



Personalized Nutritional Consultants

The Secret is in the Science

PersonalizedNutritionConsultants.com

US Obesity has reached Epidemic Proportions

In the last 20 years, the number of obese children in the United States has doubled to one in five children. This is *the most dramatic increase of obesity in history.*

- MayoClinic.com

Percentage of the US population that is overweight:

1999 56.4%

2000 61%

2004 67% and rising

May, 2004 *Time Magazine* and ABC-TV sponsored “The Summit on Obesity” and found:

- **2/3 of US adults are overweight**
- **1/2 of those are obese**
- **1 in 6 kids, 6 – 19 years old are overweight and 1 in 6 is headed that way.**
- **Americans spend \$117 billion yearly on obesity-linked illness.**
- **Poor diet and exercise will soon replace tobacco as the leading cause of preventable death.**

A medical definition of obesity is: "an increase in body weight beyond the limitation of skeletal and physical requirements because of an excessive accumulation of fat in the body."



It's fat that has gotten in the way of your ability to move. It's too much fat.

People who suffer this know who they are, and the people around them who see them also know, no matter how much clothing is used to cover it up.

Disease or Physiologic Condition?

There are overweight people, these days that take personal offense at being thought of as "diseased." Most overweight individuals would prefer to think of it as a physiological condition which should be "accepted as normal." Before we rush to judgment, let's take a little closer look at its roots.

Traditionally, obesity is generally considered to be a **genetic-psycho physiologic nutrition-related lifestyle disorder**. It is characterized by a slowing of hormone function and energy production.

How do we become obese?

Regardless of age, you gain excess weight when the amount of calories coming in equals more than the amount of calories burned.

Statistically speaking, when both parents are fat, 80% of their children will be overweight; if one parent is fat, 40% of the children will follow; if none are fat 10% of the children will be obese. Obesity starts when you're young. You just got "used" to eating more than you should.

Then, over time, it can read into the genes and we could create a genetic code to have a larger digestive tract. Your body will adapt to the environment "you create or are a part of," from very early in life.

Obesity is a story about a **preventable disorder** that's at an all-time high in this country for children and adults. The issue of childhood obesity starts with prevention - empowering children to be in control of their bodies and helping parents and grandparents make the right decisions with regard to nutrition and exercise.

- Autopsies of **overweight adults** have revealed that their **digestive systems** can be more than **two times longer than thin people**. Because of this, **they absorb every last food calorie**.
- Characteristically, overweight people also have high circulating insulin levels for **greater** carbohydrate metabolism into energy, glycogen storage, and **fat storage**.



- **Cellulite type fats are stored up in the areas of worst circulation** and become backwaters of toxins stored in the body.
- This **causes PMS** and further hormone imbalances.
- Obesity can also be brought on by sodium toxicity of cells, which aggravates a proper balance of hormonal output.
- Also indicted in the process of fostering obesity is an **enzyme system imbalance** whereby Citrate Lyase predominates over Aconitase.

Unheard of Truth:

Pregnant women who **limit their calories during the last half of pregnancy** rarely have infants who become obese due to a reduction in the buildup of adipose cells, whereas **pregnant mothers** who **limit calories during the first half of pregnancy** instigate a disorder of the nervous system and hypothalamus which makes it harder for the appetite to be satiated.

Imbalances of the pituitary, ovaries or testicles, adrenal glands, and thyroid all contribute toward fat buildup in combination with a sluggish autonomic nervous system.

Simply, this is as a “**metabolic slowdown.**”

This means that from every bite of food taken less energy is made to use by the body, while more fat and toxic residue results. Less physical activity just complicates all of these problems.

From the nutritional standpoint, **over fatness and obesity are entirely preventable.**

Reverse Engineering is simply a matter of reducing the amount of slowing nutrients retained by the body, in favor of increasing our ability to hold on to more stimulating nutrients.

We call this: “**nutrient replacement therapy.**”

Nutrient replacement therapy is the key to a faster metabolism on all levels:

- Enables the body’s cells to address genetic design
- Creates the most potent, fat burning hormone balance possible



When this occurs:

- the body leans out and energy soars automatically
- any dangerous disease tendencies that accompany fat problems begin fading

The Essence of Reverse Engineering

Regrettably, it is a fact that people who are overweight, especially those who are obese, have greatly suppressed immune systems which increase their vulnerability to disease -- all thanks to metabolic inefficiency which undermines the production of enough energy to fight disease at its very source. The ***Total Body Chemistry report*** allows us to ***measure the buildup of slowing nutrients*** in the body and ***replace them with stimulating ones*** based upon dietary and supplemental manipulations, completely customized to each person's biochemical uniqueness.

Obesity is simply a physiologic condition that can become a disease when left nutritionally uncorrected because it allows more diseases to enter the body -- all thanks to "metabolic slowdown." ***Nutrient Replacement Therapy*** is the only true and lasting solution.

We need to do everything possible to help ourselves do things differently than we've learned and been told.

By 17, a child has spent 38% more time in front of the TV than in school

According to A.C. Nielsen Co. research the average American watches 3 hours and 46 minutes of TV each day. This is more than 52 days of non-stop TV-watching per year.

By age 65, the average American will have spent nearly 9 years glued to the tube.

66% of Americans regularly watch TV while eating dinner.



Number of ads aired for "junk-food" during four hours of Saturday morning cartoons: 202

Even our pets are pudgy: 25% of dogs and cats are heavier than they should be.

- **Kids are aerobically active for just 3 minutes in most gym classes**
- **Nearly all high schools have vending machines for sodas and candy**
- **8 out of 10 over 25s are overweight**

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