



There are 7 factors that can influence weight management issues. Our goal Inches and Pounds is focused on educating our patients to understand WHY they have gained the weight and provide the learning tools to properly maintain long term weight loss. Many patients also tell us that after losing the weight on our program, they have finally learned how to eat healthier and smarter.

65% of Americans are overweight and/or obese and the number is rising. This is a result of a Slow Metabolism, poor Diet, Lifestyle, lack of Exercise, a natural decrease in Hormone levels with aging, and Adrenal Fatigue. The biggest problem with most weight loss programs is that long term weight loss is most often not addressed, only the short term. In the short term there is weight and fat loss, but lean muscle is also lost. Lean muscle controls metabolism and these diets ultimately cause the metabolism to slow down.

Once these individuals go off their diets, they tend to get bigger than ever and it becomes more and more difficult to lose the weight. This is why people tend to do what we call rollercoaster dieting. The more you rollercoaster diet, the more difficult it is to lose weight. These diets are known as the quick fix and work temporarily, not long term.

There are many different aspects to improving the quality of our life while looking and feeling our best. Most people think that it has to do with how much they weigh, but weight loss can be deceiving. Even after an individual reaches their goal weight after being on a weight loss program, do they really like the way they look? The biggest reason is because with the weight loss they also lose muscle tone which slows metabolism. At Inches and Pounds, we understand this and address all aspects in looking and feeling your best

METABOLISM



Metabolism is based on your BMR (Basal Metabolic Rate) which is how many calories we burn while at rest ⁽⁹⁾. This includes keeping your heart beating, inhaling and exhaling air, digesting food, making new blood cells, maintaining your body temperature and every other metabolic process in your body. BMR is the largest factor in determining your overall metabolic rate and how many calories you need to maintain, lose or gain weight. BMR is determined by a combination of the following factors:

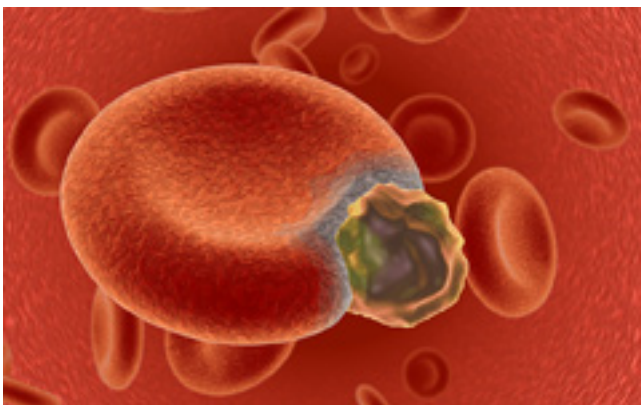
- Genetics. Some people are born with a fast metabolism; some with a slower metabolism.
- Gender. Men have a greater muscle mass and a lower body fat percentage than women. This means they have a higher basal metabolic rate.
- Age. BMR reduces with age. After 20 years, it drops about 2 percent every 10 years.
- Weight. The heavier your weight, the higher your BMR. Example: the metabolic rate of obese women is 25 percent higher than the metabolic rate of thin women.
- Body Surface Area (BSA). This is a reflection of your height and weight. The greater your Body Surface Area factor, the higher your BMR. Tall, thin people have higher BMRs.
- Body Fat Percentage. The lower your body fat percentage, the higher your BMR. A lower body fat percentage in the male body is one reason why men generally have a 10-15% faster BMR than women.
- External temperature. Temperature outside the body affects the BMR. Exposure to cold temperature causes an increase in the BMR, which creates extra heat needed to maintain the body's internal temperature. A short exposure to hot temperature has little effect on the body's metabolism as it is compensated mainly by increased heat loss. In contrast, prolonged exposure to heat can raise BMR.
- Glands. Thyroxin (produced by the thyroid gland) is a key BMR regulator which speeds up the metabolic activity of the body. The more thyroxin produced, the higher the BMR. If too much thyroxin is produced (a condition known as thyrotoxicosis) BMR can actually double. If too

little thyroxin is produced (myxoedema) BMR may decrease by about 30 percent of normal. Like thyroxin, adrenaline also increases the BMR but to a lesser extent.

- Exercise. Physical exercise not only influences body weight by burning calories, it also helps raise your BMR by building extra lean tissue. Lean tissue is more metabolically demanding than fat tissue; you burn more calories even when sleeping. It is important to make time in your day for some form of physical activity. You can start by taking the stairs at work, walking up or down an escalator, parking at the far end of a lot instead of cruising around for the closest spot. Then, assuming your physician gives the okay, gradually add some form of regular physical activity that you enjoy. Walking and swimming are excellent forms of physical activity that almost everyone can do.

As we age, our hormone levels naturally decline as well as our metabolism. This is especially significant with menopausal women who most often complain of the “menopausal extra 30 pounds”. There are a few ways to speed up your metabolism such as eating breakfast. Your metabolism slows while you are asleep and will increase as soon as you eat so keep in mind that breakfast eaters lose more weight than breakfast skippers. Exercising regularly will not only speed up your metabolism, it will also lower cholesterol levels, decrease blood pressure, lower glucose levels and helps prevent heart disease.

CORTISOL , DHEA AND ADRENAL FATIGUE



Another issue in weight gain that is hardly ever addressed is Cortisol and Adrenal Fatigue. The adrenal glands produce the hormones DHEA and Cortisol. Stress increases Cortisol. When Cortisol levels are high, other important hormones like DHEA, HGH and Testosterone will decrease. High Cortisol levels may cause an increase in fat storage and interfere with the activity of your other hormones (such as Estrogen, Progesterone and Testosterone) at the receptors sites. DHEA regulates glucose metabolism and balance. Low DHEA can cause an increase in insulin causing the body to store fat. A low calorie diet puts a tremendous amount of stress on the body which in turn will elevate Cortisol and lower DHEA levels. Now you can see

why after a period of time people hit a PLATEAU while dieting. Taking Herbal Adrenal Tea Capsules and DHEA supplements should be taken with the Inches and Pounds Diet Protocol for all patients with Adrenal Fatigue. This will help prevent a plateau. We offer an Adrenal Tea Complex Formula with natural herbs and pharmaceutical grade DHEA. For more information on the Adrenal Tea Capsules, please see our list of recommended Supplements available in this of this book or you may visit www.hcgdoctorsgroup.com

FAT OXIDATION



Ultimately fat oxidation is what we are really looking for in a weight loss program. A product that oxidizes fat will cause fat loss and weight loss without losing lean muscle mass. Hormones, when in proper balance and optimized will promote fat oxidation. Certain herbs and nutrients when properly blended together will promote fat oxidation, curb appetite (control meal size), reduce cravings for sweets and will increase energy. We recommend our Pharmaceutical Grade Calcium Pyruvate that promotes optimum fat oxidation.