

**ROYAL CENTER OF ADVANCED MEDICINE**  
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# ROYAL REPORT, VOL.3, ISSUE 2

*"Providing Medical Solutions for Health Enhancement"*

NOVEMBER 1999

## CUSTOM-MADE NUTRITIONAL SUPPLEMENTS NOW AVAILABLE

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 @ drroyal.com

For years, I've been interested in assessing the nutritional status of my patients. My recommendation has always been to assess vitamin and mineral deficiencies primarily through white blood cell testing from SpectraCell and secondarily from hair testing. From these results, various supplements would be prescribed.

Recently, I have decided to combine my blood and hair testing with a questionnaire developed by NutriLab. The NutriLab plant is a fully FDA approved pharmaceutical manufacturing facility. Here, physicians have the freedom to choose the source of raw materials from any supplier in the industry.

The purpose of this combined testing and questionnaire approach is to create a vitamin/mineral supplement that has been specifically made for the individual needs of each patient called "Custom-Vite."

There are several reasons for you to consider such a comprehensive program:

- Direct home delivery
- No guesswork
- No worry of overdosing
- Better patient compliance
- Saves patients money
- Increased patient satisfaction

This is the way of the future! Why? Because with Custom-Vite you are getting the preventive medicine you need to optimize your health without either you or your physician



Lab Testing helps to make nutritional prescribing more accurate

having to guess at it. The product is delivered directly to your home. It is automatically renewed every three months for up to one year. Re-testing is recommended to be done annually.

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 Many of us are interested in

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## THE SECRET TO LOSING WEIGHT

finding the best way to lose unwanted pounds and improve our health at the same time. We've all seen the quick-fix fads (e.g., Phen-Fen) where the magic pill can reduce us to the size of the anorexic supermodel without our having to make any effort whatsoever. Just take an appetite suppressant, add an am-

phetamine, and--woala!--you're miraculously thin again. The problem with this mentality is that the weight always comes back once you stop taking the pill(s). And why shouldn't it when your body didn't learn anything except that drugs can stop you from eating and induce hyperactivity. In cases like

this, the body perceives the disruption in its homeostatic balance as starvation. So, when the weight comes back, your body adds a few more pounds for insurance against any future attempts to change the status quo. This is known as the "yo-yo phenomenon."

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### Why Use Custom-Vite by NutriLab?

- The formula is based on hair & blood testing and patient questionnaire
- The prescription is approved by your physician
- Safety for patients is increased
- Delivered directly to the home

## CUSTOM-MADE SUPPLEMENTS AVAILABLE

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**Q:** Why customize nutritional supplements?

**A:** Our needs differ. Nutritional requirements change over time. Nowadays, it is not uncommon to have undiagnosed nutritional deficiencies due to such things as bad eating habits, crash or unhealthy dieting, and incorrect use of current supplements (e.g., too many, too few, or wrong products).

**Q:** What makes CustomVite unique?

**A:** CustomVite Supplements are fast dissolving capsules for maximum absorption. Maximum bioavailability is achieved by delivering appropriate concentrations of nutrients to the cells. Side-effects are minimized through the use of hypoallergenic ingredients and complimentary combinations.

*Maximum bioavailability is achieved by delivering appropriate concentrations of nutrients at the cell level.*



NutriLab makes "CutsomVite," a custom-compounded nutritional supplement regimen for each individual patient.

**Q:** How long should I take CustomVite?

**A:** Each month's supply contains 30 individualized daily-dose packets. They may be spread throughout the day (e.g., with meal). Follow-up testing recommended annually to assess the patient's improved nutritional status. At that point the prescription can be updated and a revised CustomVite formulation prepared.

### FREE NUTRITIONAL COUNSELING\*

WITH PAT WHELAN  
FROM NUTRILAB

#### DATE

NOVEMBER 11, 1999

#### TIME

8 A.M. TO 4 P.M.

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## THE SECRET TO LOSING WEIGHT

So what's the answer to this modern-day plague where so many are so obese or 20% above ideal weight for their height. First of all, you need to know what your ideal weight is. Allow me to illustrate how this might be done. I'm a 40-year-old male, 6'1" and 188 pounds. According to American standards, my ideal weight should range between 160-180. Since I would be considered "medium-boned"—i.e., able to place my thumb and index finger around my wrist without overlapping ("small-boned") or having a gap in-between ("large-boned")—my ideal weight should be around 170 pounds. Dividing 18 (the difference between 188 and 170) by 170 (my "ideal weight") gives me a value of 10.6%. So, in my case, while I might be considered "overweight," I am not obese.

However, there is another side to the

story and that's my body fat which is currently 16%. The ideal body fat for men is 12-20%. You can begin to see that ideal standards of weight, based only upon our height and bone structure, doesn't tell the whole story. Besides, in my case, I also feel great! Furthermore, I have no desire to return to 170 pounds. So, am I really overweight? If I was competitively lifting weights to build muscle, weighed 205 pounds with only 10% body fat, would I then be considered obese? Remember also that muscle, or protein, weighs more than an equal amount of fat occupying the same amount of space.

All this aside, I recently decided to embark on my own modified weight loss plan. I wasn't trying to lose a lot of weight quickly. I have done this in the past with Mayr Therapy, a "controlled fast," where I lost 12 pounds in one

week. This time I wanted to see what would happen with increased exercise and water intake. There was no diet regimen involved except that I would continue to eat as before. My goal was to get from 188 to 178 pounds. I gave myself no time table. Instead, I only wanted to see that I was making progress towards my goal. At the time, I was already doing cardiovascular exercise and weight training three times

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Obesity affects your physical appearance as well as your health.

# THE SECRET TO LOSING WEIGHT

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weekly. Each work-out was followed by 12 minutes in a dry sauna. However, I decided to increase my cardiovascular exercise to not less than 15 minutes four times weekly. In addition, I also made an attempt to drink an extra liter of water a day. In the meantime, I decided to drop any weight training as increased muscle mass at this stage could actually interfere with my attempt to lose weight.

Within two months, I had exceeded my goal and was 175 pounds. In other words, I lost about 1.5 pounds per week by just increasing the frequency of cardiovascular exercise and water intake. While this simple approach might not work for everybody, it worked for me. In fact, it's most likely to work quicker for men than women because men naturally have a lower body fat ratio and therefore, due to increased muscle protein, can burn calories through exercise more efficiently than women. Combining my regimen with dieting would have likely resulted in more weight loss over a shorter period of time but my purpose was only to lose weight steadily (and slowly) until I obtained my goal. In general, you don't want to lose too much weight too quickly as this can result in excess protein loss from organs like the heart.

*"Within two months, I had exceeded my goal and was 175 pounds. In other words, I lost about 1.5 pounds per week by just increasing the frequency of cardiovascular exercise and water intake."*

For those of you who want to be more serious about weight loss, there are a few basic rules you need to know about in order to effectively increase your metabolism and burn calories:

**ACTIVITY:** Increasing your activity level not only helps to burn calories but studies have shown that exercise is the single most important factor in maintaining weight in the long run. If



"In order to leave, you must exit through this door."

you're not already exercising then begin slowly. For example, during the first week, start with a 15 minute walk each day (every other day if this is not possible). Slowly increase the intensity, duration, and frequency of your exercise. Feel free to participate in any other activity which you enjoy as well (e.g., tennis, swimming, cycling (incl. stationary bikes, Dancing, etc.).

**EATING HABITS:** What you did in the past won't work in the future. So, consider doing something different in your approach to eating (e.g., slow down your rate of food consumption, chew each bite thoroughly, eat off of smaller plates, eliminate the tendency to eat because of boredom by participating in activities—community service, hobbies, sports, etc.).

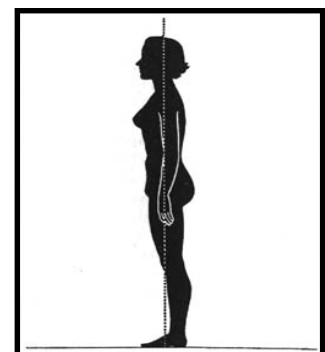
**NUTRITION:** Seek nutritional counseling from a qualified professional to help you establish correct attitudes and goals regarding your dietary intake. Keep a diary of what you eat and determine your daily total calorie intake. Are you taking in more caloric energy than you're expending? Do you need hypnotherapy to strengthen your resolve?

**DIET:** Emphasize the reduction of refined foods because these items encourage an elevated insulin response, uneven energy levels, and the storage of fat. Eating early in the day, and a whole fruit snack before noon, helps to promote a more steady level of blood sugar and insulin. Hunger is to be avoided because it can lead to the

"starvation response" of lowered basal metabolic rate and increased fat storage. The consumption of lean proteins is encouraged because protein curbs the appetite and elevates mood and energy levels. Studies have also shown that protein has a stronger thermogenic effect than does carbohydrate. You can measure this by taking your body temperature after protein meals. In addition, the intake of fiber is encouraged. Whereas protein improves mood and energy levels, vegetables (fiber) help to give the physical sensation of fullness while slowing the postprandial release of sugar into the blood. Finally, don't forget fat. Saturated fat, such as coconut oil, can promote thyroid functioning which is inhibited by unsaturated fats. Coconut oil even be used in cooking, salads, soups, gravies, etc. or just taken as a supplement in liquid. A balanced diet is important as anemia, especially in women, can be the result. In addition, high protein only diets can be a stress on the kidney and the excess protein will be stored as fat.

**SUPPLEMENTATION:** It is known that the obese typically display low whole body stores of potassium and magnesium—in relation to the levels found in those of normal weight—and experimentally, it has been shown that supplemental potassium and magnesium can help normalize the body's thermogenic response to glucose. Thus, improving metabolic response in the obese, a critical element in weight loss, can be augmented with supplements.

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Normal appearing female body shape and posture

## QUESTIONS & ANSWERS WITH DR. RAY PEAT

**Q:** Why does menopause often produce flushing?

**A:** In the absence of progesterone, the tendency toward hypoglycemia and increased histamine release will increase LH-RH and LH; the histamine and LH-RH promote flushing, while the decrease of progesterone, closely linked with declining thyroid, glucose, and cellular energy will tend to reduce vascular tone, increasing the susceptibility of the blood vessels to those stimuli.

**Q:** What have you found to be most helpful in the treatment of hot flashes?

**A:** Salty chicken broth and good thyroid almost always do it. Next would be aspirin, antihistamines, and carbonated water or baking soda, which are often effective for the symptoms, but don't correct the basic problem. Testosterone is often prescribed along with estrogen for meno-

pausal women. In men with hot flushes, testosterone has been found to control the flushing, while estrogen didn't. Progesterone also appear to be just as effective or even more effective than estrogens and steroidal anti-androgens.

**Q:** How much progesterone should be taken to help control menopausal symptoms?

**A:** About 20 mg of progesterone dissolved in vitamin E oil (3 mg/drop) can be taken orally or rubbed into the gums, and repeated at intervals of about 30 minutes until the symptoms stop. Sometimes, it is necessary to take 50-100 mg the first day, but the progesterone promotes thyroid function, which in turn sensitizes the body to progesterone and increases its production (in the brain, as well as in the adrenals and ovaries). Pregnenolone, progesterone's precursor, also has profound anti-stress effects, and is directly involved in

minimizing the secretion of ACTH and cortisol. Because unsaturated oils suppress both thyroid and progesterone production, they should be avoided. Carotene, which is highly unsaturated, suppresses both thyroid and progesterone. Beans, lentils, nuts, and soy products also suppress both thyroid and progesterone synthesis, and raw or undercooked cabbage and broccoli can suppress the thyroid. Coconut oil protects against the toxic dietary oils and helps correct subnormal temperature. The unsaturated oils (soy, corn, canola, linseed, etc.) are converted into prostaglandins which have many disruptive effects, and some people have suspected that they play a role in the flushing reaction. It is clear that they suppress thyroid and progesterone, cause obesity, promote diabetes, contribute to osteoporosis and edema, and are involved in the stress-induced death of cells (in the heart and brain, for

### cret To Losing Weight (continued from page 3)

Other examples of complementary supplements include: chromium (niacin-bound) with meals to improve insulin response; vitamin C and pantothenic acid (vitamin B5) to provide nutritional substrates for adrenal hormones; pyridoxine (vitamin B6) for diuresis (water retention); and the amino acid L-phenylalanine for appetite suppression.

**WATER:** Additional water is needed to flush retained fluids from the body. Diuretics (e.g., coffee and tea), fruit juices, sodas and similar products should be avoided not only because they contain caffeine and/or sugar, which upset insulin levels, but because they generally contain sodium which promotes water retention. Alcoholic beverages should likewise be avoided because alcohol distorts the insulin response, a potent anabolic hormone in the body. Like most patients, you will need time to become accustomed to drinking eight 8-ounce glasses of water per day. Yet, this fluid is necessary! Why? Because every pound of fat burned releases 22 ounces of water, metabolic by-products, and toxins that must then be eliminated in order for weightloss to occur.

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**WHEN:** Fridays mornings and afternoons  
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