



Let's Talk About Fat Loss

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VITALITY FAT LOSS REGIMEN: FOR LONG-TERM SUSTAINABLE RESULTS

Our bodies have three different types of fat. Structural fat and reserved fat are fats we need in order to live a healthy life, and both are normal fats. The third type is the abnormal fat. It's the type of fat that accumulates around the belly, hip, arm or worse, visceral fats that surround your intestine. Unfortunately, abnormal fats are the last to go with low-calorie diets. Dieting alone slows down your metabolism, making it harder to lose weight over time! Here's how you can achieve "fat loss" and not just weight loss in order to preserve healthy bone and muscle mass.

HUMAN CHORIONIC GONADOTROPIN (HCG) INJECTION

HCG functions to burn fat cells from pregnant women to feed the fetus. In men, HCG stimulates the testes to produce testosterone. When used in a fat loss program, HCG targets abnormal fat to turn into fuel and blocks your hunger.

SERMORELIN TRIBLEND (SERMORELIN/GNRH6/GNRH2)

These are peptides that boost growth hormone naturally to increase your vitality and metabolism.

OPTIMIZE THYROID FUNCTION

Bringing your thyroid level to its optimal upper limit will increase your energy, mood and metabolism.

SUPPORT MITOCHONDRIA

Mitochondria are the powerhouse of every one of your cells. The better your mitochondria are working, the more energy you have.

CONTROL LEPTIN LEVELS

Leptin is the "satiety hormone" produced by fat cells. Obese people have very high levels of leptin due to leptin resistance. Your leptin level can be measured.

6 ways to reverse leptin resistance:

- **Avoid Processed Food** – processed foods tend to compromise the integrity of the gut and increase inflammation
- **Increase Fiber Intake** – fiber removes waste, toxins, and material your body doesn't need
- **Exercise** – cardiovascular exercise can strengthen your abdominal muscles and stimulate your intestinal muscles which move contents through your digestive system
- **Sleep** – a minimum of 7 hours each night

- **Lower Triglycerides** – by reducing carbohydrate intake
- **Increase Protein** – improve leptin sensitivity

OPTIMIZE HORMONES WITH BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

Estrogen dominance and/or low testosterone are common causes of difficulty with weight loss. Reducing the stress hormone, cortisol, and correcting insulin resistance are central to your overall health and weight control also.

CONTROL CRAVINGS BY TARGETED NEUROTRANSMITTER BALANCING

Balancing your neurotransmitters, especially dopamine and serotonin that work on your brain's reward systems, is an important step to curb food cravings. This is one of the many benefits of effective weight management directed by a doctor who understands science-based approaches and the human brain!

Dr. Eva Henry is board-certified in Neurology and Anti-Aging, Regenerative Medicine. Her passion is to utilize an integrative approach to prevent and treat neurological illnesses.

PERSONALIZED BRAIN FITNESS

- Cognitive Neurofeedback
- Stress & Weight Management
- Hormone Optimization
- Anti-Aging Consult
- Vitality Fat Loss Program
- Metabolism & Resilience Boost



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