

Fed up with fad diets? High fiber supplements and powders that make your intestines bloat and make you feel miserable, depleted and toxic? Have you had it with starving or bingeing to shed those pesky pounds? Or the stimulation from herbal or megavitamin approaches? Try taking a natural approach to weight loss.

Why so much obesity and degenerative disease? It simple! Environmental toxicity from man-made chemicals is wrecking havoc with our thyroid hormones and liver's ability to render them active so they naturally burn fat. Here's what happens: the active fat-burning hormone T_3 decreases while the inactive rT_3 increases. While this is happening bile production in the liver decreases and the negative impact of stress increases. Over time, this uncompensated stress can take a serious toll on your health—not to mention your weight. Stress can be compensated with food nutrients so it does not allow cortisol, the stress hormone to block thyroid hormone conversions in the liver.

NATURE'S WEIGHT LOSS SECRETS: Quorum Nutrition® via Fermentation

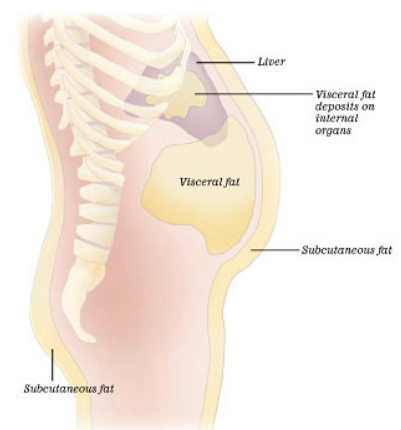
The lack of reciprocal balance between T_3 and rT_3 CANNOT be fixed the way doctors currently treat thyroid issues with hormones or by trying to balance the hypothalamic-pituitary-thyroid axis with other DHEA, progesterone, or other hormones or herbs. Instead, the cause of a preponderance of excessive rT_3 is generated outside the thyroid gland and must be fixed by correcting a deficiency of organic, fermented, selenocysteine and by cleansing the body of toxins called xenoestrogens which inhibit 5'-deiodinase, the enzyme responsible for making lots of fat-burning thyroid hormones in your body.

Once we become overweight, we cannot make or get selenocysteine from our diet. It has to be fermented by nature's recipe and cannot be inorganic or synthetic as it is currently sold in the marketplace.

Alterations reciprocal T_3 and rT_3 relationships are found in liver disease (*Recent Prog Med* 1990;81:351-55), kidney disease (*Ren Fail* 1997; 19:129-136 *Chung Kuo Chung Hsi I Chieh Ho Tsa Chih* 1993;13:155-7) severe or systemic injury (*Clin Endocrinol* 1982;16:565) and inflammation from toxic metals (*Comp Biochem Physiol C Pharmacol Toxicol Endocrinol* 1999;123:39-44; *J Appl Toxicol* 1998;18:317-20; *Toxicology* 1997; 124:203-209; *Occup Environ Med* 1994;51:536-40).

A popular belief nowadays is to use HRT of thyroid hormones to correct a deficiency in T_3 . However, a lot of scientific evidence tips the scales in the "false" direction with regard to this idea as the core issue of impaired T_4 to T_3 conversion is never addressed. Instead, correction of a selenocysteine deficiency can significantly impact the quantity of thyroid hormone metabolites influencing cell function (*Altern Med Rev* 2000;5(4):306-33; *J Clin Chem* 1992;38:1885-88; *Intensive Care Med* 1996;22:575-81). As an added bonus, it can also help the liver detoxify those fat-storing toxins called xenoestrogens.

Plus, the activity of hepatic antioxidant enzyme systems and lipid peroxidation influences the peripheral metabolism of thyroid hormones (*Br J Clin Pharmacol* 1983;15:71-76. *Thyroid* 1997;7:655-668. *Chem Biol Interact* 1994;92:293-303) because these liver activities keep the body clean of fat-storing toxicants (xenoestrogens). Lifestyle factors, such as stress, caloric restriction, and exercise also influence the metabolism of thyroid hormones. Toxic metals, xenoestrogens and drugs inhibit 5'-deiodinase. Beta blockers, antiarrhythmic, antianginal, and corticosteroid drugs are 5'-deiodinase inhibitors (*J Clin Endocrinol Metab* 1975;41:911; *Thyroid* 1991;1:273-77; *Acta Endocrinol (Copenh)* 1983;103:254-258; *J Clin Invest* 1975;55:218; *Clin Invest* 1976;58:255). Sadly these thyroid imbalances also have been associated with longer hospital stays and higher post-operative death rates (*Surgery* 1998;123:560-67) and MCS or ESS (*J Endocrinol Invest* 1992;15:437-41; *Acta Med Acad Sci Hung* 1979;36:381-94; *Acta Chir Scand* 1984;150:273).



7 WAYS to Obtain a Healthy Weight

1. **SUPPLEMENT WITH Cultured Protein** -- Take 1 tab of [RegenaFood](#), rich in fermented selenocysteine and protein with each meal daily ** Don't take any USP vitamins or multiple vitamins.
2. **INCREASE FIBER** – shred carrots with diced celery and eat 1 to 2 cups daily adding 1 tablespoon of [QUANTAFOODS FOOD CONDIMENT \(SEE WWW.AEVINCENT.COM\)](#). For variation, add shredded beets or broccoli stems to the salad. Stop all moldy fiber or superfood supplements as mold blocks the enzyme that makes the fat-burning thyroid hormone and allows stress to damage your body.
3. **DESTRESS** – Stress can pack on the pounds. Certain nutrients can tame stress and lower the stress hormone cortisol that blocks the active fat-burning thyroid hormone – found in [Quorum Nutrition](#).
4. **AEROBIC EXERCISE** – Ask your doctor what the best daily exercise is and do at least 15-30 minutes a day of aerobic exercise.
5. **SWEAT** – sweating via a sauna or hot baths aids in the release of toxins that block fat-burning hormones.
6. **SLEEP** – sleep deprivation has been linked to low energy and metabolism and increased food consumption and addictive tendencies (caffeine, carbs or sugar)
7. **EAT A VEGAN DIET** – nothing revs up the metabolism faster than eating a lot of salads and raw vegetables. Avoid all processed, refined, pasteurized foods and all hydrogenated or heated oils. Ask your doctor what foods are best for your metabolism and unique health issues.

Don't get confused with all these fad, high-fiber diets, low carb or ridiculous high protein diets! Nature's weight loss secrets are vastly different from the chaotic jumble of fragmented and unexplored half-guesses and stimulatory pharmaceutical nutrition used by most practitioners of alternative and naturopathic medicine. USP "milligram-dosed" vitamins are all pharmaceuticals made by Big Pharma and are toxic to the body depressing many natural hormones. They cling, like a magnet to metal, to various parts of your liver. Avoid them in multivitamins, nutritional supplements and enriched foods. Remember, a 6-year study at the University of California by Darryl See, MD found only 2.5% of over 200 products were non-toxic and had actual antioxidant or anti-viral benefits!

In summary, reputable university-based scientific researchers are telling us that nourishing the cells can help the body to resist infections, reject tumors, inhibit carcinogenesis, detoxify pollutants and heal itself with greater efficiency. The list of conditions these food concentrates are claimed to help is incredible and far too numerous to cite in this newsletter.** As scientists continue to study the wisdom in nature we may discover other beneficial uses for fermented or concentrated whole foods. By following nature's recipe for nutrition via the fermentation of foods with thousands of nutrients in co-protein formats like selenocysteine, we can't go wrong. After all nourishing the body and helping it cleanse itself better makes perfect sense. We all want to stay healthy in today's toxic world. Remember; don't aim your efforts at treating syndromes, diseases, or symptoms. Instead, NOURISH your body to restore the integrity and capacity of its innate hormonal, immune and self-healing systems. Who can argue that a clean and well-nourished body will function better?

**** 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.**