that there is virtually no hormone remaining in the dilution…only the “energetic signal” from the original form.

As this approach was refined, more and more clinicians and researchers experimented with various blends of solutions.

Dr. Bruce Shelton, a Medical Doctor and classically trained Homeopath in Arizona, discovered that as hormones evolve over time to meet the new demands of the changing environment, they continue to hold onto old structures that no longer serve a purpose. They just keep adding to the chain without removing old stuff. As it pertains to HCG, he discovered that there are only two active amino acid groups in HCG that are needed to have the desired effect of releasing the secondary fat stores.

Based on this discovery, he developed the patent pending homeopathic version he called hA2cg. This is a remedy formulated from specific amino acids and has no resemblance to any hormone. Though, it still seems to trigger a similar mechanism in the body as Dr. Simeons HCG, but with no side effects.

He found that when he used this formula, along with most of the rest of Dr. Simeons protocol, the results were better than even standard HCG homeopathic formulas.

He further found that when he combined Ha2cg with a specific detoxification protocol, made with formulations of plant extracts and minerals, the results were far superior.

The reason is that nowadays, our bodies have exponentially more toxins built up in the secondary fat than people were exposed to 50 years ago…

Our environment is far more toxic!

These toxins don’t only build up in our fat cells…they also build up in our brains and nervous system, the lubricating fluid of our joints and any other fatty tissue.
What I realized through my research into neuroscience and environmental medicine is that, not only do these toxins disrupt hormones and neurotransmitters...they alter the perception centers of the brain!

In order to “rebalance” the function of your brain; your Limbic System, and therefore optimize your weight long-term, you need to not only tap into the secondary fat stores, but you need to handle the toxins that build up in your body as well.

Next, you have to keep these toxins from accumulating again.

But, when we talk about toxins, we are not just talking about chemical toxins you ingest in your food, water and air...we are talking about the toxins that your body produces in response to mental, emotional and psycho-spiritual stressors.

After all, internal toxins are the natural byproduct of too much stress, of any kind, for too long.

So, in order to handle the toxic load in your body, we guide you through a coaching process that examines and helps you reorganize your toxin producing thoughts, beliefs, perceptions, habits and life-style so that the perception center of your brain operates more accurately again.

This means your brain will respond properly and more efficiently to your internal and external environments and set you on a course of adaptation rather than compensation. This allows for expression of your true genetic potential.

My program incorporates the most advanced information I have been able to find from various fields and synthesizes it into a 9-week program that has been shown to be incredibly successful with hundreds of clients since 2011.

Not only will you lose weight and detoxify your body, you will also learn details about optimal human nutrition, physiology, neurology and life-style choices that will help you reduce the effects of stress and repair and rebuild and regenerate your body in order to maximize your health potential.

IV. The Program

Although the average weight loss is 25-35 pounds of fat, over time, I have learned that this program is NOT for everyone!
It is a simple, straightforward program where, as I often say throughout the course…”if you do EXACTLY what I tell you to do...you WILL succeed.”

Simple does not, however, mean EASY! As with most things of real value in life, it requires commitment, dedication and resolve.

If you are “kinda-sorta” sick and tired of feeling fat, it’s not for you.

However, if you are really ready to take charge of your life, to do the work necessary to affect change and to lose the excess fat once and for all, then this may be the right program for you.

Some people simply do not qualify because they have too many other health issues. The following is a list of factors that will disqualify you from my program:

- Individuals with weak or compromised immune systems
- Patients with "brittle" or hard to control diabetes
- Patients with untreated Graves Disease
- People with high blood pressure requiring two or more medications to control
- Individuals with low blood pressure
- Patients with cancer that has not been in complete remission for at least five years, particularly those undergoing chemotherapy
- Women who are pregnant or breastfeeding
- Patients with tuberculosis
- Patients with gall bladder colic (We will need to solve that first…)
- Individuals with unstable gout or unstable angina

If you fit into one of these categories, I suggest you make an appointment with my wife, Dr. Lolin who is a Certified Nutritional Specialist and Functional Endocrinologist, and
get to the root cause of your problems. In many cases, she has been able to stabilize peoples conditions enough to allow them to participate in my program.

People who meet the following categories may participate but will need to be closely monitored throughout the program:

- Diabetes
- Hypothyroidism
- Stable Hypertension
- Anxiety or Depression
- Alcoholism or Other Addictions
- A History of Drug Abuse
- Current or Historical Cardiac Arrhythmia

Many people with the above-mentioned issues have joined the class, and been pleasantly surprised that by the end of the program their health was markedly improved and their symptoms dramatically diminished.

Due to the extreme restrictions on caloric intake, patients who regularly participate in rigorous or strenuous physical activity (for work or play) MUST reduce their level of exertion while they are in this program.

Along with the Ha2cg, our clients also take the following products in order to facilitate whole-body detoxification.

The full-body detox and regulation protocol is a comprehensive suite of six products, each carefully formatted with a specific function or organ system in mind.

**Detoxification and Regulation Protocol**

**Cerebromax** supports the brain with homeopathic ingredients carefully chosen for this purpose. Because the brain is the driving force for every function in the body, including the elimination of toxins, it must be supported and its function optimized in order to ensure effective detox.
**Spinalmax** has been formulated to support the spine and optimize the signal pathways of the central and peripheral nervous systems. The spine is the information pathway of the body, and must function optimally in order for the brain to exercise control over the elimination of toxins.

**Matrix Support** has been formulated to promote balance in the "forming" and "un-forming" cycle of the matrix and to optimize its function. Ultimately, detoxification takes place in the interstitial matrix, the space between the cells. The matrix transfers toxins from the cells to the bloodstream, where they can be eliminated through the renal system.

**Detox I** contains homeopathic ingredients chosen to cleanse and support the liver/hepatic system and the gastrointestinal system. The liver is the body's primary organ of detoxification. It also acts as a storage center for accumulated toxins, which, if released into the bloodstream, would be devastating to the body. Along with that, the liver produces bile, which it then delivers to the gallbladder for delivery to the digestive system.

**Detox II** has been formulated to support and optimize kidney function, and the renal and urinary systems. The kidneys are the primary means of purifying the blood, removing toxins that are then eliminated through the urinary tract.

**Detox III** was developed to cleanse, optimize, and support the lymphoid system. The lymphoid system is a vital part of the body's immune system, and congestion of lymphatic tissue can obstruct the body's natural immune response.

We also use products to help maintain electrolyte balance and energy levels as a support to the very low calorie diet.

The way the program works is that we meet in a group of 20-30 people once a week for 9 weeks.

Each class, with the exception of Class #2, meets for 2 hours from 7-9 in the evening on the designated day of the week. (Usually on Thursdays).

**Class #2 is an all-day class that meets on a Saturday from 9-4.** This class is required since all the rest of the classes will build upon the concepts taught in this class.
During this class we will do the initial Body Composition and Metabolic testing to establish your baseline. We will also spend a lot of time learning and understanding some of the deep psycho-emotional programming and triggers of the subconscious perceptions and behaviors that get in the way of progress. These are the underlying subconscious reasons that cause most people to regain weight they have lost.

Think of this as a group coaching session where I take your through various self-discovery exercises and introduce concepts that reveal why people seem to “do the same thing over and over and expect different results.” We also explore ways to break that self-sabotaging cycle.

What people have said about Class #2:

“This class, alone, is worth the full price I paid for this course!”

“I wish I had learned this stuff in seventh grade...it would have changed the direction of my whole life!”

“Why isn’t anyone else teaching this stuff?”

“Now I understand why I do the self-sabotaging things I do!”

“I have a much more clear picture of what my life can be!”

As we go through the course, I will require reading and writing assignments. It will require some time and effort. Most people agree that the assignments are reasonable and very worthwhile and that they become better at time management because of them.

You will be required to spend some time daily, usually 15-30 minutes, on specific assignments.

Don’t let this discourage you from participating though, even if you have a busy life.

We have had CEO’s, business executives, college students, busy house wives, and all sorts of other busy people successfully go through this course.
This is not a program where you get to sit on the sidelines and have the experience happen around you...it’s like life...you have to participate if you want good things to happen.

If you choose to jump in…it WILL be worth your time and effort.

The following are a few comments we have gotten at the end of the entire course:

“Totally changed my life! I finally feel like I’m in charge of my health and my future!”

“Everything in my life is better! The 30 pounds I lost is just the ‘party favor’!”

“At 70, I was dying before this course...diabetes, fatigue, depression...Now I feel more energetic and enthusiastic than I did at 40!”

“My wife and I did this course together...it changed everything for the better. We both lost weight, but more importantly, our relationship is stronger, we have more energy and we have a clearer focus on the life we want to create!”

“I have tried so many weight loss programs over the past 25 years and have had over 30 years of psycho-therapy. I got more out of this past ten weeks and lost more weight than I ever have before. I also now know how to keep it off!”

V. The Mindset for Success:

Excellence is not a skill, it’s an attitude.

- Ralph Marston

Before I go over the tuition for the course, I want to talk a bit about the mindset you need to succeed.

Think of this course as a proving ground for the rest of your life.

One of the things I repeat throughout the course is, “How you do anything is how you do everything.”
I have found this to be true in life. The way you approach life, whether you always see problems or opportunities; whether you seek solutions or make excuses is how you approach your entire life.

I have also found that a lot of people say they want to achieve a certain goal, but they are hoping they can do so without paying the full price required.

We are constantly fed the idea that there is an “Easy Button” and that there is a “Secret Formula” or short-cut for instant success.

My personal experience in life is that anything of true value, especially when it pertains to personal achievement of any kind, requires some form of “tuition.”

Whether your goal is to be an Olympic Champion, earn the title Marine, become the president of a company, lose weight, build your body, build a strong marriage or anything else of any of significance, there is a price that must be paid for the privilege.

There is no secret formula to success, but there are certain principles which, when followed, have proven to dramatically improve a persons chances of success in any area of life.

We will spend a lot of time in this course exploring these principles and helping you formulate them for your own unique definition of success, not only with weight gain, but in all the areas of your life.

In order to distinguish those who are really ready to make a change from the folks who may not be quite ready for my program, and to set the standard of expectation and operation, I have all my participants sign my ‘Burn The Ships at the Shore’ tuition agreement.

Legend has it that when Alexander the Great attacked the Persians, he landed by ship with a much smaller force than the enemy he faced. In order to get his men fully mentally committed to victory, he had his ships burned at the shore. The only way they were going home was to beat the Persians and either take their ships, or march through them.

This is the level of commitment required for any type of success in life and what I require from my participants.
This is why I only conduct one or two courses a year. I am more interested in coaching you to lasting results than running people through a weight-loss Mill.

Success in any area of life requires a “failure is not an option” mindset in order to get the results you are after.

If you do not think you can have an ALL-IN mindset... I don’t recommend signing up! You will only frustrate yourself and impede the progress of the rest of the people taking the course.

However, if you are ready for real change, this is the right program for you!

You have brains in your head.
You have feet in your shoes.
You can steer yourself in any direction you choose.
You’re on your own.
And you know what you know.
You are the guy who’ll decide where to go.

- Dr. Seuss
The following is an example of my Tuition Agreement:

Dr. Pete’s Weight Loss for Life

Tuition and Commitment Agreement

I, ________________________________, voluntarily agree to enroll in Dr. Pete’s Weight Loss for Life Program. I make this choice freely and willingly.

I agree to abide by the standards set forth by the instructor and to commit myself fully to successful completion of this program and to the support the success of my classmates.

I willingly agree to pay $____________ tuition for the opportunity to participate in this program.

I also agree that if I quit, for any reason, I forfeit 100% of my tuition. I understand there will be NO REFUNDS for any reason. (Okay, hospitalizations, injury, family emergencies are exceptions and you will be allowed to apply your tuition and enroll in the next course. You must communicate with the instructor in writing to make such arrangements.)

By signing this agreement, I voluntarily commit to “Burn the Ships at the Shore” and agree to participate fully with a “Failure is NOT an option” attitude. I agree to participate in class and to complete the weekly homework assignments.

Signature:__________________________________________  Date ____________________

Here is the bottom line…

**You will lose weight!** However, this course is about *much more* than weight loss.

It’s about changing the trajectory of your life!

It’s about detoxification, reducing inflammation, improving digestion and assimilation of nutrients.

It’s about normalizing your body composition and rebalancing the perception centers of your brain and changing your physiology from dysfunction and dis-ease to that of health and wellness.

It’s about beginning to rebalance your total body eco-system.
I am aware that there are many choices and promises made about weight loss. I also know that you have probably tried any number of them.

This course is radically different than anything else out there. But, then again, so are the results.

It’s about helping you establish a healthy relationship with food.

It’s about recalibrating your worldview so you are in control of your life and no longer feeling like you’re always in a state of reaction.

It’s because of all this that I am SO excited to be able to offer it to you.

For my wife, my staff and me, it’s about saving lives!

It’s our Mission!

So, here’s what I recommend before we get to the tuition options…

Listen to your gut. (There are actually more neurons in your gut than in your entire spinal cord…It speaks to your subconscious brain.)

Trust yourself…

You can feel it in your body if this feels right for you…

If you feel your body saying YES…I encourage you to take action. Life tends to reward ACTION!

I hope you choose to participate, however, whatever you decide, whether you decide to participate, or not, I know you will make the decision that is right for you.

*Faith is taking the first step even when you don’t see the whole staircase.*

- Martin Luther King, Jr.
VI. A Final Thought

A tradition that has evolved in my course is that I close all my classes with a specific empowering poem.

However, in gratitude for your time and attention, I offer you this final thought by Marianne Williamson from her book A Return to Love.

OUR DEEPEST FEAR

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, 'Who am I to be so brilliant, gorgeous, talented, fabulous?'

Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.”

I hope to see you in class and to be able to take part in your journey as you achieve your unique definition of health and success.

Blessings ~ Dr. Pete

SIGN ME UP!