

Thank-you for your interest in the **EnerChanges Rapid Metabolic Weight-Loss Program™** - This program safely and efficiently decreases stubborn fat, retains lean muscle and detoxifies the body. This program involves a complete health history, functional testing, patient education, dietary instruction, professional supplementation, and when needed, bio-identical hormone replacement and mental and emotional counseling.



Rapid Metabolic Weight Loss: is a safe and patient proven method of targeted accelerated weight (fat) loss using **hCG** (human chorionic gonadotropin), specific **metabolic nutraceuticals** and **hormonal** support. When completed it also acts to reprogram the "fat cells" to their new smaller and less hungry state. Overall this has the added benefit of decreasing inflammation, removing harmful toxins, improving overall; immune, blood sugar and hormone function. All of which, lower the risk of virtually all chronic disease and improve the quality of life.

A metabolic patient's plan looks at every aspect of creating and enhancing health from both the **outside in** and the **inside out**. To others the *outside in*, may only involve cosmetic applications to protect tissues like the skin, hair and nails, but clinically to us, it means decreasing and protecting ourselves from exposure to harmful environmental and lifestyle factors like: tobacco, excessive sugar, processed foods, pesticides/toxins, heavy metals and even negative or self-destructive thinking/programs. The *inside out*, refers to the support of all needed metabolic functions. This is typically accomplished by addressing the body's metabolic functions.

Another unique difference in our program is the incorporation of **Emotional Happiness**. For the majority of cases, excessive weight is tightly connected to the emotional state and stress of a person. Today many of us live in a constant state of "survival" which overtime, signals the body to "hang on" or use weight as a protection. With "**Happiness Coaching**" a new style of emotional counseling, the patient creates more "**positive patterns**" (which at the same time decreases stress, anger and anxiety) shifting the body into a "peace or in thriving mode" allowing the "release or letting go" of abnormal weight. This is addressed in every patient when needed.

Program Phases

1. *Build up*
2. *Treatment*
3. *Balance*
4. *Maintenance*

Doc Martin's Rapid Metabolic Program is accomplished in four distinct phases; **Build-up, Treatment, Balance** and **Maintenance** Phase.

Optimal Weight Means Optimal Metabolic Function – metabolic areas addressed

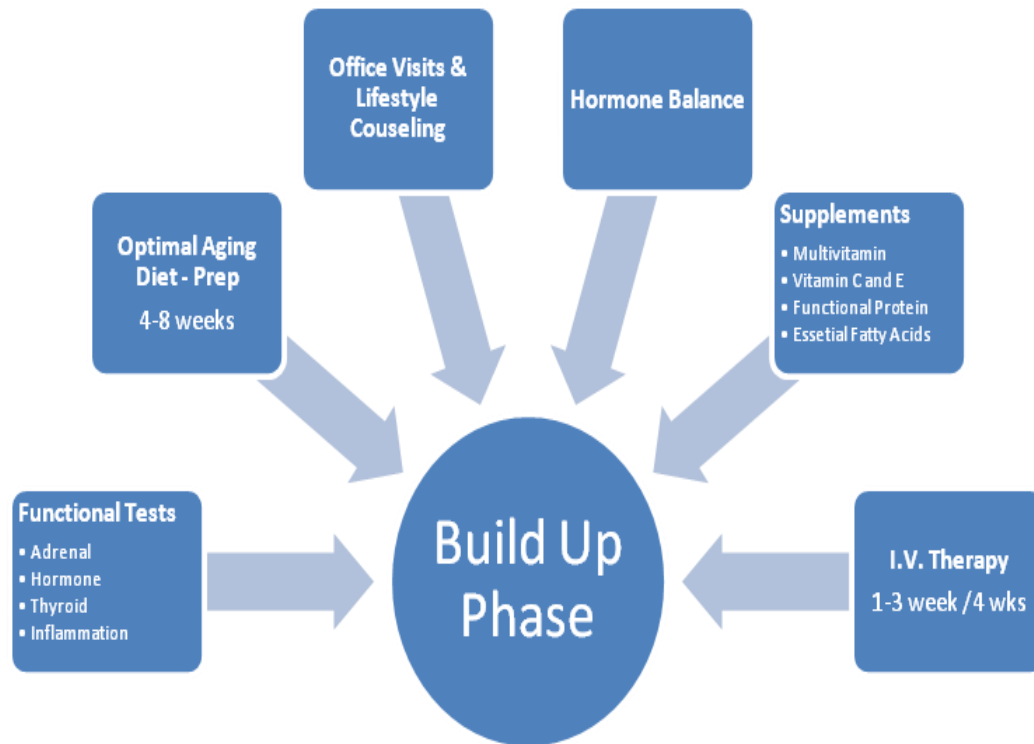
- **Replace nutritional deficiencies (vitamins, minerals, fatty acids and enzymes)** - vitamins, minerals and other nutrients are essential for every biological process in the body, this is especially true in allowing the body to release excess weight. The more deficient the body or the more demands piled upon you (stress, environment, poor diet, excess weight, menopause, ongoing disease, medications) the greater the need.
- **Optimize essential fatty acids (EFAs)** – every cell in the body is made of membranes containing EFAs, these valuable fats act as localized hormones regulating the action of the cells closest to them mediating inflammation and protecting the cells. The step is included typically before and/or after hCG treatment.
- **Maximize digestion and assimilation** – ensures optimal nutrient (vitamin, mineral, protein) absorption into the body. This also decreases harmful allergic and inflammatory reactions from food proteins.
- **Enhance fitness and lean muscle mass** – loss of muscle is related to decreased function, and lower blood/oxygen/nutrient supply to all the vital organs. **You got to move it, move it.** This allows joints, muscles and tissues to function optimally which in turn decreases excess inflammatory fat, especially around the “tummy and thigh” areas.
- **Decrease free radicals** - Excessive free radicals leads to **oxidative stress**, damaged tissue, and inflammation all of which increase the body's fat storage and risk for chronic diseases. The more free radicals/oxidative stress the faster cells die and we age. Intake with high **ORAC** (anti-oxidant capacity) items protects this.
- **Decrease chronic inflammation** – inflammation in this context is an overactive, “out of control” immune response that damages cells, tissues and organs and increases free radicals (high oxidative stress again). This is associated to every chronic disease including heart disease, diabetes, osteoporosis and even cancer.
- **Control glucose and insulin levels, minimize cross linking & glycation** – this is the process that stiffens up (ages) all of the tissue in our body, increasing oxidative stress and inflammation. This accelerates aging, disrupts hormone/enzyme function, and impairs/blunts the brain (leptin – the off switch) from registering the calories eaten, which means increased fat storage. The most common example of excess sugar damage is accelerated skin aging and wrinkles.
- **Maximize detoxification** – Fat is used to store excess or unprocessed toxins. Excessive internal (the body's own) and external (pollutant, pesticides, heavy metals) toxins will cause harmful free radicals, inflammation, block and disrupt normal hormone functioning increasing more stubborn fat stores.
- **Balance hormone deficiencies** – hormones are powerful messengers that direct almost every cell, tissue and organ of the body. Imbalances or low levels lead to an increase in stubborn midsection fat, abnormal food cravings/binges along with a decline of function in every body system (muscle and bone loss, memory and sleep disturbances, carbohydrate cravings, low libido).
- **Minimize stress response** – a body in “**peace or thriving**” does not hang onto weight. A body in “**conflict or surviving**” mode creates continual stress hormones affecting every tissue in the body, decreasing; immune function, digestion and increasing inflammation and free radicals. Stress can be; emotional, physical, environmental and physiological.



Addressing all of these areas may seem overwhelming, but in reality many overlap. For instance a dietary change that adds in the correct protein and nutrients in the morning, will not only decrease exposure to excessive sugar, coffee and common food allergens such as dairy and wheat, but also decrease food cravings and binge eating. This change also protects/build muscle and burns fat, targeting several metabolic areas all at once.

Maximizing digestion, detoxification and hormone levels, while ensuring proper intake of metabolic specific nutraceuticals/anti-oxidants also improves the function of every cell. **All of these act synergistically**, repairing the body's metabolic functions to “**let go**” of excessive stubborn fat.

Build-up Phase - this initial one to four week plan (dependent on current health of each patient) ensures efficient and safe results for over 95% of all patients. It is both a treatment and preparation phase. These are some standard approaches expected in the build-up phase.



Functional Testing – depending on your case this may include blood allergy testing, digestive panels, liver function testing, inflammatory markers, genetic testing or hormone testing. Hormone tests are quite common for most patients over age 50 also tend to include complete thyroid, adrenal estrogen, progesterone, testosterone and human growth hormone testing. Depending on the patient, this may be done using blood, saliva and or 24 hour urine testing; in some cases of high risk (previous or existing cancer) more testing is required. Specific tests, for instance thyroid are repeated at 4-6 weeks, hormone panels are typically repeated 3-6 months and then at one year.



The **standard metabolic profile** for patients is: a DEXA scan to show the exact percentage of lean muscle and body fat in each body area (this also shows bone density for osteoporosis), next thyroid testing is done measuring not only the common TSH (typically done in the MSP), but more specifically the Free T3 (active hormone) and T4 (storage form), reverseT3 is also tested to show how efficiently the thyroid hormone is seen by the cells. Others include a test for gliadin (wheat allergy), CRP (inflammation) and fasting insulin. Since all of these tests are related to stubborn weight, findings are reviewed and adjustments are made if necessary. **To save on the costs associated with optimal aging, some testing (usually blood) may be performed by your medical doctor, please check with Dr. Martin.**

Metabolic Eating Plan – the first step is to remove any common dietary obstructions to health, (excess sugar, caffeine, food allergies, and processed food) and replenish any nutrient, vitamin or mineral deficiencies. This decreases abnormal immune/allergic responses from food, improves digestion and assimilation, lowers inflammation, balances blood sugar and lowers stress reactions. This stage typically includes either; the addition of two different functional protein shakes, one for decreasing inflammation, the other for assisting detoxification or a functional immune/detoxification juice and protein building shake. These are taken together two meals of the day, one of which must be breakfast, with all remaining meals and snacks as listed in the **metabolic eating plan**.

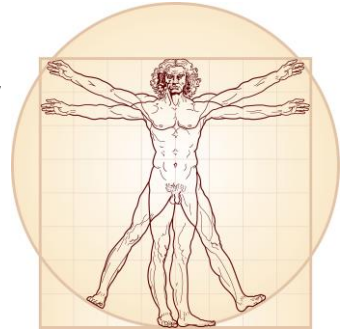


Supplementation – is added to all phases to balance all metabolic functions; this ensures that no cells, tissues or organs are deficient of any nutrient, protein, vitamin and mineral. Typically this is achieved with professional grade metabolic specific nutraceuticals, some of which are supplied directly from the clinic and others for convenience and to ensure integrity of care, are ordered and directly shipped from **TrueSTAR Corporation** to the patient's home, the type and amounts are discussed and adjusted to match each phase of your program. See also, **“Rapid Metabolic Program Nutraceutical Support”**, handout.

Nutrient Immune I.V. – Optimal metabolic health, means every cell in your body communicates and functions in harmony with all other cells. For cells to function optimally they need to be supplied with a constant stream of numerous nutrients. One of today’s main challenges to the body (due to excessive stress, pollution and poor diet) is that many of our cells are overworked and in a constant state of "recovery", some are working well and repairing themselves, while others are damaged and dying. Using a base mixture of intravenous vitamin C, B1, B2, B5, B6, calcium and magnesium, allows a very high nutrient concentration over a short period of time that literally **“bathes or saturates”** all, of the cells and tissues, allowing regeneration of tissues and organs not previously able to heal and repair themselves. This treatment is especially powerful for those damaged/overloaded cells unable to grab or utilize the needed nutrients from supplements and the diet. This specifically supports the **adrenal, immune** and **detoxification** systems and decreases **inflammation, glycation** (sugar damage) and harmful **free radicals**. This is also required when treating any form of long standing stress, fatigue or when starting and undergoing a metabolic weight-loss program. This treatment is effective for; pre-surgery, recurring colds and lung infections. Up to 1-3 treatments per week for 1-4 weeks may be required. A smaller version called a **“Myer’s Cocktail”**, is used weekly in the **Rapid Metabolic Weight-loss** programs.



Bio-identical Hormone Support – Hormones are powerful messengers that circulate in the blood stream and generate a response to almost every cell in the body. As these levels go down, all of our cells and body show signs of age drastically. Bio-identical hormone replacement involves testing and prescribing forms that are the most identical to what the body is genetically used to. Since each patient is different, treatment is based on the patient’s symptoms, goals and test results. (At the start, while some testing is pending, a therapeutic trial may be given, e.g. progesterone 100mg caps before bed for sleep.) The amounts and ratios given are matched to a healthy 25-35 year old. The common bio-identical hormones typically used are: thyroid, progesterone, estrogen, human growth hormone and testosterone.



Office Visits – Emotional & Lifestyle Coaching - You will be booked at week one, three and four.



These are typically two short check-in appointments and one longer one to review any lab work. The purpose of these visits is to monitor your progress and make any adjustments and needed additions to your treatment. **Emotional guidance** is essential for every metabolic weight loss patient and in some case longer lifestyle coaching sessions may also be required.



These steps are typically required before starting metabolic weight-loss

- **First Steps**
 - **Book Appointments** – organize initial vitamin injection/blood draw appointment, go to MD to request basic blood work – FASTING - ChemsScreen, CBC, Lipids, CRP & Thyroid
 - **Book Baseline Body Fat** and Bone Density Scan – DEXA scan at www.bodycomp.ca
 - **Fill Out** – medical records release form - filled out or bring latest tests.
 - **Watch** - Educational video - http://www.youtube.com/watch?v=od0UTSu_hsc
 - **Enter**
 - your baseline pictures (front & side with form fitting clothes)
 - body Measurements – using orbit-tape (from clinic) into the portal or paper.
 - address and phone number. To be use later in program.
- **Review Material**
 - Metabolic Eating Plan - to be reviewed and started slowly or discussed at next visit.
 - Eating Journal – used to keep track of what you eat.
 - Metabolic Nutraceuticals Support – The list of potential supplements needed.
 - Injection Therapy Handout.
- **Create Questions – to discuss at your next office visit.**