

Week Ten Notes

As always, put away all distractions before starting your session.

Congratulations on making it to week 10!

Pillar #6: Balance Your Body Chemicals

We are all responsible for our body and health, but I can tell you if your chemicals in your body are out of balance, than it's really not your fault that you're not losing weight or that you're tired all the time. If the chemicals in your body are out of balance, then you can eat celery sticks everyday and workout 7 days a week, and you won't lose weight!

- The chemicals in your body are responsible for whether you store fat or you use it for energy. If you have low energy, or you can't seem to get the last few pounds off, the chemicals in your body are responsible for you storing that fat and not converting it into energy.
- Weight around the middle of your body is caused by hormones.
- Unless you balance the chemical in your body, you will never be able to lose weight
- The only solution is to get to the root cause of the weight gain and low energy.
- Boost your metabolism by revving up your thyroid: patch test www.RoseCole.com.IodinePatchTest
- Great iodine supplements, from Biotics Liquid Iodine Forte: 30 drops in water 2x per day, from www.TryVRP.com Iodoral.

Iodoral® Recommended Dosage: After testing for deficiency in Iodine, the suggested dosage to achieve whole body sufficiency is 2 Iodoral® tablets in the morning and 2 in the evening. A retest is suggested after 3 months. Once whole body sufficiency is achieved the Iodoral® maintenance dosage is 1-4 tablets daily.

- Go to www.TryVRP.com for articles on Iodine. They also have an iodine loading test.
- Remove wheat from your diet to boost thyroid function.
- Reproductive hormones: remove the stress from your life in order to balance hormones.
- PCOS is caused by insulin resistance: www.RoseCole.com/pcos
- Adrena Calm (K-16): Phosphatidylserine or from Biotics (#1430): 1 PER DAY
- Do a cleanse for your liver
- Fiber: Fibromin (K-25): complex of insoluble fiber, helps prevent insulin surges, and helps you not recycle hormones so that they don't build up in your system
- Remove hormones from meat and dairy: www.HealthyWellnessMeats.com
- Zinc: most people in the US are deficient in zinc.



- Zinc is administered for medical reasons such as, rapid healing of skin ulcers, acne, eczema, wounds, and prostate disorders.
- Functions of the Body: Zinc is an integral and essential element of insulin. If you remember, insulin is what helps us utilize glucose, which is sugar, for energy. Zinc forms a compound with insulin, and helps prolong insulin action. The pancreas is rich in zinc and it helps store insulin.
- Low zinc levels could be due to low protein diet, pregnancy, refined foods, intestinal diseases, chronic alcoholism, diabetes, or low stomach acid.
- Zinc promotes growth and sexual maturity, improves immune system and hastens healing of wounds, and helps digestion of protein. It is an ideal remedy for fatigue. It is also needed to transport Vitamin A to the retina.
- The RDA was set about 40 years ago, and it is the minimum that you need to get.
- You can get Zinc Zyme (Z-3), 3 caps per day in divided doses, from Apex Energetics.
- Dietary Sources of zinc: nuts, legumes, animal food such as crabs, sardines, oysters, lean meat, eggs, cheese, and fish are good sources of zinc. The bioavailability of zinc in vegetables foods is low whereas animal foods are dependable sources.

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