

Dr. Dennis Clark's

Belly Fat Book

5 Steps to a Slimmer and Healthier You

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BellyFatScience.com

Belly Fat Book: 5 Steps to a Slimmer and Healthier You (Revised 2019)

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Please feel free to pass this report on to anyone who might be interested in reading it, with the following two conditions: 1) don't charge anything for it; and, 2) keep it unchanged in every respect - not a word is to be changed, even if I misspelled something or said something stupid.

DISCLAIMER: The FDA mandates that I offer the disclaimer that nothing in this report is worth a hoot regarding human health, or something like that. The wording is supposed to be that this report contains nothing that is meant to diagnose or treat any medical condition and that you should see a doctor. Good luck with that.

SPECIAL NOTE FOR MY FELLOW BABY BOOMERS:

If you, like me, have experienced the epic failure of modern medicine to serve us 'mature' folks in the face of so-called 'diseases of aging', then I have a pleasant surprise for you. I have established a website just for you. As a Baby Boomer myself, I have a personal interest in my own health as I age. I have discovered many natural approaches to being healthy, most of which your doctor is probably unaware of. You can see what I mean when you take a look at the site here: [Baby Boomers Health Center](#). Please feel free to let me know what you think of it. (Comments at the end of the articles might be the best place to start.) My first few articles there address Alzheimer's Disease, obesity, and diabetes. I have many more articles planned for us. Go ahead and take a look now.

Why is this book ‘revised’?

To quote Maya Angelou:

"Do the best you can until you know better.
Then when you know better, do better."

Since I first wrote my Belly Fat Book, I have learned much more about what it takes to lose fat and maintain healthy body weight. My personal lessons have led me to keep my weight effortlessly at around 170 lbs, down from a high of 210 lbs. My body fat composition also dropped, from nearly 25% to just over 20%.

Although that may not seem like a big change, it certainly was for me. I considered myself fit, trim, and athletic for most of my life. Reality hit me between the eyes one morning when I looked into the mirror and a fat guy was staring back at me.

Some of my success came from the information that I wrote about in my original Belly Fat Book in 2012. More recently, I have come to ‘know better’ about how that information can and should be boosted based on newer research in human biology.

Now I do better. And I want you to do better, too. Herein is the short version of how to get control over your metabolism the way I did.

This ‘book’ (more of a ‘report’ now) presents key information in two parts. The first part is a 22-point list, with brief explanations, about weight and fat loss that you may not have heard before.

The second part digs deeper into the master hormone that controls your metabolism and how to make it work for you.

1. Lessons About Fat Loss

This list is adopted directly from my newest book, [Fat Loss Biology](#). In that book I provide the best research-based information I could find on fat metabolism. It represents the core of what I learned, and now practice, for my own healthy weight management.

While doing my research, I discovered many take-home lessons that I explain fully in my book. Some of them surprised me. See below.

If all you do is adopt these lessons, you will be successful in getting rid of your unwanted fat once and for all.

LESSON 1.

A calorie is not what you've been led to believe. Counting calories as part of a dietary strategy makes no sense whatsoever biologically. The concept of 'calories in/calories out' for weight management is one of the most ridiculous myths ever foisted on the public. (I even wrote up a little ebook about this topic that I offer on Amazon/Kindle for 99 cents. Sales have been a little slow – actually nonexistent. I'd rather you just get it from me directly, at no charge. It is a fun read, if I do say so myself. You can download it here: [Calorie Counting Madness: Surprising Truths About Weight Loss](#). Enjoy!)

LESSON 2.

You do not get fat because you overeat. You overeat because you are getting fat.

LESSON 3.

There are plenty of obese people. There are plenty of senior citizens. Obese senior citizens do not live as long as non-obese citizens.

LESSON 4.

Overfat and obesity are caused by hormone and enzyme imbalances. This means that fat metabolism is a matter of

biochemistry, not a matter of calories.

LESSON 5.

Visceral fat (belly fat, abdominal fat) is the key indicator of your fat metabolism. The less you have, the better off you are. The best way to keep track of visceral fat is by measuring your waist. No fancy equipment or blood test needed.

LESSON 6.

Getting lean and healthy, and staying that way for life, requires that you do the right things in four main areas: 1) eating style; 2) exercise; 3) stress management; and, 4) supplementation. Your body's response to each of these areas depends on your age, gender, metabolic and health status, hormone balance, genetics, and many other factors that influence your metabolism.

LESSON 7.

Spacing meals to include a fasting period that starts at about 4 hours after you eat is crucial for taking advantage of the anabolic (muscle-building) effects of insulin and the anabolic and fat-metabolizing effects of hGH (human growth hormone). The ideal strategy is to allow 5-6 hours between meals. Do not snack.

LESSON 8.

Finish dinner early enough in the evening to allow at least 3 hours before bedtime without eating. Do not snack. Allow a minimum of 12 hours of overnight fasting before your first meal on the following day.

LESSON 9.

Do a 24-hour fast 1-2 times per week. Fasting is the bedrock of your fat loss, your long-term weight management, and your overall health and longevity.

LESSON 10.

Eat only foods that provide high nutrient density. This means primarily whole foods that are not too starchy or sugary, including vegetables, meats, and some fruits. Certain frozen foods are more nutritious than their fresh counterparts in supermarkets. Staying low on carbohydrate intake gives you the best chance for long-term, sustainable fat loss and general health.

LESSON 11.

Include fiber – both soluble and insoluble – from whole food sources at every meal. The minimum amount of daily fiber intake should be 20-25 grams. Consuming 35 grams or more is even better.

LESSON 12.

Getting into ketosis and staying there is the most important key for directing your metabolism to burn more fat than you store. Reducing your carbohydrate intake is the most straightforward strategy for doing so.

LESSON 13.

Fructose, especially from high-fructose corn syrup, is one of the top two most dangerous food additives of all time. Avoid it like the plague.

LESSON 14.

Aspartame (NutraSweet) is the other one of the top two most dangerous food additives of all time. Also avoid it like the plague.

LESSON 15.

Eat as much fat as you like, especially the good stuff. Watch carefully that you include an abundance of omega-3 fatty acids and that you reduce your intake of omega-6 fatty acids.

LESSON 16.

The best approach to starting a low-carb eating style is to crank up your fat intake. Dietary fat is the miracle worker for getting your metabolism going in the right direction, not protein. In fact, too much protein will slow you down.

LESSON 17.

The initial steps toward ketosis lead to a loss of excess body fluid and accompanying electrolyte minerals. The most crucial electrolytes that you must replace are sodium, potassium, and magnesium.

LESSON 18.

A low-carb, high-fat approach is great. In the right lifestyle context, a high-carb, low-fat approach can also work. However, combining fats and carbs in the same meal can lead to metabolic disaster.

LESSON 19.

Fat-fasting gets you into ketosis at warp-speed. Use it best whenever you are stuck or stalled or whenever you just want to move your fat metabolism along in a big hurry. Expect spectacular results.

LESSON 20.

Exercise is absolutely crucial for a healthy metabolism. However, the common belief that you can exercise off fat is ridiculous. The function of exercise is to improve insulin sensitivity, thereby making your body build muscle at the expense of visceral fat and liver fat. The two best exercises are: 1) appropriate resistance training (weightlifting) no more than once per week; and, 2) sprint interval training (cycling, running) 1-3 times per week. These are the most efficient ways to exercise for building muscle and endurance.

LESSON 21.

The most well-researched supplement for inducing healthy metabolic changes is green tea. The best preparations are those that contain a green tea extract combined with phytosome delivery technology. This excludes green tea beverages and green tea powdered herb products.

LESSON 22.

The best supplement combination for building muscle is: L-arginine and certain complementary amino acids, HMB (beta-hydroxy beta-methoxybutyrate), and creatine. Nothing else is comparable.

2. Harnessing Your Brain for Fat Loss

Excess fat is problematic in every generation, from the youngest to the most mature among us. In my experience, obesity is a much bigger problem for Baby Boomers – i.e., those folks in my own generation.

That's just one of the incentives that led me to launch the [Baby Boomers Health Center](#) that I mentioned above.

Although my work there addressed so-called age-related health issues, all of what I write applies to everyone to some degree or another. This is particularly true of the article that I posted on [Age-Related Obesity: Causes and Solutions](#).

Virtually everything in that article addresses obesity for all age groups, not just Baby Boomers.

The article itself outlines the basic issues and what to do about them for long-term weight management. As such, the it is a preview of one of the Baby Boomers Health Reports available through that website.

Normally this report is part of a 12-month subscription package or as a stand-alone report for \$5.00.

However, you've entrusted me with your name and email address so you could get my Belly Fat Book ('report') here. I'm therefore duplicating the full stand-alone report right here.

Look at it as my way to thank you for trusting me.

Here it is, cut and pasted (i.e., unedited – still in the original font, too) for your reading pleasure.

\$5.00
Dr. Dennis Clark's
Baby Boomers Health Reports
BabyBoomersHealthCenter.com
Issue No. 1

Age-Related Obesity

Hello again, Dennis here. This is the first issue of your 12 Baby Boomers Health Reports for the coming year of your subscription.

Before starting, I must refer you to the FDA-required disclaimer that is at the end of this report.

This first Health Report provides some of the easiest lifestyle changes you can make for improving your health. Upcoming Health Reports will complement what you learn with this issue.

Have you heard about the obesity epidemic? Of course you have. I have a lot to say about obesity here, especially so-called "age-related" obesity. You don't have to be obese or the slightest bit overweight to benefit from this information. That's because, at its root, obesity is a disease caused by brain inflammation.

In fact, brain inflammation is behind the now well-established link between obesity and diabetes. The link is so strong that a "new" type of diabetes - called Type 3 - is essentially the brain inflammation that leads to Alzheimer's Disease. Type 3 diabetes and Alzheimer's Disease are now seen as the same thing. Pretty scary, huh?

Reducing brain inflammation is a health theme that will encompass nearly all of the Diseases of Civilization that I will be talking about in future reports.

Prior to launching into the main topic of this issue, I want to emphasize what the best sources of your healing are. These will comprise the main direction that my reports will take.

You will see this list many times in the upcoming months. Briefly, your **best healers**, more or less in order are:

1. Sunlight
2. Friends
3. Unfluoridated Water
4. Magnetism/Grounding to Earth
5. Seafood
6. Self-confidence

The above items are ranked in order of importance to your healing. Many other factors could be added to this list. I just wanted to keep it short and simple at the beginning.

Some of these may look familiar. Or at least they make common sense. Friends (face to face, not just online) and self-confidence are always valuable.

Sunlight, unfluoridated water, magnetism/grounding to Earth, and seafood are less well-known as healers in the 21st century. That is partly due to mainstream medicine's active disinformation campaigns against sunlight and unfluoridated water as sources of healing.

Indeed, sunlight is now viewed as a dangerous evil that will cause skin cancer. (It won't.) Fluoride in water is considered to be necessary for dental health. (Dangerous BS.)

In addition, magnetism/grounding to Earth are flat out ignored.

All of these sources of healing require some explanation. I will provide the details when appropriate. My next report, for example, will explain why sunlight is perhaps the most valuable commodity you can find for preventing neurodegeneration (including Alzheimer's Disease!).

An Easy Start

As I mentioned above, let's go easy at the beginning. Much of what I have to say in this report entails relatively simple lifestyle changes.

They comprise the easiest changes that will give you the greatest immediate benefits. These changes directly address brain inflammation that leads to obesity and all of its associated disorders, starting with obesity.

Even if you are just the slightest bit overweight, the changes

that I present here will benefit you. The same goes if you are carrying no excess weight at all.

About Food

Notice that the top 6 healers include just one type of food: **seafood**. Its importance is a gazillion times greater than any other food type. Its healing power goes directly to the brain, perhaps more than to any other part of your body.

I will explain what that means later. Meanwhile, I first want to give you some pointers about food that will improve your life, even if you don't have any overt signs of brain inflammation. (Actually, we all develop it as we get older, some more than others.)

Take a look at the following basic considerations of human biology that reveal some valuable surprises about your weight.

Weight Management Surprises

All weight loss books and clinics are flawed. Bad advice is rampant and often confusing and contradictory. You may be surprised to learn what the actual biology is behind how your body maintains proper weight.

Let's start with a few take-home lessons that make the most sense biologically.

Lesson 1. A calorie is not what you've been led to believe. It is an irrelevant measure of food energy. This is why you never have to count calories.

Lesson 2. Food is, however, a source of energy in the form of electrons.

Lesson 3. The concept of 'calories in/calories out' for weight management is one of the most ridiculous myths ever foisted on the public.

Lesson 4. You do not get fat because you overeat. In fact it is quite the opposite: you overeat because you are getting fat.

Lesson 5. There are plenty of obese people. There are plenty of Baby Boomers. Obese Baby Boomers, however, are not as common. Obesity leads to early death, make no bones about it.

Lesson 6. Obesity arises from hormone and enzyme imbalances, not from food.

Lesson 7. Your 'eating style' consists of 3 main components: 1) when you eat; 2) what you eat; and, 3) how much you eat. **When** you eat is by far the most important factor. **What** you eat comes in a distant second. **How much** you eat has very little impact once you put #1 and #2 in place.

Eating Style

THE WHEN OF EATING. Meals should be spaced at least 4-5 hours apart. Always allow for at least 4-5 hours between your final meal of the day and bedtime. *No snacking, ever!*

This pattern is crucial for optimizing hormonal responses to food. Post-meal hormone balance is a key indicator of reduced brain inflammation.

You will also benefit tremendously from ***Intermittent Fasting*** - i.e., periodic fasting of 20 to 24 hours at a time. This will further enhance your metabolism for overall health, longevity, and weight management.

The older you are, the more important intermittent fasting becomes. My own pattern is to fast at least twice a week for up to 24 hours.

THE WHAT OF EATING. As we age, our ability to absorb nutrition from food decreases. Eating junk food as a Baby Boomer is far worse for you than if you were in your 20s or 30s.

That observation alone tells you how valuable it is to eat only foods that provide the highest nutrient density. This means primarily whole, unprocessed foods that are not too sugary or starchy.

Surprisingly, certain frozen veggies are more nutritious than their fresh counterparts. (Veggies designated for freezing are usually picked closer to their natural ripening time - meaning, packed with more nutrition from the parent plant.)

What about the three food groups - fats, protein, and carbohydrates? Let me make one point perfectly clear. That is, we have dietary needs for fats and proteins, not carbs. This means that you have to have a minimum amount of fat and protein in your diet. You have no need for carbs. There is no such thing

as a carbohydrate deficiency.

Here some additional shockers that doctors, nutritionists, and weight loss clinics, etc., are clueless about:

About Carbs. How you respond to different food groups depends on where you live and what time of year it is.

For example, eating a banana in winter in New York does immeasurable damage to your brain. Just because tropical fruits are available year round does not mean you should be eating them at northern latitudes in January.

On the other hand, you can have plenty of carbs when you live an outdoor lifestyle closer to the equator. Guess why? Exposure to intense equatorial sunlight enables you to harvest electrons from carbs for optimal metabolism (including brain metabolism).

This means that, even if you do not live close to the equator, you can increase your carb intake during summer *if you get enough summer sun*.

Indoor living will completely undermine how you metabolize carbs, regardless of where you live or what time of year it is.

The less exposure to sunlight you get, the more damaging a carb-loaded diet becomes.

About Fats. As for dietary fats, generally you have no limit for consuming **good fats**. In the U.S. we simply do not consume enough of these. (You can ignore advice from such poorly informed professionals as Dr. Oz. His consistent recommendation to eat only lean red meat or skinless chicken breast is just plain idiotic.)

Yes, there are bad fats. Even some that are supposed to be good for you (e.g., polyunsaturated fats [PUFAS]) pose inherent dangers if you don't know what you are doing. PUFAS oxidize quickly. This is why foods containing them go rancid so fast. You should never consume rancid fats. (Rancidity smells bad, so just do a simple 'smell' test to see whether fats have gone bad.)

Of course, man-made hydrogenated fats (aka, *trans*-fats) are to be avoided at all times. Crisco or oleomargarine anyone? **NOPE!**

There are thousands of different kinds of fats. The most

impactful step you can take for consuming the best ones is to eliminate all commercial seed oils from your diet, with the exception of cold-pressed extra virgin olive oil.

Supermarket seed oils (e.g., canola, sunflower, corn, safflower, soybean, peanut) are all highly processed. (You didn't really think that beautiful, uniformly yellow color was all natural, did you?)

I don't want to get started on cottonseed oil. How it became a 'food' is beyond me. (Actually, it's not - just follow the money.) I'll say this as delicately as I can: cottonseed oil is just plain crap. Avoid it.

Besides all that, commercial seed oils contain an excess of omega-6 fatty acids. Yes, they are essential fats, along with omega-3 fatty acids. Both types are basic requirements for good health. Health problems arise, however, when we take in an overabundance of omega-6 fatty acids.

We are adapted for a ratio of omega-6 to omega-3 of 2:1 or even 1:1. The population average in the U.S., though, is closer to 15:1 or even 20:1. *This is a highly inflammatory imbalance in essential fatty acids.*

Reducing that ratio means consuming better fats. Olive oil is an acceptable source of good fats. So is macadamia nut oil, if you can get it fresh (and keep it refrigerated). Coconut oil is even better. Animal fats, especially from pork and duck, are also excellent. That is, as long as they come from pasture-raised (not grain fed) animals. The same goes for dairy fats.

The absolutely **BEST** fats, though, come from seafood. This is one reason that seafood occupies an exalted place on the above list of your 6 best healers. Specifically, seafood is the top source for two of the most valuable omega-3 fatty acids that you need for good health: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).

DHA acts like a battery in cell membranes. You have more of it in your brain than anywhere else in your body. It is the quintessential fat that keeps your brain humming. Without enough of it, the inflammation load on your brain skyrockets.

Unfortunately, way too many people eschew seafood - the reason usually being, "I don't like it." Yet DHA from seafood is the single most important fat that your brain has to have for

combatting inflammation.

Seafoods containing the most DHA include, from highest to lowest amounts, are herring, salmon, mackerel, and tuna. These are the oiliest fish from the sea. Note also that the healthiest fat profiles in seafood occur in wild-caught fish, not farm-raised.

Trout, sardines, and squid are also acceptable, although they provide less than half as much DHA as the oiliest fish.

Seafood loses about half of its DHA content when frozen. This is typical for most fish, especially those delivered inland. Another 50% of DHA content is destroyed by cooking.

This just means that the best sources of DHA will be fresh-caught fish in the wild, eaten raw.

No land animals contain enough DHA to be valuable as sources for this fatty acid. One major exception is human mother's milk. This is why breastfeeding is so critical for the brain development of newborns.

You have probably heard that fish oil supplements can replace the real thing from whole fish. Yes, they can, just not very well. The chemical form of DHA and other fatty acids in supplements is altered by processing. This is an important point, especially for DHA. DHA in processed oils is not the same as the native DHA in seafood, and it doesn't work nearly as well for brain (and total body) health as the whole food. (Gee whole foods are better than processed foods? I bet you've heard that before.)

One more thing about seafood that you may be wondering about. Some kinds of fish do contain elevated amounts of mercury. However, fish also provide a key mercury-detoxifying mineral - **selenium**. Again, the whole-food package is more valuable than any processed product.

About Protein. Advice about dietary protein is generally oversimplified. The most common recommendation is to eat between 1.0 to 1.5 grams of protein a day per kilogram of body mass. For me that means, for my 77 kg (ca. 170 lbs) I need 77 to 115 grams of protein every day. The higher end is more anabolic - i.e., drives muscle building. The lower end is barely sufficient for maintenance.

Metabolism for replacing recycled proteins is the most energy-

demanding process in your body. You must get plenty of the right kinds of protein to satisfy this process.

A 3 oz portion (about the size of a deck of cards) of many meats runs 22 to 28 grams of protein. This means that I eat at least 10 ounces of such high-protein foods every day. That's a LOT of food. I have to cut way down on my carbs to have room for it all.

The quality of different proteins varies considerably. The best sources are wild-caught seafood. One of the worst sources is legumes (beans, peas, etc.). They do have plenty of protein. It's just that legumes also contain anti-nutrients that undermine the quality of these foods. (This is one reason that the first Paleo Diet recommendations did not list legumes as acceptable foods.)

The top of the list of the worst sources of proteins, though, is a dairy protein called casein. The most common form of this protein is called 'A-1' casein. It breaks down into an inflammatory product that you should avoid as much as possible. 'A-1' casein comes from Holstein cows, which comprise 90% or more of the dairy cows in the U.S.

Some food markets (Sprouts, Safeway) have begun offering 'A-2' dairy products from New Zealand. They come from cattle that produce 'A-2' casein, which does not become inflammatory upon digestion.

'A-2' casein is produced by Guernsey, Jersey, Charolais, and Limousin cows. It also comes from human mother's milk (great for infants!), sheep, goats, donkeys, yaks, camels, and buffalo, among others.

Oddly enough, casein is such a cheap protein - it comprises about 80% of all milk protein - that it has become a common additive to many foods. You must read labels to find where it is. One puzzle, at least to me, is that casein is an additive in all so-called "non-dairy" creamers. (Food manufacturers hope that we are such idiots that nobody will notice this contradiction.)

THE HOW MUCH OF EATING. Absolutely irrelevant. Do not count calories, ever. Eat as much as you want, as long as you stick to the *when* and *what* of eating as outlined above.

The REAL Culprit Behind Obesity

As I already mentioned, my comments about food and obesity are simplistic regarding human biology. Let's take a deeper dive into what the real issues are with obesity, starting again with that core bugaboo, brain inflammation.

Science got the ball rolling on this topic with the 1994 discovery of **THE** key hormone for all metabolism. It is a protein hormone called **leptin**. The easiest way to understand how it works is this: 1) leptin signaling originates in fat: 2) it gets sent to its target receptors, which are in a pea-sized portion of your brain called the hypothalamus.

Normally, the "signal" (leptin) goes from fat cells to the hypothalamus to tell your brain how much energy you need. The hypothalamus then instructs your body to either metabolize your existing fat or to eat more for your basic energy needs.

If all works well, your leptin receptors "see" the leptin well enough for your hypothalamus to instruct your body to keep running on the fuel you give it (i.e., food). This is a healthy condition that means you are appropriately **leptin-sensitive**.

Metabolism goes completely awry, however, when the hormone signal fails. This happens when you become **leptin-resistant**. This condition represents a failure of your leptin receptors to see the hormone, thereby turning the hypothalamic instructions into chaos.

Suffering from "Oprah-itis"

The most famous case of leptin resistance is the story of Oprah Winfrey's battle with obesity. Her weight has yo-yo'd so much that her metabolism is clearly way off base. Her main strategies have been to: 1) take the advice of her long-time idiot-in-residence, Dr. Oz; and, 2) join Weight Watchers.

At one time Oprah owned about 8% of the total stock in Weight Watchers. As one of the most famous celebrities endorsing this program, she had a vested interest in making it look good. It did look good, in fact, when she dropped 80 lbs. That was to be a temporary outcome, since Oprah's weight continued to yo-yo.

This is what I call "Oprah-itis." No matter what you do, unless you address the underlying leptin resistance behind obesity, you will fail miserably - and repeatedly, just like Oprah.

To keep this story somewhat brief, I'll just say that Oprah's leptin resistance prevents her muscles from using a key protein (UCP3) that depends on leptin sensitivity for directing energy usage. In other words, no matter what she does regarding food, her muscles remain energy starved. The net result is a false signal from her inflamed brain to the gut to eat more food.

It is a futile strategy that describes why Oprah's efforts to manage her weight fail over and over again.

Her story is a typical one revolving around her inability to become leptin-sensitive. As far as I know, neither Dr. Oz nor Weight Watchers has ever mentioned how she can regain the function of this all-important hormone.

About Exercise. I'll repeat - leptin resistance prevents muscles from getting fuel. As I said about Oprah, this means that muscles are energy starved no matter what you do. When you exercise in this state, the standard exercise cycle of 'tear down, then rebuild' simple doesn't work.

Exercising while leptin resistant does more damage than good. Instead of post-exercise rebuilding, what happens is your body recruits stem cells to repair tissues damaged by exercise. There is no true 'rebuilding'. Stem cells are what you need for all kinds of body repair as you age. Depleting them by exercising when you are leptin resistant will shorten your lifespan.

Exercising while leptin-resistant diminishes your body's natural health resources. You may see a superficial outcome (e.g., reduced weight, better muscle tone, etc.) that will fool you into thinking that you are doing yourself some good. You aren't.

In reality, you are setting yourself up for a dangerous trend - i.e., bad health. **Bottom Line:** Hold off on exercising until you start seeing signs of returning to leptin sensitivity.

Now let's get into exactly what you must do for making that happen.

The Obesity Cure: Resetting Leptin Signaling

The recommendations below don't just cure obesity. By reestablishing your leptin sensitivity, you will also avoid brain inflammation that leads to type 3 diabetes and neurodegeneration.

By the way, leptin sensitivity is crucial in many more ways than curing obesity. After all, it is the master hormone. Addressing obesity, though, is a good place to start.

Here is the simple version of the steps that will get you back on track for healthy energy metabolism.

1. First, confirm that you are leptin-resistant. If you are obese (overweight by 30 lbs or more), then it is a certainty that you are leptin-resistant.

2. Starting Each Day. Eat three meals a day until your hunger and cravings begin to subside, then go to two a day. Eat as soon as possible every morning. Ideally this would be within 30 minutes of rising. Remember to space meals 4-5 hours apart and to allow at least 4-5 hours between your final meal of the day and bedtime. *No snacking, ever!*

This pattern is crucial for optimizing hormonal responses to food. Appropriate post-meal hormone balance is a key indicator of reduced brain inflammation.

Breakfast should be mostly protein (50-75 grams) and fat (unlimited amount), with fewer than 25 grams of carbohydrates (non-starchy and unprocessed). If this breakfast doesn't hold you until lunch, then up the protein content at the start of the day.

In the beginning of your leptin reset, the best breakfast food sources include pastured or organic eggs accompanied by meats, poultry, or fish. (My personal favorite breakfast meat is *lightly* cooked bacon.)

Protein shakes are less desirable. However, if you do use them, make sure they are comprised of whey protein concentrates (NOT isolates or hydrolysates).

If cooking with oils, use only butter, heavy cream, or coconut or palm oil. Absolutely avoid all of the most common commercial vegetable oils (corn, soybean, canola, sunflower, safflower, peanut, and olive) and nut oils.

Lunch and dinner can include a bit more carbs, although keeping the amount under 50-75 grams is best.

3. Sleep. Many hormones fluctuate on a 24-hour cycle called circadian rhythms. For restoring leptin sensitivity, what your brain does while you sleep is every bit as important as your eating pattern and food choices. This puts a premium on getting at least 7-8 hours of uninterrupted sleep every night. That is the basic requirement for making your nighttime sleep and brain repair hormone, melatonin, work best.

**Preparing your brain for a good night's sleep
begins at sundown.**

One of the most crucial keys for getting good sleep is making your surroundings as dark as possible as soon as the sun goes down. If this is too inconvenient (Ha! Of course it is!), then wear blue-blocking glasses in the evening. That will at least reduce the negative impact of artificial lighting through your eyes. The use of tech devices of any kind (TVs, cell phones, computers, notepads, etc.) will also disrupt your brain's preparation for good sleep.

Keep your bedroom as dark as possible - no stray lights from anywhere (e.g., clocks, cell phones, etc.). If you have trouble getting to sleep, meditate. (I use Transcendental Meditation.)

Even a light set of pushups or squats for 3-5 minutes may help.

4. Sunshine. Let be perfectly clear about this.

**Sunshine (#1 Healer above) is
THE MOST IMPORTANT INGREDIENT OF ALL TIME
for proper metabolism.**

No matter what else you do, if you don't get the right amount of sunshine, at the right times, you will likely never become leptin-sensitive again.

Humans evolved outdoors, in sunshine. Outdoor living is a key to a long, healthy life. Indoor living undermines everything we need for good health, especially when it comes to weight management and brain inflammation.

You absolutely **MUST** get enough sunshine in your eyes and on your skin to get its benefits for your own biology.

Unfortunately, in modern times, the medical establishment has foisted a fear of sunshine on the public. This fear has no basis in good science. It is, plain and simple, pure BS. Belief in

this advice is the result of what I call "medical brainwashing."

For now I'll just say that everything you have heard about protecting yourself against the sun is grade-A stupidity. Wearing a hat and sunglasses or clothing of any kind, carrying an umbrella on a sunny day, lathering yourself up with sunblock (or make-up), staying indoors all day - all these entail modern lifestyle choices that are bad for your health.

On the other hand, research on the benefits of sunshine is a red-hot topic in science these days. Here is what you should know for taking advantage of it as much as you can.

Building a Solar Callus.

Your skin is built to absorb sunlight. To do so efficiently, you must have a well-developed **solar callus**. This is the "callus" that enables your skin to withstand UV radiation without burning. People with a poor solar callus burn easily. People with a healthy solar callus can absorb massive amounts of the UV light that drives the synthesis of vitamin D3 in skin.

The best way to start building your solar callus is by getting early morning sunshine on your skin. Early morning sunshine provides a strong dose of infrared light (IR-A) before any of the sun's UV wavelengths (UVB, UVA) reach the Earth's surface. Morning light also provides a healthy balance of red and blue wavelengths that support skin health.

Emphasis here is on the **natural balance** of wavelengths in sunshine. Upsetting this balance with artificial lights or tech devices that have unnatural blue light spikes will undermine this process.

This is the point that dermatologists seem to be clueless about. Morning sunshine starts building your solar callus so you can reap the benefits of UV light later in the day.

The more fit your solar callus is, the more resistant you are to sunburn. A few minutes of sunshine in the early morning builds your ability to be in the sun without burning. In fact, you can "test" your solar callus by noting how long you can stay in the mid-day sun before you get that familiar feeling of the "burn."

As the day proceeds, more UVA light hits the surface of the Earth, followed by an increasing amount of UVB light (aka, the light you need for making vitamin D3).

Late afternoon light, approaching sunset, will also provide the right mix of infrared, blue, and red wavelengths for building your solar callus.

In short, building your solar callus depends on exposing as much of your skin to sunshine as possible, right after sunrise, all the way through the rest of the early morning. Depending on your skin type, you can start seeing signs of a better solar callus within a month or so. During that time your skin will also begin to tan, which is another indicator of your skin's ability to respond to sunshine appropriately.

One more thing. Certain kinds of pigments, called carotenoids, contribute to healthy skin by absorbing sunshine. The explanation for how they work is very complicated, so I'll just point out what the best carotenoids are for skin health.

They are the carotenoids, especially one called astaxanthin, that occur in seafood. Aha! More benefits of seafood!

You can actually see astaxanthin in foods, since it is a bright red-orange color. The most common food sources are krill and larger crustaceans (e.g., shrimp), certain types of algae, and salmon.

You may already know that carotenoids are also produced by plants. However, plant-based carotenoids (e.g., beta-carotene) are much less effective for skin health than are carotenoids from seafood.

That's It in a Nutshell

Does any of the commentary look like any weight loss advice you ever heard of? Probably not. Just keep in mind that you are resetting your fat-to-brain hormone signaling pathway - i.e., for leptin.

Everything else falls into place once you accomplish that.

Let me repeat: the most important ingredient for resetting leptin sensitivity is sunshine - in the right amount at the right time of the day. Without this ingredient, all food-based strategies for losing weight will ultimately fail. Period.

What Can You Expect?

The most common change that you will observe early in your leptin reset protocol is a shrinking of your waistline. An overall drop in weight soon follows. (At first this is just water weight, so don't get too excited about it right away.)

Dropping excess weight will continue past this point, ultimately reducing your body fat composition.)

You will also most likely notice a reduction in your hunger and cravings within the first 4-6 weeks.

Sweating pattern will change. When you are leptin resistant, profuse sweating at any time is common. When you are leptin sensitive, sweating is more normal - i.e., you sweat when you are supposed to sweat.

Expect better recovery from exercise once you reintroduce it into your fitness program. Your hunger and cravings will disappear. You will awaken every morning refreshed and ready to tackle the new day.

Recommended Exercise

You can begin exercising in earnest as the expected changes ramp up. What you do for exercise, and how much you do it, are separate topics that I will address later. For now, I'll just say that you can overdo exercise. Don't even think about doing CrossFit or anything remotely like it.

Also consider some resistance training (e.g., weight lifting). The easiest and most effective style is the Body by Science method. It is based on the book, *Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week*, by Doug McGuff and John Little (available on Amazon et al.).

This method is particularly valuable for us Baby Boomers, as long as you don't work out more than once every 7-14 days. Really!

Increasing Physical Activity

Conventional medical wisdom correctly points out the value of physical activity. It doesn't have to be complicated, though.

One of the simplest activities for warding off weight problems is simply standing up. Standing helps you avoid a relatively new disorder called "sitting disease." The name tells you exactly what it is: disease arising from sitting too much.

Researchers have begun to find out what too much sitting really means. At this time it means being immobile for more than an hour at a time. The prescription is super simple. Just stand up for about 10 minutes of every hour of the day. That's it!

In fact, at the beginning of your leptin reset, that is the only thing that you really need to do every day. Note that working out at the beginning or the end of the day will not overcome sitting disease. Standing up regularly will.

Cheers,

Dennis

DISCLAIMER

The FDA requires that all sources of information regarding your health must be accompanied by a disclaimer. It goes something like this:

The purpose of this book is to increase your knowledge about wellness and how to achieve it naturally. Information here is not intended as medical advice and it is not meant to diagnose or treat any individual's health problems. You should not discontinue any course of medical treatment or undertake any new treatment without first consulting your own healthcare practitioner.

Of course, the FDA is a rogue government agency that is accountable only to Big Pharma. So take this disclaimer with a huge grain of salt.

One More Thing

Once the reality of being fat hit me hard enough to do something about it, I set about to find the best science behind what I wanted to accomplish. My advantage as a research scientist still didn't prepare me for the onslaught of advice that I found.

At first I was like a lot of others – i.e., overwhelmed by the mountain of information about weight loss in diet books, nutrition programs, countless websites, etc. Maybe you can still relate to the feeling of hopelessness that I was feeling back then.

That's when a friend mine came into my (then) nutrition store looking slimmer and trimmer than I'd seen him in many years.

Talk about a conversation starter!

He explained his dramatic weight loss by telling me about something called the "hCG Diet Protocol."

That was in 2006. I promptly dug into it, found out how to do it right, and immediately dropped 30 lbs within about 45 days.

To make a long story short, I educated myself on all of the ins and outs of the protocol and used my new knowledge to guide others through it. I became such an expert (albeit a 'self-appointed' one) that I updated the original protocol that was first popularized in 1954.

What I put together became my ebook, [HCG DIET – THE NEW DEFINITIVE GUIDE](#).

If that title seems to reflect some hubris on my part, then I'll own up to it. The main point of pride that I have about it is that the book has now helped hundreds of people put a booster rocket on their weight (and fat) loss.

The link above (and the articles on that blog) explains the protocol in much more detail than I want to include here. For the time being, I will simply encourage you to take a look at the information that I provide there and decide whether it is something you want to do.

And finally...

Now that you know better about fat metabolism and weight loss, you can do better, like so many others have done, including me.

Now get slim and healthy ... and stay that way!

Dr. D

