



Blueprint to Weight Loss

8 Root Causes of Weight Gain & How We Can Help

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What Exactly Is Blueprint To Weight Loss?

Blueprint to Weight Loss is a simple, fast, fun weight loss program that allows the patient and the doctor to have an auto-pilot program with fast, permanent results.

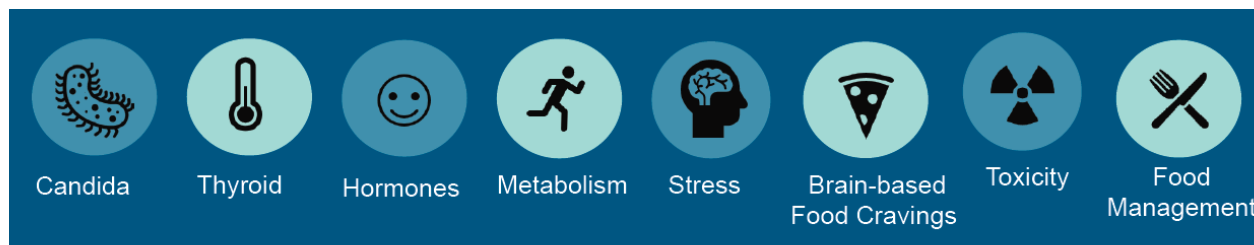
It's an easy-to-follow weight loss, detoxification, and healthy living program that is really effective. In fact, we see people lose between half a pound and a pound of fat per day.

Most weight loss programs out there are great but if you follow up with the participants just three months later, the weight is already starting to come back and the results aren't permanent. This typically happens because most weight loss programs don't address the root causes of weight gain and aren't physician supervised or customized to the specific needs of the client. So, if you want simple, fast, and permanent weight loss, you have to address the root cause of the weight gain. That's why our program doesn't include pills to swallow or any supplements that you have to continue using after you reach your goal.

What we've realized after asking hundreds of patients what they think the root cause of their weight gain may be, is that they have no idea. Most of the time we hear things like, they are eating too much and moving too little. We all wish it was that simple!

The truth is, there are 8 root causes of weight gain.

*These 8 causes include: Candida Metabolism Toxicity Food Management Brain-based Food Cravings
Thyroid Hormones Stress*



1 Candida

The first root cause is candida.

Candida is a yeast and a fungus found in the gut lining of the body. A little is okay, but when there is an overgrowth it starts to cause some serious health issues. Candida feeds off of sugar and thrives in cool environments in the body. Because of this, it makes you crave sugar and your thyroid will come under fire. We will go over this in more detail in a minute.

As candida starts to die off, it releases up to 80 different types of toxins in the body. In order for these toxins to get out of the body, they have to be filtered through the liver. If the liver is already full of toxins (because of the food we eat) the extra toxins get stored in the fat cells. Usually these fat cells start to accumulate around the midsection because the hormone cortisol drives them there. Because fat is for protection, the cells will start to harden and will avoid releasing their contents in order to keep the toxins out of the bloodstream.

That's what's going on when you have stubborn fat. That's the main reason why those fat cells do not want to release their toxins. The kind of fat we're talking about is the kind that won't budge no matter how much you try to work out or work it off. So in order to start getting rid of fat in that area, we have to address the root cause.

The first thing that needs to be done is get the candida under control. Remember, candida is a fungus and a yeast that thrives in cool environments. Our bodies are smart enough to use the thyroid to try and turn up our body's temperature to thwart the candida. But, just like anything, if you work overtime you will eventually burn out. Long periods of overworking will cause the thyroid to become sluggish and burn out. This is where a state of hypothyroidism starts to come in, which makes your body a breeding ground for weight gain.

We have a specific liquid herbal supplement which kills candida on contact. Once you get it in your system, your sugar cravings will be less intense, less frequent, and you will begin to feel like yourself again (candida can even cause brain fog!).



2Thyroid

The second root cause of weight gain is the thyroid.

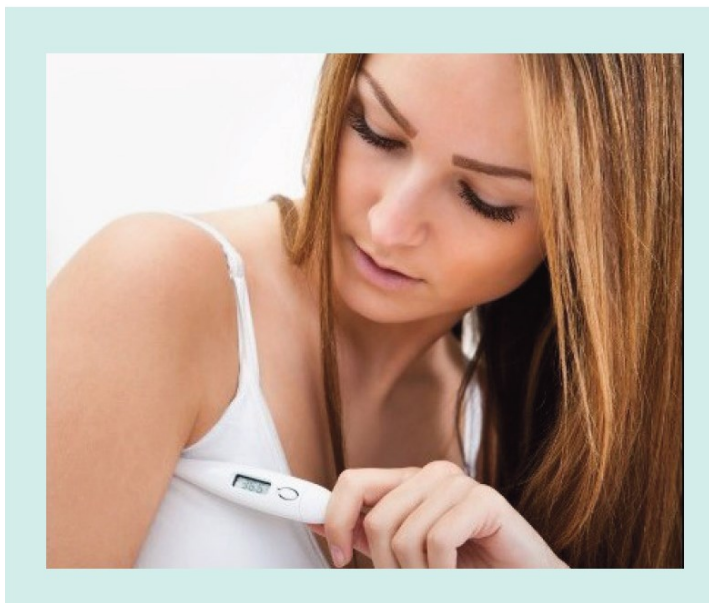
Your thyroid has a big job. The hormones it secretes help maintain a healthy heart rate, maintain healthy skin, and play a crucial role in your metabolism. When the gland is sluggish due to candida, as we just discussed, it can rob you of your energy, dry out your skin, and make your joints ache. Those are all undesirable symptoms, but specifically what we're talking about here is that it can cause dramatic weight gain. That's a lot of grief for such a small gland, isn't it?

So, how can we help get the thyroid back to its normal level? We have a unique blend of whole food minerals from sea vegetables that provide natural iodine as well as macro- and trace minerals. All of these ingredients work together synergistically to give your thyroid exactly what it needs to be able to release the specific hormones that enable you to have a high metabolic rate. Maintaining a high metabolic rate helps keep your body temperature high enough that it can start to kill off the terrible candida.

Test your thyroid at home for free.

Before you go to bed, leave a digital thermometer on your bed-side table. First thing in the morning before you get out of bed, check your temperature under each arm with the thermometer. If it is below 97.8 degrees, that is a sign of a sluggish thyroid.

You may want to do this test 3 days in a row to get an average.



3 Hormones

Another cause of weight gain is hormones.

Hormones give us feedback on things like the feeling of fullness. The key sensations when it comes to hormones are hunger, energy, and cravings. These three things give us clues as to how our hormones are behaving. You cannot lose weight permanently, or stay on a good food management plan, if your “HEC” (hunger, energy, and cravings) is out of balance.

We have a topical support that combats low hormone levels. We use a homeopathic liposomal cream. The ingredients in our cream are encapsulated in a specific type of vessel called liposomes. This helps facilitate absorption of the supplement by the body and allows for increased entry into the bloodstream as well as delivery into the cells.

There are 4 different hormones that affect your weight:

Adiponectin

Adiponectin is the hormone that literally tells your body to burn fat for fuel. Multiple studies have shown that the more of this super hormone you have circulating in your bloodstream, the more fat you burn. Research shows that low levels of adiponectin are associated with a higher incidence of obesity.

Ghrelin

Ghrelin is called the “Hunger Hormone.” The more you have in your system, the hungrier you are. If you find yourself fighting cravings and can’t seem to stay away from the fridge after dinner, it’s probably due to elevated ghrelin levels. Ghrelin works directly on the hunger center of your brain by activating the brain’s reward response to highly addictive sweet and fatty foods.

Insulin

If you’re overweight, there’s a good chance that you’re experiencing some level of insulin imbalance, which results in excess glucose, or sugar, in your system. While this doesn’t necessarily mean that you’re diabetic, it does mean that your body’s insulin becomes less effective at lowering your blood sugars. The end result is that most of the carbohydrates you consume get stored as fat.

Cortisol

Your body produces cortisol in response to stress, ramping you up so you can be ready to fight or flee. With the constant stress in today’s hectic world, our cortisol levels are elevated far beyond what we were originally designed to handle. The result is increased sugar cravings, slower metabolism, higher percentage of fat stored in midsection and depression

4 Metabolism

The next step is looking at metabolism.

The metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, calories in food and beverages are combined with oxygen to release the energy that your body needs to function. Even when you are at rest your body needs energy for all of its hidden functions such as breathing, heartbeat, growing and repairing cells, circulating blood and producing hormones. The number of calories that your body uses to carry out these functions is called your basal metabolic rate. This is what you might call your “metabolism.”

The supplement that we use to help boost metabolism is a specific combination of natural caffeine, flower essence, and white isotopes. It helps raise your metabolic rate without causing jitters or problems with sleeping.

Imagine trying to take a tire off of a car; the first turn of the lugnut can be challenging. However, once you get it loosened it becomes much easier. This is what the product does for your metabolism and is the reason you don't have to stay on it forever.

Foods to naturally boost your metabolism:

- Blueberries
- Almonds
- Turkey
- Salmon
- Spinach



5 Hypothalamus

Almost everything that goes on in the body has to do with the hypothalamus.

It relates to weight management and controlled weight loss. The hypothalamus is normally not addressed in any weight loss program (nor are any of the other root causes we've mentioned so far). Most simply put, when the hypothalamus is "broken" food becomes increasingly important because we never end up feeling satisfied with the foods that we have eaten and we end up eating more and more to try to compensate! From a metabolic standpoint, the hypothalamus not only governs your motivation to eat, it also stimulates hunger and appetite. But most importantly, it controls how satisfying eating is and how deeply the feeling of satiety occurs. This should give us an idea of how important healthy hypothalamic function really is.

We hear so many people say that they never feel satisfied when they are on a weight loss program, but that's their hypothalamus talking. We have a way to help you with that in our program. In order to achieve healthy hypothalamus function, diet is key.

We have a simple food management plan that is specifically designed to provide the correct amount of meats (if you eat them), vegetables and fruit while controlling your carb cravings. We also have tools to help you, including measuring spoons and a scale, so you don't have to worry about counting points or calories.

4 Things to Maintain Hypothalamic Health

Once you get your hypothalamus functioning properly, it is very important to incorporate good habits to keep it healthy.

Exercise Regularly



Eat Healthy Fats

Get Enough Sleep



Reduce Stress



6 Stress

The last root cause of weight gain is general stress.

When they're on a weight loss program a lot of people get stressed - and we know that stress creates weight gain because of cortisol! So it's important not to have overall stress when you are trying to lose weight. You will be spinning your wheels if you are on a weight loss program that stresses you out.

Imagine if we could control the stress response by simply reframing our thought process! This is the game-changer with our program. Having the right doctor behind you, the right program in front of you, and 24/7 support around you will definitely help neutralize the stress that comes with most other weight loss programs.

24/7 SUPPORT



**Best Essential Oils
To Help Reduce Stress**

**Frankincense
Lavender
Chamomile**





When it comes down to it, we have to get down to the basics and address the root causes that we just discussed to achieve the permanent weight loss that you want. If you love to cook, we have a recipe book with over 100 healthy recipes that can be made in under 10 minutes.

To sum it all up we are:

teaching your mind and body how to burn fat instead of sugar while supporting you through your journey of finally addressing the root cause of weight gain by giving you a lifetime program to be sure that the weight stays off all while making the program simple, easy, and fun with 24/7 support.



That's Blueprint to Weight Loss!

