

NUTRITION REVIEW

MAY 2019

Weight Loss Plateau? *How to Breakthrough*

Have you hit a roadblock in your weight loss. Don't be discouraged, there are common issues that stop you from using fat for energy that can be easily addressed. Over time, hormones go down, resulting in less of some things and too much of others. Genetic deficiencies then start showing up. So let's identify any problems and fill the gap. Avoiding alcohol makes it easier to lose.

The Disruptors & The Fix!

No. 1 Eating very much Starch or Sugar turns OFF using Fat for Energy.

The Fix Keep the carbs to green vegetables and salad vegetables, moderate berries and less lean protein than you think. Protein can also convert to sugar. Increase the Omega 9 fat sources like Olive Oil, Almonds, and Avocados. Keto is when the carbs get very low and the body starts using mostly fat for energy in the form of ketones. Your brain likes these and you never run out of energy!

No. 2 Elevated Cortisol from Stress breaks down your skin collagen and makes sugar which turns off fat use.

The Fix Patented Relora or KSM-66 Ashwagandha reduce Cortisol 35% and 26% respectively. Walk, it uses up through cortisol. Deep slow breathing and even meditation quickly lower cortisol.

No. 3 Inadequate or disrupted sleep increases Cortisol and Inflammation.

The Fix Cortisol, Glucose and Inflammation can all disrupt sleep as well. Don't eat late, address the cortisol, the diet and exercise to help bring down the glucose and cortisol. Add Berberine if needed. Melatonin sustained release, patented Sedalin, KSM-66, and Theanine all studied to quiet the brain and support normal sleep. Brains are very individual so test one or two at a time.

Get the Diet Right

Losing weight happens when you are using Fat for Energy with Diet Balance and the overall Calorie Intake is less than is being "burned". Things like fish oils and Green tea extracts can boost the fat loss and metabolic rate but you need the amounts to eat in Ounces, Tablespoons and Cups to have control and best success. We just need your Body weight and body fat (can be measured on our scales) and exercise levels to give you easy to control food amounts and get you back on track to weight loss.

Proven Appetite Control

In the brain, the hormone Leptin reduces appetite, while Ghrelin increases it. A new patented formula named Dyglofit® showed to increase Leptin while reducing Ghrelin!



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SUNDROPS NUTRITIONISTS AND DIETITIANS ARE AVAILABLE TO DISCUSS YOUR NUTRITION OR FOR IN-DEPTH CONSULTATION.

References available upon request. *These statements have not been evaluated by the Food and Drug Administration. Research, nutritional information and products are not intended to diagnose, treat, cure or prevent any disease. Consult your physician before initiating any new dietary or supplement program.

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Small Bites...

RESEARCH

Patients supplementing Green Coffee Bean extract were found to have reduced DNA damage by up to 48% and greater levels of the antioxidant glutathione.
Nutrients 2016

A recent study demonstrated improved Autism scores after implementing a Ketogenic Diet supplemented with MCT Oil.
Metab brain 2017

A recent study determined low potassium intake was associated with worsening heart failure 19-54%.
Nut 2019

Patients had a 50% improvement from bone loss after supplementing 12 months with the probiotic strain *Lactobacillus reuteri* 6475.
J Intern Med 2018

A clinical study found that a deficiency in folate was associated with an 89% higher risk of age-related macular degeneration.
Amer J Clin Nut 2013

A recent finding identified quercetin & theaflavins from black tea increased the lifespan of older adults by 36%.
JAMA 2018

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