INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

# INTEGRATIVE MEDICINE

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## Leptinex

### Stop struggling to lose weight

#### WHAT IT IS:

 A proprietary blend of natural plant extracts shown to support a healthy weight, as well as normal leptin, cholesterol, and blood sugar levels.

#### WHY YOU NEED IT:

- Targets patients who struggle to lose weight
- Addresses patients with high leptin levels
- Important for patients with strong food cravings
- Stimulant-free, vegetarian formula
- Bonus: supports healthy cholesterol and blood sugar

#### **HOW IT HELPS:**

While you may have never heard of the leptin hormone before your last blood test, scientists have been trying to figure out how to control this fat-building hormone since 1994.

Leptin is a hormone made by your fat cells to keep you fat. It works by slowing down your metabolism, increasing your appetite, and causing a depressed state that its best cured with food.

Why would your body do this to you?

For the answer to this physiological conundrum, you must travel back in time to the land of your ancestors where food was scarce, and humanoids had to run or climb to get a meal. Your ancestors would have a survival advantage if they had the ability to make lots of fat-building leptin hormone when food was plentiful. By storing excess food as body fat, they could skip a few meals (or more) and still be OK.

Perhaps more importantly, leptin levels also go up when there is inflammation in the body. For example, let's say your ancestral patriarch, Torr, accidently stepped on a sharp rock and badly cut the bottom of his foot which then became infected. Torr's foot would have swelled up and became red and inflamed. Unable to walk (or forage for food), he would have to sit under a shade tree for a week waiting for his foot to heal. The inflammatory response that would bring healing cells to his foot would also boost his leptin levels. With elevated leptin levels, Torr's metabolism would slow to a crawl so that by the time his foot healed he would have lost only minimal amounts of body fat. (A few token berries from Torr's love interest, Booba—your ancestral matriarch, tossed to him while he recovered would have been a kindness, but unnecessary for his survival).

While you may not have a deep wound on your foot, you probably are unaware of all of the potential sources of inflammation in your body. For example, ever get muscle or joint soreness after a good work-out? That's inflammation. How about a head cold? You will not lose any weight while you are down with the flu or dealing with congested sinuses. Ever been surprised when you get the stomach flu, do not eat for four days, and still lose no weight?

Yep... you can blame leptin.

Here is another cruel fact: leptin is made by your fat cells, so the more fat cells you have, the more leptin you make; unfortunately, the bigger you are, the harder it is for you to lose weight. Leptin explains why you can eat like a bird and lose weight like a snail, while your friend can eat like a pig and still look like a fox.

Scientists have discovered that patients with high leptin physiologically resemble people who are literally starving: nearly every excess calorie is stored as fat, appetite and cravings are screaming, and metabolism moves like frozen molasses.

Leptin is also involved in heart and arterial health, cholesterol production, bone health, and blood flow. With abnormal leptin physiology, the aging process is grossly accelerated, and patients can become older than their years.

In every bottle of Leptinex are the benefits of nearly 20 years of clinical research that scientists know can support healthy blood leptin levels. For example, results from an 8 week clinical trial of 92 patients using the ingredients of Leptinex showed that participants:

- lost an average of 12 pounds
- dropped their body fat an average of 4%
- took more than 2 inches off their waists
- slimmed nearly 3 inches off their hips
- reduced their blood cholesterol levels
- took down blood sugar levels 12%
- boosted their serotonin (the 'feel good' hormone) levels
- and most importantly, cut leptin levels by 50%

And all this was done without any lifestyle changes: no dieting, no exercising.

So, if you struggle with weight loss, are overwhelmed with powerful cravings, silence your moods down with food, or have high leptin levels, then you deserve a trial of Leptinex, the science of weight loss.