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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 with caloric restriction alone slows down your metabolism, making it harder to lose weight over time. If you have experienced “yo-yo” effect and ended up gaining more weight then you will find the HCG program very helpful.

### **Human Chorionic Gonadotropin (HCG) Injection**

HCG functions to burn fat cells from pregnant women to feed the fetus when needed. 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.

### **Ipamorelin TriBlend (Ipamorelin/GHRH6/GHRH2)**

These are peptides classified as “Growth Hormone Releasing” peptides that boost your own natural production of Human Growth Hormone to increase your vitality, youthfulness and metabolism.

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

**Support Mitochondria.** 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.

### **6 Ways to Reverse Leptin Resistance**

- *Avoid Processed Food* – processed foods tend to compromise the integrity of the gut and increase inflammation
- *Detoxification* – removes waste, toxins, and materials 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 and high glycemic index food intake
- *Intermittent Fasting*– improve Leptin sensitivity, Insulin sensitivity and many benefits

### **Optimize Sex 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.

### **Control Cravings by Targeted Neurotransmitters 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!

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