

"Do You Really Need to See a Doctor to Lose Weight?"

Some people were able to lose weight on their own. Some have seen a doctor to help them lose weight. How can you tell whether or not you should?

Whatever the case, you need to make the right food choices to lose weight and keep it off. See why the old "common sense" way just doesn't work.

Here's how "the new science of weight loss" can finally get you into shape.

Dear Friend,

I know you've been trying to lose weight for some years. You probably wouldn't be reading this if you were not significantly overweight. You tried to lose weight a few times only to gain it all back every time – and then some. And it only gets more difficult each time.

You want shopping for new clothes to be a pleasure, not something you dread doing. You want to look good in a suit, a photo, at the swimming pool, when you're with people, etc.

You know you need to do something different. Fortunately there have been some great discoveries in the new science of weight loss that point the way to better health.

Notice I said above "the right food choices" and not "diet." You see, "diet" is a dirty word among those who need to lose weight. Diets are temporary. Diets demand willpower.

And what happens when you get off your diet? You'll probably gain it back, and then some. You want to lose weight and keep it off. Which is why you need to make new food choices you can live with for the rest of your life. How did you get to be overweight to begin with?

What about seeing a doctor?

When it comes to managing your weight, there's no "one size fits all" solution. Every person is an individual. Just exercise and changing what and how you eat might not do as good for some people as it has done for others. If you were never able to lose weight on your own, maybe you should consider seeing a doctor.

Yes, there are people who want appetite suppressants or some pills that make them lose weight. Some extremely overweight persons are thinking about surgery, either a gastric bypass, lap band or liposuction. Maybe you should see a doctor so you can find out if you have high cholesterol or some other problem.

There are medical problems that make losing weight difficult.

These include:

- Thyroid deficiency or imbalance
- Chronic inflammation
- allergies

- Impaired liver function or toxicity
- Exaggerated insulin response
- Excessive cortisol production by the adrenals
- Chronic exposure to toxic substances
- Even the regular use of some medications!
- And let's not forget Type 2 Diabetes.

Type 2 Diabetes is more like something caused by being overweight rather than something that causes obesity. Elevated blood sugar can have serious long-term consequences. Detecting this condition early makes it urgent for you to get started on a weight-loss program, with close attention to the sugars in your diet.

A doctor who's seen many overweight patients would order lab tests to see if you might have some treatable condition that's making it hard for you to lose weight. This same doctor would also ask you about your regular eating habits.

As you can see, we are dealing with two issues here, whether to see a doctor and making the right food choices. I'd like to tell you about a program that will help you deal with both issues, based on the new science of weight loss.

But first let me introduce you to Dr. Mark Hyman.

A physician dedicated to helping people lose weight.

Dr. Hyman has seen many overweight patients in his practice. He looked closely at each of these patients' problems and made some amazing discoveries. Dr. Hyman now follows a holistic* approach to managing patients who are overweight. He looks at all of a patient's problems, then decides which of these might have to do with the patient being overweight.

* Holistic can be thought of as "whole-istic" since many of Dr. Hyman's patients have a whole list of medical problems contributing to the cause or affecting the management of their obese states.

Dr. Hyman found that treating one or more of a patient's other conditions made it easier for the patient to lose weight. Together with making the right food choices, the patient was able to attain and maintain an ideal body weight.

About Dr. Mark A. Hyman

Mark A. Hyman, M.D. graduated from the Ottawa University School of Medicine, and from the University of San Francisco's program in Family Medicine in Santa Rosa. He is board certified in Family Medicine, and lives in western Massachusetts with his family.

Dr. Hyman was co-Medical Director for eight years at Canyon Ranch Lenox, one of the world's leading health resorts. He co-authored the New York Times -bestseller *Ultraprevention: The 6-week Program That Will Make You Healthy for Life* (Scribner),

Having done plenty of clinical research and analyzed the case histories of his own patients, Dr. Hyman was able to categorize the various problems and solutions to being overweight. Along with making the right food choices, Dr. Hyman formulated a system of principles he called **"The Seven Keys to Successful Weight Loss"**.

In ***Ultra Metabolism – The Simple Plan for Automatic Weight Loss***, a series of audio recordings based on Dr. Hyman’s best-selling book of the same title, he explains these seven weight loss principles in detail.

Each of these seven keys to weight loss is about a particular problem experienced by people who found it difficult to lose weight. Dr. Hyman talks about some of his own patients to illustrate the problems and what exactly helped the patient lose weight. Listening to this doctor speak about his patients, you might notice some similarities with your own weight problem.

**Each part of the program has a quiz.
How you answer the questions could suggest
some sort of problem that would need
the attention of a physician.**

After presenting the basics and the case study relevant to each of the Seven Keys, you'll be asked to take the quiz (a .pdf file which you can print ahead of time). The speech will be paused. You then click on the 'pause' button of your media player, then complete the quiz before continuing to listen. Answer the questions honestly and you'll see if the particular topic has anything to do with your weight problem.

Whether you might indeed have a condition making weight loss difficult or you don't eat right or exercise enough, each quiz will help you define the problem and solution. You'll know better about why you might need to see a doctor. You'll also understand what to expect and how to better communicate with your physician.

Ultra Metabolism – The Simple Plan for Automatic Weight Loss, covers several interesting facts about weight loss, including:

The Seven Myths of Obesity

The audio program begins with the seven myths of obesity. These are some popular misconceptions about what it takes to lose weight. Some of these could even be detrimental to your health. You might have already heard about some of these:

- Eat less, exercise more, lose weight - by far the most popular misconception.
- All calories are alike - different forms of calories are processed differently.
- Eating fat makes you fat - not true. People gained weight on low fat diets.
- Eliminating carbs makes you lose weight - carbs are essential to one's diet.
- Skipping meals helps you lose weight - sumo wrestlers don't eat breakfast.
- The French Myth, eat butter, drink wine and stay thin – there are other reasons obesity is not as common in France as in the United States.
- The Government Protection Myth – there is evidence that government dietary guidelines have been established to benefit the agriculture and food industry.

Dr. Hyman takes each of these myths to task, using some his patients as examples to debunk these myths. He explains how the new science of weight loss, revealed in *Ultra Metabolism*, is used to effectively manage each patient's weight problem.

Nutrigenomics. The science that makes sense of why the “common sense” way to lose weight simply does not work.

The study of how the human body recognizes and processes foodstuffs based on genetics is known as Nutrigenomics. The fact that so many people have failed to lose weight and keep it off with calorie restricted diets had many researchers puzzled. There has to be a reason for why this seems to make no sense.

This is when researchers started looking into the science of weight gain and how it has evolved. How much is your metabolism like that of animals that have to survive a long winter when food is scarce? Here it was concluded that human beings evolved in a like manner with relation to food.

The Role of Human Genetics in Determining a Person’s Weight.

The human body has evolved over many thousands of years to put on weight and keep it on. This is the basic survival mechanism for primitive man to cope with times when food is scarce. Eating excessively during times when food is abundant results in weight gain to prepare for possible times of food scarcity. This explains why we gain weight during the Thanksgiving and Christmas season.

These are mechanisms determined by our genes. These are what we’ve inherited from our ancestors that have not changed in tens of thousands of years. Besides being a blueprint for our physical appearance and talents, our genes also determine how our bodies function.

Our bodies were evolved to cope with scarcity situations. Humans put on weight when foods are abundant. In times of scarcity, metabolism slows down and our bodies hold on to fat. You could say that obesity is the result of civilized living being incompatible with the way the human body works.

An Owner’s Manual for Your Body

Unlike a typical weight-loss plan, Ultra Metabolism is more like an owner’s manual for your body than merely a diet and exercise program. Like taking care of a car, there are things you can do yourself and things that are best left to a qualified professional.

When you listen to each of the four audio segments in Ultra Metabolism, especially if you take the quizzes you will:

- Realize that weight loss will result not from consuming fewer calories, but by improving your body's rate of metabolism by nutritional and physical means.
- Know what are the best carbohydrates--and the worst.
- Find out about two synthetic food ingredients you should avoid at any cost. Hint: one is a sugar the other is a type of fat.
- What are the best sources of fats for optimal health and weight maintenance.
- Ways to rid your body of toxins.
- Another exercise you should do regularly to raise your basal metabolic rate, besides strength training.
- The role of antioxidants in weight management and what are some good sources.

And much more!

Plus, together with your four audio files, playable on your Windows Media Player and on your portable audio device (mp3 player) and your quizzes, you'll receive:

- A guide to whole food principles - helping you make the right food choices.
- Special reports on "Foods to Enjoy" and "Foods to Avoid".
- A "Grab and Go" food guide to some healthy convenience foods
- A 24 page ebook with recipes good for any health conscious individual and of particular benefit to those with wheat (gluten) and dairy food allergies.

Order Today!

As soon as I finished listening to the program, I've made a few of the changes suggested by Dr. Hyman. I've experienced a marked reduction in my appetite without having eaten more food at mealtimes. I don't have that desire to snack as much. As for weight loss, it's still too early to tell. It takes time, but I'm confident that with my new way of eating it will be patience well rewarded since I won't be gaining the weight back.

Francis A. Austin, TX

**A Word of Caution About Appetite Suppressants.
They may work, but they just keep you from feeling hungry.
Used incorrectly, they can slow down weight loss.**

If they really do curb your appetite and eliminate the urge to snack, by all means take them. You must take care not to restrict your calorie intake to where your body perceives a scarcity situation.

It would be best to maintain an adequate calorie intake, engage in regular exercise, and carefully choose the foods you eat as detailed in the Ultra Metabolism program while you're taking appetite suppressants.

Whatever you do, don't skip meals—and eat a good breakfast.

**You'll get Dr. Hyman's book in audio format,
which allows you to listen at your leisure.**

It has been shown that some people learn better by listening. This is most true for health and leisure pursuits not related to one's occupation. Having these audio files on your computer will offer you a diversionary topic you can listen to when you just get tired of looking at your computer screen. Your Windows media player has a "track button" you can pull back on when you didn't quite get something, much like turning back a page in a book.

Audio files can also be loaded onto portable audio devices you can listen to while driving or working out at the gym or taking sun in your back yard.

All for only \$19.95

So what are you waiting for? At such a low price and with immediate availability, you'll soon discover a new and healthful way of living and eating.

Order Today!

To Your Health,

David Warrington

P.S. You've struggled with your weight most of your life. You know first hand that diets don't work. Each time you lose weight by dieting, you lose fat and muscle. Eventually you gain your weight back...and then some, mostly as fat. You don't need to starve yourself to lose weight. Find out about the physical and nutritional means of raising your metabolic rate so you don't have to count calories.

There is no "one size fits all" program. Every person is an individual. Some people need to seek medical attention with their weight problems. The program described above will help you find out if you really should see a doctor.