

## TUESDAY MINUTE TRANSCRIPT

This Week's Topic

# ***Biotics Introduces "Control-it"*** ***A New Weight Loss Program***



**"Using this new program, men are losing 8-12 lbs per month and women are losing 4-6 lbs per month"**

Earlier in my clinical practice I rebelled against any nutritional program or system that didn't focus exclusively on biochemical individuality. However, the older I get the more I realize the value in developing systems that can eliminate major health deterrents in one fell swoop, allowing the patient to feel better faster.

My experience is that when people get rid of the big things that breed disease, the body wants to spring back to health. If I can utilize a system that helps me integrate the majors, I can tweak the minors later.

And if that system is based on sound science, has clinical effectiveness, and is easy to supervise; I pay attention. That's why I am so impressed with the Control-IT Weight Management Program developed by Dr. Robert Maki.

One of the most difficult challenges in our culture today is the battle of the bulge. 72.9% of Americans are overweight



and an even higher percentage of people perceive that they are.

The common myth about weight loss is that people simply need to eat less and exercise more. That is a naïve comment. Although it has some truth, if it were that simple, we wouldn't be in the epidemic of obesity and metabolic syndrome that we see today.

There are so many metabolic factors involved that it difficult to identify, educate, and monitor patients about what to do and how to do it in a short

office visit. That's why I got so excited when I heard of Dr. Maki's successful work with over 700 patients. In his naturopathic practice he believes every patient needs to balance insulin and cortisol levels as core issues. If you are going to reduce insulin, you have to work with food.

People have to have a way to eat that they don't feel like they are denying themselves. They have to feel satisfied. It is also important to feel empowered enough to know that someone can cheat and it won't blow the whole program.

There are many possible causes for obesity. However, Dr. Maki has found 3 major ones and calls them the road blocks to health. He found that once he balanced these 3 road blocks everything else seemed to fall in place. The three road blocks that he focused on with every patient are: hormone imbalance, neurotransmitter imbalance, and food allergies.

The hormones Dr. Maki focuses on regulating are no real surprise to the Tuesday Minute viewers. If we are to have healthy body composition, we need balanced; cortisol, insulin, thyroid, and leptin levels.

In terms of neurotransmitters, dopamine has been linked to addictions. It is no surprise that eating processed food as well as refined sugars can trigger the release of dopamine which can cause continual pleasure seeking behavior. This pleasure seeking mechanism is referred to as the dopamine re-enforcement pathway, and has been identified as one of the main factors in any addiction including food addiction. It works like this. Processed food including sugar causes the release of dopamine which gives a temporary feeling of pleasure. Eventually dopamine and the feeling of pleasure decreases and we look for more processed foods/sugar to once again stimulate the release of dopamine.

Dr. Maki found a way to balance neurotransmitters with healthy snacks. He also has found a way to stabilize cortisol with food and adaptogens, to reduce insulin with diet and essential fatty acids, to reduce allergies and heal the gut with both diet and a mild food based liver detox.

Dr. Maki and his associate, Krysllynn Ann do a great job of detailing the simplicity of the Control-IT program. Check below for workshops in your area, web links or available CDs or DVDs.

I have talked to them both on several occasions, and I have really enjoyed hearing their approach and getting a bigger picture of the program.

Krysllynn Ann's specialty is marketing. She has put together a way to make the Control-IT program appealing to local businesses, other health professionals, or markets that we normally don't think about.

Whether you use the Control-IT program as a turnkey weight loss program for your patients or not, it's worth hearing her to expand your vision.

Another thing I liked about Dr. Maki's approach was his honesty. He said men lose 8-12 pounds per month and women lose 4-6 pounds per month. So we are not talking about unrealistic pie in the sky claims. He also said about 10% of his menopausal women don't lose as much weight as the general population but with more individualized attention can be successful.

So here's what I like about Dr. Maki's program. He has a system that YOU can supervise yet can be administered by your staff. It's easy to teach people to incorporate into everyday life and can be done long term. The Control-IT program works with real food. Yes we all want the magic supplement elixirs but the reality is people need to learn to eat properly. Exercise is not a big factor. In fact he says don't exercise for the first month unless you feel like it.

There are helpful supplements to balance cortisol, reduce insulin, and balance hormones. People don't feel hungry on the Control-IT program. Control-IT can be administered to local businesses, related health professionals, as well as, other markets.

People don't have to be 100% perfect every day, its real life application. No pun intended but the weight loss industry is huge and getting bigger. If you are looking for a weight loss program that yields consistent results with your patients, the Control-IT Weight Management Program may be worth adding to your services.