

# The Future of Weight Loss

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Losing weight isn't easy. In fact, the older you get, the harder it may be for you to lose 5... 10... or even 15 pounds. Why? There are many reasons why this is occurring that could be shunting your weight loss and making it harder than ever to successfully lose weight and keep it off.



In this report, you're going to learn:

- **How sick fat cells are making it harder than ever to lose stubborn belly fat**
- The powerful hormones that aren't working correctly that are keeping you fat and unhappy
- **The simple steps you can take today that could drastically turn around your fat loss.**
- The powerful, all-natural weight loss solutions that may finally be at your fingertips.

So if you find that you are 5...10...or 20 LBS. overweight, then this may be the answer to your struggling weight loss. In fact, this report is going to open your eyes to a few all-natural solutions that could make losing weight as easy as 1...2...3!

Forget about carb restriction (or elimination)...

Forget about endless hours on the treadmill or counting reps at the gym...

Forget about those "easy-to-use" diet plans that fall short when it comes to giving you the body of your dreams.

Why?

Because even these common and very powerful weight loss strategies simply won't work if your body is unable to work in harmony with these solutions! Let's take a look at a few of them:

### **The Importance of Losing Weight and Body Fat**

A recent report stated that Americans, for the first time in about 70 years, are expected to DIE earlier than other countries. The average, for a long time, held strong at 82.4 years.

But, according to this report, excess bodyweight, an over-reliance on prescription medication, and a poor diet, have lowered your life expectancy to only 78 years!

So what is the problem? Why is this occurring?

As a society, you (and I) are constantly bombarded by stressful situations. And this stress often leads to excess inflammation, intense food cravings, and elevated blood lipid levels (in the form of cholesterol and triglycerides).



All this stress is simply not good for your health. It may be the leading cause of many different health issues including excess weight gain

And excess weight gain, as you know, has been linked to many different chronic diseases including:

- Heart Disease
- Diabetes
- Depression
- ADD
- ADHD
- Cancer
- Digestive issues
- Metabolic Syndrome
- And many, many more.

That's why controlling weight could be one of the most effective treatment modalities for those looking to improve their health and increase their longevity and mortality!



But, like previously mentioned, eating the right diet and exercising in the gym may NOT work for everyone. In fact, it may hinder your weight loss attempts if you're not careful.

Why? Simply because you're not attacking the main factors that may be causing you to gain weight—or at least, hindering—your weight loss!

Those factors include:

- **Sick and inflamed fat cells**
- Slower metabolism as you get older
- **Leptin Resistance**
- Stress, inflammation, and high CRP levels

Addressing these factors could mean the difference between losing weight...

...or staying where you currently are—fat and unhappy. In order to successfully lose weight, you need to address these factors—in unison or one at a time—in order to strip away years of stored belly fat and finally reveal the lean body hiding underneath.

Let's take a look at each one in more detail starting with how your fat cells may be "sick" and dysfunctional...

## How "Sick" Fat Cells Hinder Your Weight Loss

Inflammation, high cortisol, and high Leptin levels may have created a perfect storm inside your body.

It's created an environment where your fat cells have become sick and dysfunctional...

Inflamed...

And on the verge of EXPLODING due to all the stored fatty acids they contain!

It didn't happen overnight. When you're born, you have healthy and happy fat cells that take excess energy and store it for later use.

**BUT:**

Over the years, you have made some poor choices when it comes to diet and exercise.

And those choices, compounded by all the years you've eaten poorly or been inactive, have steadily made your fat cells sick and dysfunctional.

And unlike most diseases, there is no magic pill to take... or shot you can administer to your fat cells...

Not only are your fat cells accumulating YEARS worth of disgusting fat, they're also slowly causing the scale to creep up...your pants to tighten...and your body not looking like it did a few months ago!

Inflamed and dysfunctional fat cells may lead to many serious metabolic disorders such as diabetes and metabolic syndrome. These diseases could also blossom into more serious diseases such as heart disease, cancer, dementia, depression, or even death.

It's like interest at the bank. Each time you make a deposit, you earn money on that deposit. And, if you don't change anything, the interest climbs. You **EARN MONEY** on your **MONEY**, right?

Well, think of sick fat cells in this way. Each day, you take in more and more calories, which is stored in your fat cells.

But, due to poor hormonal balance, as your fat cells get bigger, they also get a little more inflamed. And the inflammation grows and grows until you can't add anymore...

...and you can't take anything AWAY from your fat cells. They are stuck, growing more dysfunctional with each passing day.

Even though there are no shots—or medicine—you can take, there are some powerful nutrients that could help your fat cells function normally.

These nutrients include:

- Bitter Orange
- Raspberry Ketones
- Hot Peppers

Let's take a closer look at each one and how they may impact your weight loss.

### Bitter Orange and Weight Loss

Bitter orange, which is a specialized nutrient found in oranges, grapefruit, and some other citrus fruit, has been shown to increase metabolism, thermogenesis, and energy expenditure. And it does it without impacting other organs in your body.



You see, bitter orange contains a special compound called p-synephrine. Structurally similar to ephedra, p-synephrine interacts with the adrenal glands to increase the production of norepinephrine and epinephrine.

But, unlike ephedra, p-synephrine has little impact on your blood pressure or heart rate, which ephedra is famous for.

Besides an increase in metabolism and thermogenesis, bitter orange has been linked to improved athletic performance, increased lean muscle mass, and may even improve your body's ability to use carbohydrates as a major fuel source (instead of being stored).

So you may be asking, "How does it work?"

Bitter orange works with your body by activating B-receptors on your fat cells. Once these receptors are activated, a complicated chemical reaction occurs that liberates the fatty acids from your fat cells.

The floodgates open and hundreds, if not THOUSANDS, of stored fatty acids are released into the bloodstream to be used for energy.

This could help SHRINK your fat cells, therefore reducing the fat on your belly, hips, butt, and thighs!

This is just the first step in the overall weight loss process. The next step is equally as important—if not more so—to your overall metabolism and ability to burn fat—and keep it off!

Suggested dosage: 125mg 2x per day.



## Raspberry Ketones and Weight Loss



Once you have freed the fatty acids, you need to make sure they are able to be used for energy. And that is where Raspberry Ketones comes in handy.

This aromatic component to red raspberries has been shown to:

- Increase metabolism
- Boost energy expenditure (calorie burn)
- Increase thermogenesis in your fat cells
- Boost the production (and release) of Adiponectin in your blood stream

Once the fatty acids are released from the fat cells, they need to be broken down by specific enzymes to be used by your body.

Raspberry ketones activate those specialized enzymes that break down fatty acids into a more usable form.

In fact, in a clinical setting, raspberry ketones were able to create an environment where individual fat cells were able to break themselves down.

The other way Raspberry ketones increases weight loss is by boosting the expression of Adiponectin secretion from your fat cells.

This hormone plays a crucial role in weight loss, not only by increasing your energy expenditure and metabolism, but by preventing an immature fat cell from turning into a full-fledged fat cell.

Adiponectin also controls and manages your blood sugar levels (good for those who could be diagnosed with diabetes), and helps to regulate your metabolism.

Raspberry ketones are structurally similar to other known fatburning nutrients, such as the one below:

Suggested dosage: RazK is the scientifically studied brand and 300mg 2x a day is the suggested dosage.

## Capsaicin (Hot Peppers) and Weight Loss

Hot peppers contain a compound called capsaicin that has been shown, in countless studies, to burn fat, accelerate your metabolism, and split and burn off fat cells.

It does this by activating the same B-receptor cells (as Bitter Orange) on your fat cells to release stored fatty acids.

However, it does more than that!

Capsaicin also stimulates thermogenesis by stimulating the release of norepinephrine from your adrenal glands.

This action could stimulate the movement and release of fatty acids from your fat cells to eventually be used for energy.



There is only one problem with capsaicin: It's HOT!

And this heat may lead to stomach pains, intense burning in your throat, and overall pain. However, by putting capsaicin in beadlets, you may get all the fat-burning benefits of capsaicin—without the burn.

Suggested Dosage: 85mg of Capsimax 2 times per day.

If you're going to lose any weight this year, you need to have the right diet and exercise program in order to reduce inflammation and "fix" your dysfunctional fat cells.

However, due to life demands, stress, and hormones, you may not be able to lose the weight that you want. But there are two special nutrients that could help along the way.

They are:

- LeptiCore®
- Sensoril®

These two nutrients may be the newest breakthrough in the battle on weight gain and could do wonders for your body and health.

Before we get into the two powerful nutrients, you first need to understand a little bit about Leptin and what it does in your body:

### Leptin Resistance and Weight Loss

Leptin is a very powerful hormone and plays a large role in your ability to burn fat. However, when you're overweight—even by a few pounds—your Leptin levels may increase to counter the increase in calories and stored calories. When you start to lose

weight, your Leptin levels start to decline, which could slow the weight loss process.

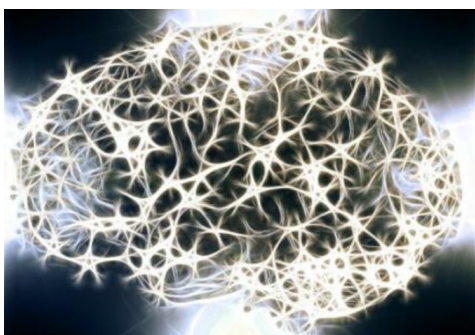
Leptin interacts with your brain—telling it when you're at max capacity and that you should start to get moving to burn some of those calories. And although overweight individuals often have higher Leptin levels (which you would think would increase fat loss), the Leptin is unable to reach the brain to communicate their need to work out.

This is called Leptin Resistance—or your body's inability to use the high Leptin levels in order to burn the excess energy and stored calories. This leaves the FREE Leptin unable to bind to your brain, therefore shutting off the signal to stop eating and instead, allows you to consume more calories and gain more weight.

What can you do to combat this?

### LeptiCore® and Leptin Resistance

One way to reduce the risk for Leptin Resistance would be to lower your FREE Leptin levels. And there is no better way to do that than with LeptiCore®. This unique blend of beta-carotene, blue-green algae, and plant-based polysaccharides has been shown to LOWER your FREE Leptin levels and allow your brain to once again recognize this powerful weight loss hormone.



The end result: A better and more effective way to lose weight and keep it off!

Not only is your brain able to recognize Leptin (and use it) once again, it helps slow a number of different aspects that could contribute to weight loss.

Does it work? Studies have shown that ON AVERAGE, people using Leptimore® were able to lose 11.5 pounds and shave off nearly 3 percent off their belly fat!

But there,s more:

The same people were able to lose 1.8 inches from their waist and an amazing 1.7 inches from their hips!

All due to their body recognizing and using Leptin to the best of its ability!

Suggested Dosage: 300mg two times per day.

Now, if Leptin is not the cause for your weight gain—or inability to lose weight—it may have to do with:

### Stress and Weight Gain

This is the point in your fat loss journey when things start to break down. Life, job, and family demands take up a good majority of your time. And all that running around, trying to meet deadlines, and making it to your parent-teacher conference while slugging down an energy drink is leading to some serious issues inside your body.

All that stress and panic often leads to intense cravings for sugary, fatty foods that often get stuck in your belly (imagine Chris Farley in Tommy Boy with the doughnuts), on your hips, or even making a new home on your thighs!



All that stress is also increasing your cortisol levels—a powerful stress hormone that completely turns everything in your body upside-down. With all that extra Leptin just floating around inside your body, your body releases Cortisol in order to combat it.

What happens next is where your weight loss often suffers... The response from cortisol when it sees that your Leptin levels are so high, is to release extra molecules in order to **BRING LEPTIN LEVELS DOWN!**



Cortisol stimulates the release of c-reactive proteins (inflammatory markers), which bind to Leptin and prevent the binding action to occur in your brain.

There goes your fat-burning response! In fact, it's quite the opposite of fat loss. When CRP binds to Leptin, your body believes it's still hungry (since Leptin hasn't told it otherwise), which causes you to eat more and more.

But there is a solution that not only **LOWERS** cortisol, but also CRP levels. The name is Sensoril®.

### Sensoril® + Cortisol + CRP Levels

In order to squash your cravings and increase your weight loss, you need to lower your cortisol and CRP levels.

That way you can stop cravings DEAD in their tracks and enable your FREE Leptin to travel to your brain unattached to c-reactive proteins—and do its job of stimulating your fat loss.

And there's no better way to do that than with Sensoril®. This powerful form of ginseng has been used for thousands of years to treat a number of different health ailments.

But the true power of Sensoril® is the unique ability to lower both cortisol and CRP levels in your body!

This means:

- **Your cravings for sugary and fatty junk food will be just a memory**
- Your body will be able to use Leptin once again, so you can burn excess calories and strip away your belly fat.
- **You could have a much better relationship with food as your cravings for higher calorie foods come to an end.**

One added benefit of Sensoril® is the natural production of neurosteroid hormones in your body that reduce anxiety, give you a better sense of well-being, and may shut down stress and inflammation.

Suggested dosage: 125mg two times per day.

Lowering cortisol and Leptin are two sure-fire ways to kick start your metabolism and help with your overall weight loss.

## The Final Word

There are many different issues that you may run into when you're trying to lose weight. Figuring out the right diet and nutrition program...

...to figuring out what your ideal macro intake should be. There are a lot of factors that impact your weight loss.

But that's not all! Your weight loss may also be impacted by a number of different issues that, over the years, have made weight loss nearly impossible.

It's true that you may have sick and dysfunctional fat cells (caused by inflammation) that could make it harder to lose weight.

You could also have issues with hormones (low Adiponectin and HIGH Leptin and cortisol) that could be preventing you from reaching your true goal and ideal body size and shape.

But don't despair...

There are some very powerful nutrients that may actually make losing weight a simple and successful process.

Including more of the nutrients above could give you tremendous weight loss results.

But there is one thing to consider: The AMOUNT of each food you would have to eat (each day) is immense and not very realistic.

That's why, on the next page, we have created a simple solution so you don't have to work any harder in the gym...or on your diet.

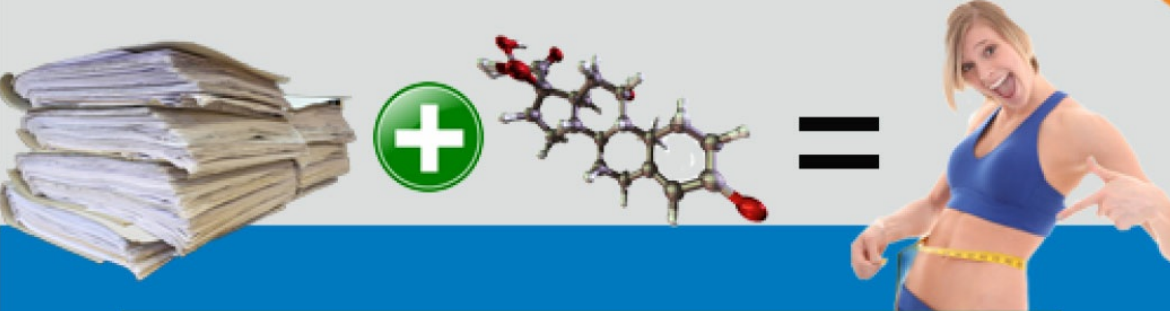


In fact, this solution may easily knock 10 to 20 LBS. off your body in the first month! It works in unison with your fat-burning hormones to fix your damaged metabolism and balance major issues like blood sugar or cravings.

If you're interested in finally maximizing your fat loss and repairing your slow metabolism, then you need to click the image below:

The Connection Between  
Fat and Hormones Is Finally Clear

Scientifically Proven



LEARN HOW HERE >>

The image is a promotional graphic for a health product. It features a central visual equation: a stack of papers (representing fat) plus a green circle with a white plus sign, followed by a ball-and-stick molecular model (representing hormones), an equals sign, and a woman in a blue sports bra and leggings measuring her waist with a yellow tape measure (representing fat loss). The background is split into a light grey top half and a blue bottom half. A diagonal orange banner in the top right corner contains the text 'Scientifically Proven'. At the bottom, a green button with the text 'LEARN HOW HERE >>' is centered.