

Vitality Fat Loss Regimen – for long-term sustainable results!

We have 3 different types of Fat. **Structural Fat** and **Reserved Fat** are fats we need in order to live a healthy life and these 2 types 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 is the last to go with low-calorie diet alone. Dieting alone slows down your metabolism, making it harder and harder to lose weight over time!

Human Chorionic Gonadotropin (HCG) injection

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

Sermorelin TriBlend (Sermorelin/GNRH6/GnRH2)

These are peptides that will boost Growth Hormone naturally to increase your vitality and metabolism.

Optimize Thyroid function. By bringing your thyroid level to upper limit of normal will increase your energy, mood and metabolism.

Support Mitochondria. The better your mitochondria is working, the more energy you have

Control Leptin level. Leptin are the “satiety hormone” produced by fat cells. Obese people have very high levels of Leptin due to Leptin Resistance.

Ways to reverse Leptin resistance

- Avoid processed food – processed food compromise the integrity of the gut and increase inflammation
- Increase Fiber
- Exercise
- Sleep – At a minimum of 7 hours each night
- Lower Triglycerides – by reducing carbohydrate intake
- Increase protein – improve Leptin sensitivity

Optimize your Sex hormone by Bio-Identical Hormone Replacement (BHRT)

Estrogen dominance and/or low testosterone are very potent causes of inability to lose weight. Reducing the stress hormone Cortisol and correcting Insulin Resistance are central to your overall health and weight control.

Control Cravings by targeted Neurotransmitters balancing

Balancing your neurotransmitters, especially Dopamine and Serotonin that work on your brain's reward systems, is a very important step to curb your food cravings. This is the benefit of effective weight management by a doctor who understands brain science!