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Are “Toxic” Fat Cells Keeping You from Losing Weight?

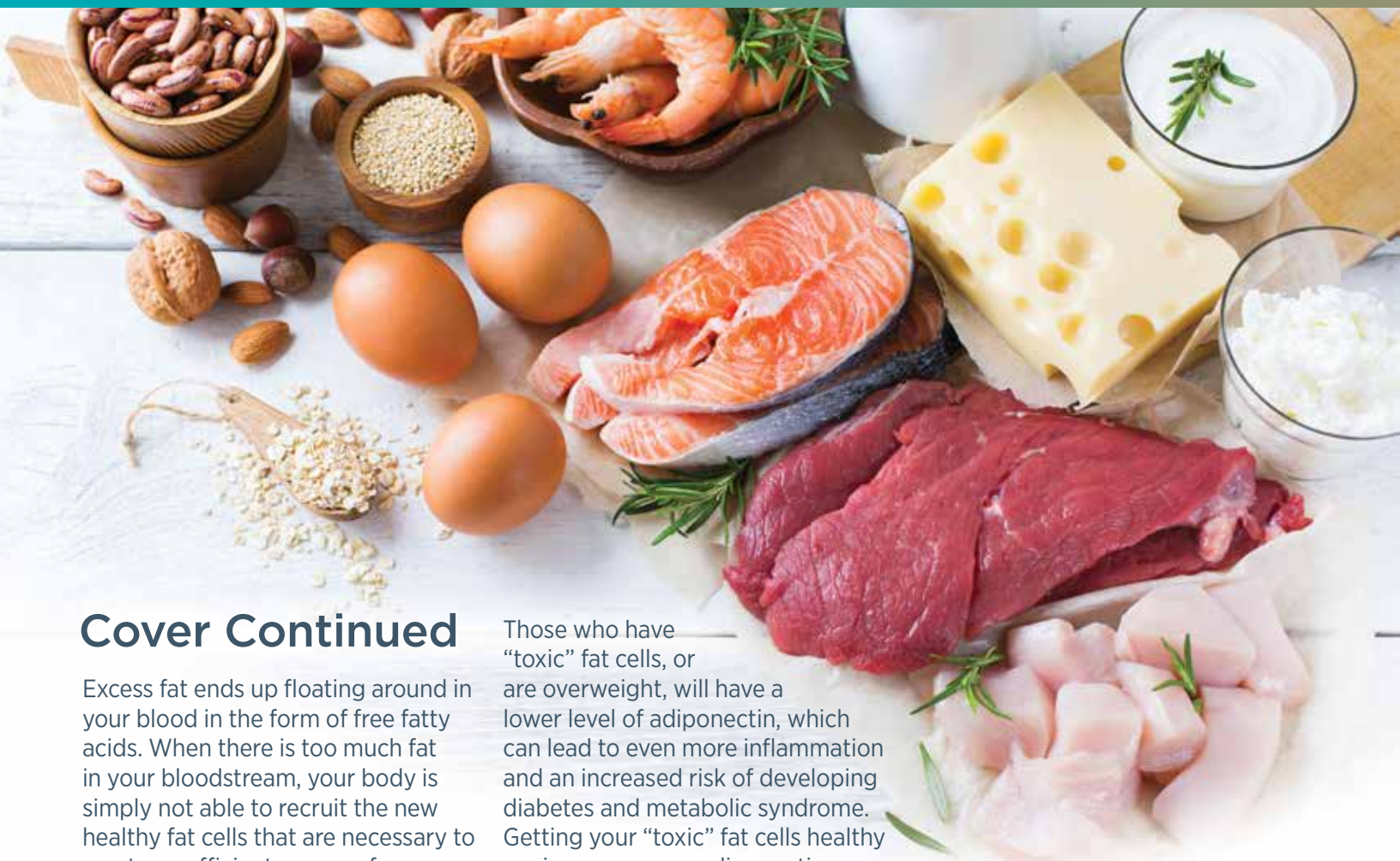
There are a lot of diets out there that would have you believe that the key to weight loss is losing fat. However, the root cause of excess weight is not the presence of fat cells in your body—it's that your fat cells have become “toxic.” To fully comprehend how fat cells become “toxic,” we first need to understand what the purpose of fat cells are in the first place.

As unappealing as they sound, fat cells are not just dormant cells that appear as ugly fat under your skin. Believe it or not, they are actually part of your endocrine system, and they have many responsibilities within your body. The most important of these functions is storing free fatty acids that we get from our food. When your fat cells are healthy, your body efficiently uses those free fatty acids for energy. Free fatty acids are released from your stored fat cells into your bloodstream, and they can be utilized as an immediate and long-lasting source of energy. Those energy sources are then burned off in your daily activity, and then the whole process starts over again.

Fat cells that become “toxic,” however, are enlarged cells with a diminished capacity to store fat, which means that the excess fat has nowhere to go.

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Excess fat ends up floating around in your blood in the form of free fatty acids. When there is too much fat in your bloodstream, your body is simply not able to recruit the new healthy fat cells that are necessary to create an efficient source of energy. Instead, any newly recruited fat cells will also become enlarged or “toxic,” as well. This creates a domino effect that makes it all the more difficult for your body to return to a fit and healthy shape.

Too much fat also leads to increased production of cytokines (biological agents that are involved in regulating immune system responses), and the production of these cytokines can destroy your muscles. It can also lead to inflammation of your internal organs. It is no question that a variety of health issues and other medical conditions, like heart disease, diabetes, and hypertension, are related to internal inflammation.

Another cause for concern with these “toxic” fat cells is their negative influence on adiponectin, a protein secreted by fat cells that regulates blood sugar levels and breaks down fatty acids into energy sources.

Those who have “toxic” fat cells, or are overweight, will have a lower level of adiponectin, which can lead to even more inflammation and an increased risk of developing diabetes and metabolic syndrome. Getting your “toxic” fat cells healthy again causes your adiponectin hormone levels to rise. This improvement makes for better use of the free fatty acids in your bloodstream.

To stimulate your metabolism, all you need to do is make your “toxic” fat cells healthy again. To do this, you must make the crucial switch from being dependent on sugar and carbohydrates for energy to using healthy fats, nutrient-rich vegetables, and most importantly, protein as your energy sources. A diet filled with these nutrients will fill you up and keep you from craving excess calories from carbs or sugar. Also, your body uses 27 of every 100 calories from protein just to digest the protein, meaning that the more protein you consume, the more calories you burn.

Your “toxic” fat cells are not going to be fixed overnight, which is why it is important to find a natural source of nutrients to be used for energy.

You’ll probably want to use a good protein supplement that includes a variety of proteins: whey protein, pea protein, casein protein, and cranberry seed protein. This protein supplement should also contain a variety of vitamins, minerals, enzymes, fiber, and antioxidants to help you manage your weight, preserve muscle mass, and maintain healthy blood sugar.

Though it may take a couple of months to completely heal “toxic” fat cells, maintaining a diet high in protein and low in carbs will improve your energy levels, clear up brain fog, and stabilize your mood. What’s good for the body is always good for the mind, and with a healthy body and a positive outlook on life, you’re sure to see an improvement in your overall quality of life.

That’s something you can really sink your teeth into!

The Path Towards Diabetes: Part 2

Real Causes Behind the Diabetes Epidemic by Dr. Marlene Merritt

The diabetes epidemic is actually a relatively new phenomenon. Up until the early 1980's, only one in seven people were obese, and it had been the same for decades. However, three significant public health changes occurred in recent decades.



Fat Became Public Enemy #1

Starting in the 1970's, we heard time and time again that saturated fat would clog our arteries, and that to be healthy and thin, we needed to cut down on our fat intake as much as possible. Remember the Food Pyramid with that tiny bit of fat at the top, and 6-11 servings of carbohydrates at the bottom? There were a couple of problems with these recommendations.

First, the body prefers fat as a fuel. Fueling your body with carbohydrates is a bit like throwing newspaper on flames. Fat is a "big log," burning slowly for a long time, keeping your blood sugar stable and your brain well fed, because it doesn't break down nearly as fast. As a result, you feel better for longer periods of time.

Second, the woman who originally came up with the Food Pyramid, Luise Light, recommended almost the opposite of what you've seen. In her original food pyramid, grains came in at no more than two to three servings per day. Unfortunately, the organization that

hired her was the U.S. Department of Agriculture (USDA) who tailored the pyramid to meet the demands of the agricultural industry instead of our nutritional needs. So, for reasons that had absolutely nothing to do with health, we were told to eat bread, pasta, and cereal to our heart's content, and to limit our consumption of eggs, butter, and whole milk. Our entire nation changed its way of eating based on a political agenda.



Food Became Cheap & Addictive

While all this was going on, the big food companies were busy figuring out how to become more profitable. Saving a few pennies per product would increase their profits by hundreds of thousands of dollars or more, so they hired chemists and invested millions in research and development.

They substituted inexpensive chemicals that tasted like food for expensive foods that had to be grown and raised. They increased the sugar and salt content to make this new "food" palatable. Both of those compounds are also chemical wonders, acting as preservatives to lengthen shelf life, improve consistency, and bind ingredients together.

Before we knew it, we were surrounded by food that wasn't actually food: fast food, frozen

dinners made with chemicals we can't pronounce, and sodas filled with sodium that make us thirsty to drink more. Serving sizes got larger and larger, and we still cleaned our plates... then we ordered dessert.



We Took a Seat

On top of all this, add in a lifestyle that has many of us driving everywhere and sitting in front of our computers for hours at a time. The current phrase used to highlight the dangers of our sedentary lifestyles is, "Sitting Is the New Smoking." We all know that exercise burns calories, but there's more to it than that.

Exercise burns glucose. And when you fill your bloodstream with glucose without burning it off, you leave all that glucose (and insulin) sitting there to do its damage. Together with the political and commercial control of our diet, it would seem like there is no way out of the perfect storm that is this diabetes epidemic. But there is!

In the last part of this 3-part series, we'll take a look at:

How you can protect yourself from the diabetes epidemic by making one small adjustment in your diet.



Dr. Marlene Merritt,
DOM, MS Nutrition

Meet Dr. Marlene Merritt

Author of *Smart Blood Sugar*, Dr. Marlene Merritt has a Masters in Nutrition, and practices as a licensed healthcare provider in her clinic in Austin, TX, showing patients how to turn around their health using some common sense and nutrition.

She specializes in educating patients and other healthcare practitioners on how to deal with the root causes of disease, instead of just treating the symptoms, and getting people back on track to vibrant health at any age.

Gluten: Harmful or Hype?

Gluten is something on a lot of people's minds. It seems we can barely peruse the Internet these days without stumbling on a report about the dangers of this substance or hearing that the number of people with a gluten allergy or sensitivity is on the rise. So, what's going on? Why is it ten years ago we didn't hear a peep about gluten, and now it seems to be a concern for everybody?

Why is Wheat Gluten Sensitivity on the Rise?

How could it be that a food staple which, quite literally, sustained humanity for thousands of years could suddenly become toxic to our health? Have we changed, or has the wheat changed?

Well, it started with the development of high-yielding varieties of cereal grains as well as the distribution of hybridized seeds, synthetic fertilizers, and pesticides. This new and improved species of wheat, along with the complimenting fertilizers and pesticides, resulted in larger yields. The world breathed a sigh of relief as the answer to world hunger seemed to have been found as this new farming technology was propagated by companies such as DuPont and Monsanto.

We took something that worked for 10,000 years and tampered with it. We have genetically modified seeds, we grow them in soil that is often synthetic, bathe them in harmful chemicals, pulverize the resulting plant into a fine dust, and then we bleach and chemically treat that dust. This is why gluten is making us sick.

What Can You Do?

Is going "gluten-free" the answer to this modern dilemma? Yes and no. Many of the gluten-free versions of food sold in grocery stores are just glorified junk food. Sure, the gluten was taken out, but chances are a lot of sugar and other starches (from corn and potatoes) have been added. Clearly eating gluten-free garbage disguised as a health food is not the answer.

If you are on a quest for health, truly vibrant health, you have two options. Simply do not consume breads, cereals, and other processed foods that contain wheat gluten. Or, alternatively, you can make your own bread products from non-GMO, stone-ground "wholemeal" flour.

While both options do not seem ideal for many, the truth is, we are living in a world where our food is often not safe. If health is our true goal, then we have to make some "sacrifices." What's a bigger hardship, cutting out certain foods, or living with chronic pain and illness?

Now that's food for thought!



You've Got Questions, We've Got Answers

Q: Do I have to take supplements with meals?

A: Unless otherwise specified, products should be taken 15 minutes before your meal(s). This would not be the case with something like a sleep supplement or a nutrient-infused slimming shake. Just be sure to read the label for any specific instructions.

Q: Is it OK to take more than the recommended amount if I don't feel like my supplements are working?

A: Our supplements are safe to use at the full clinical doses, because they have been studied at those doses. We cannot say that taking more than the recommended amount would be safe or any more effective.

Q: Are all of the supplements you sell compatible with each other, or could any counteract one another?

A: If taken as directed, mixing the formulas should be fine. However, you should always speak with your healthcare professional before beginning any new health regimen.

We Want to Hear From You!



Would you like to share your story in next month's newsletter?

Do you have a question for one of our doctors?

Let us know!

Contact editor@primallabs.com, and we will be in touch with you soon.

With Strong-Willed Determination, Vicki Lost 32 Pounds in Two Months!

by Jayson Hunter

"I don't think I've had energy like that in years," says Vicki, one of latest successful candidates going through *The Metabolic Fix: A 3-Phase System for Repairing a Broken Metabolism and Healing Sick Fat Cells*. And that energy came on quickly!

As Vicki worked her way through the first phase of the program—the carb-limiting phase—she was surprised by how easy it was with the Meal Planning Guide. Once she mastered the techniques she read there, she didn't even need it for the second phase—the carb-cycling phase.

Vicki also followed the Dynamic Training Guide included with *The Metabolic Fix*, which showed her how to use a couple of days' worth of exercise as a metabolic supercharger. She also used the Carb Count Cheat Sheet to refer to whenever she had questions about a food she wanted to eat.

"At first I thought it was going to be difficult," she said, but "Oh my gosh, my co-workers noticed within two weeks that I was dropping weight. I'm pretty sure I was walking around with a smile on my face. I was amazed. I felt great... like I was a different person!"

And when you look at Vicki today, you can imagine that she feels like a different person, because she looks like a different person!

In the first month alone, Vicki lost 3.5 inches from her belly and 2 inches

from her waist, hips, and thighs. Altogether, she lost 18 pounds in just 30 days.

In the second month of the program, Vicki lost 2.5 more inches off of her belly and waist, as well as 1.75 inches off of her hips, and .25 inches off of her thighs. In just 2 months after starting the program, Vicki has lost a grand total of 32 pounds.

What an amazing transformation!

Seeing these changes keeps Vicki motivated. She recalls that she "made desserts for Easter. They looked so delicious, but I never once tried any of them. I've come too far without sweets. I don't need them."

With a healthy diet, simple exercise, and some strong-willed determination, Vicki was able to achieve noticeable results.

"The results are worth it," she said when asked what advice she would offer a friend who was thinking about starting the program. "Put your mind to it. It can be done. You will feel good in the long run."

It was incredible to see how determined she was to lose the weight and follow the program exactly as it was laid out. The key to successful weight loss is being mentally prepared and devoted to losing the weight—that's when the program becomes really easy.



Vicki lost a grand total of 32 pounds in 2 months!

She also lost this weight with very minimal exercise, which goes to show that proper nutrition is the most important part of successful weight loss. The rate at which her weight came off was also a big motivator, especially when the compliments started coming in on how great she looked.

Today, now that Vicki has completed Phase 2 and is moving into Phase 3 (the lifestyle phase), Vicki plans to continue eating well, exercising, looking healthier, and feeling good about herself, adding, "It's nice to hear all the nice compliments!"



Jayson Hunter, RD, CSCS®

Meet Jayson Hunter

Around our office, our resident dietitian, Jayson Hunter, is known as "Smash-It Man." Why? Because when it comes to knocking out Dysfunctional Fat Cells, Jayson is the superhero you can rely on.

A certified dietitian and weight loss specialist, Jayson has been featured in *USA Today* and *Newsweek*. You may have seen him on CBS, NBC, ABC, or Fox TV... or read the Amazon best seller he co-authored, *Total Body Breakthroughs*. His delicious new protein shake, *Smash-It!™*, is available now from Primal Labs™.

A Perfectly Balanced Breakfast Recipe!

SERVES: 1

Prep Time:
5 minutes

Cook Time:
25 minutes

STATS (g) SERVING

Carbs 6.90

Fat 24.90

Protein 23.10

Calories 344.10

FATS

65%

PROTEIN

26.8%

CARBS

8%



INGREDIENTS

- 1 green bell pepper
- 1 teaspoon extra virgin olive oil
- 2 large eggs
- 3 slices cooked bacon, crumbled
- 1/8 teaspoon sea salt
- 1/4 teaspoons ground black pepper

DIRECTIONS

Preheat oven to 400°F. Slice the pepper in half. Scoop out seeds and membrane.

Brush the inside of the bell pepper with olive oil.

Season with sea salt and black pepper, then lay on a baking sheet.

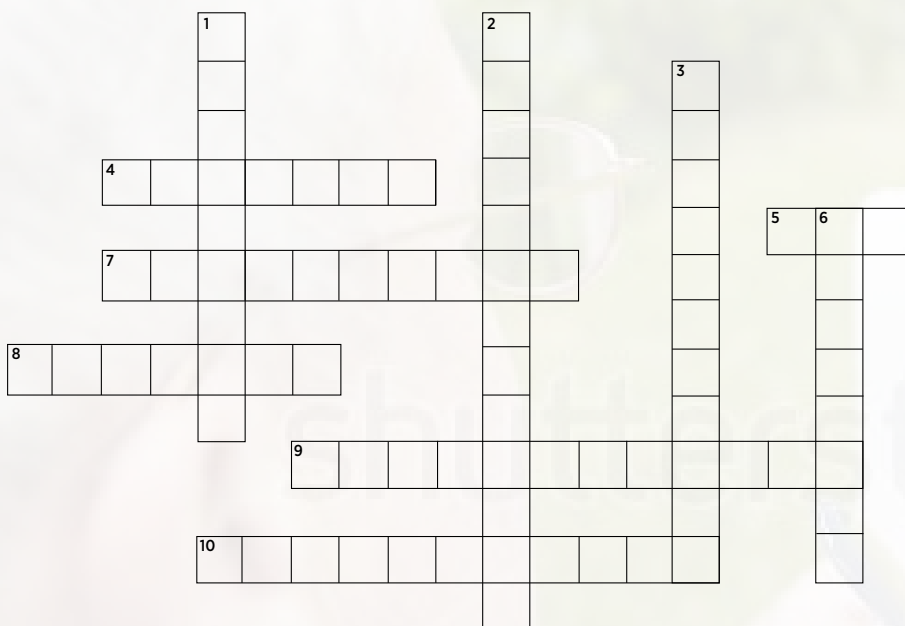
Crack one egg into each half of the pepper.

Bake for 20-25 minutes until eggs are set.

Sprinkle baked eggs with bacon to serve.

For more Perfect Meal Plans recipes visit www.PerfectMealPlans.com.

Crossword Puzzle



ACROSS

- 4 "Sitting is the new _____"
- 5 Genetically modified organism
- 7 The woman who originally came up with the Food Pyramid
- 8 A healthy source of energy
- 9 Related to a variety of health issues
- 10 A protein secreted by fat cells

DOWN

- 1 Biological agents that can destroy your muscles
- 2 Body fuel that burns like newspaper on flames
- 3 A rising food allergy
- 6 A company responsible for propagating new farming technology

ANSWERS:

ACROSS: 4. Smoking 5. GMO 6. Monsanto 7. Louise Light 8. Protein 9. Inflammation 10. Adiponectin DOWN: 1. Cytokines 2. Carbohydrates 3. Wheat Gluten 4. Monsanto



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- Enhances metabolism with L-leucine essential amino acid
- Slow- and fast-digesting proteins to feel fuller, longer
- Powerful antioxidants from 29 fruits, vegetables, spices, and herbs
- Blends of probiotics, enzymes, and fiber for digestive health
- Build and maintain more lean body mass

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Fixes “toxic” fat cells so you can enjoy superior weight loss and super health

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Breaks your body’s dependency on sugar with special proteins

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Helps you better digest foods, even dairy, and keeps you regular with special digestive enzymes and probiotics



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

The Primal Labs™ Difference

What sets us apart from other supplement companies is the extra level of care we take to ensure the safety of our products. While our suppliers have their own quality inspection process, we take things a step further.

The moment these finished products arrive at our warehouse, we send samples for additional laboratory testing to confirm that every single one of these specifications is met before a single bottle is shipped out to our customers:



Identity: Ingredients are exactly what they are supposed to be as stated on our labels—no substitutions, no fillers.



Purity: We place overly tight, allowable amounts of contaminants, pathogenic microbes, and carcinogenic heavy metals.



Strength: What we claim on our labels is actually present in our products so that our formulas deliver scientifically tested results.



Composition: Products are made with a uniform distribution of ingredients so that every tablet and capsule is exact.

If any of these criteria are not met, we conduct an investigation to determine the root cause of the problem, and issue preventative or corrective actions. We will then follow up to ensure that these actions have been put in place.

When we know with absolute certainty that these criteria have been met, it is then, and only then, that we will allow a product to be shipped to you. We put this much effort into this process because nothing is more important than the health and safety of our customers.

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4 Scheduling Secrets to Building a Better Metabolism

Do you take time to enjoy your food? Or are you just like the millions of Americans that rush through something on the go? Taking time to prepare a nutritious meal to eat at set times is by far the best way to get your metabolism regulated and working right. Here's how:



Get Up... and get a good meal in your system every morning. Not only will this help get your system regulated, but you'll also find yourself less hungry as the day goes on.



Pre-Make Lunches... and don't just make a quick sandwich before you head out, really think about what you'd like to eat for your midday meal, and make it the night before.



Make BIG Dinners... and eat them over the course of the week. This way, you don't have to worry about making something for dinner every single night of the week, and you'll know that you'll have something healthy to eat waiting at home.



Enjoy... your food! Don't rush through it just to get to whatever else is going on. Take your time. Savor the flavors you've created—you took the time, so reward yourself!

Also, make sure you're eating each meal at the same time every day—yes, including weekends. This will get your body used to processing food at specific times. The sacrifice we make for a cheap, quick meal does double damage to our bodies. When you eat whatever you can get ahold of, whenever you have time, you don't properly nourish yourself, and your body has a harder time digesting it. Don't let the pace of society set the pace of your meals.