

## THE LEPTIN WEIGHT LOSS PATCH

The Leptin (the hormone that tells you your full) Weight Loss Patch is a drug free transdermal patch, that can be placed anywhere on the body. This clinically formulated transdermal patch safely and effectively reduces the appetite by blocking receptor sites. Counterweight Rx uses natural Beta inhibitors to block appetite craving sites that stimulate snacking and excessive food intake.

The hypothalamus (brain) plays an important role in appetite and hormones. The brain integrates signals coming from the stomach, fat cells, and hormones to tell you that you're hungry and full. Counterweight Rx uses a synergistic combination of natural, safe, effective Beta blocking properties from Garcinia Camboga, in conjunction with the feeling-full hormone Leptin for the best weight loss results.

**LEPTIN** is a hormone that triggers the brain to signal the body to burn calories – especially stored fat. Leptin is produced in the adipose tissue (fat cells) and is part of a complex series of chemical messengers that travel from the hypothalamus to the thyroid gland to speed up metabolism. Obesity can cause the body to be resistant to Leptin. Leptin cannot be taken orally.

The Leptin Weight Loss Patch (Counterweight Rx) is most effective when included with a diet and exercise plan. Used alone, the patch will enhance your ability to eat less, feel satisfied, and reduce cravings and overeating. You can achieve and maintain your optimal weight by unconsciously eating less and feeling full.

**Included Ingredients:** Kava-Kava, Ginkgo Biloba, Piper Methysicum

**Instruction:** How to wear the Leptin Weight Loss Patches

- Apply anywhere on the body in an area with NO hair.
- The Patch should be worn at least 12 hours a day.
- Replaced every 24 hours.
- Do NOT reuse a Patch.
- Remove immediately for local irritation. (not likely)
- Not used by children under 18, pregnant women or nursing mothers.
- For sensitive skin or damaged skin use at your own risk.
- No returns or exchanges (Safety Policy)

**Benefits: Behavior Modifications**

- Helps control cravings
- Helps control overeating
- Helps control bingeing
- Helps control the Night Eating Syndrome

## LEPTIN – THE “I AM FULL” HORMONE

Leptin is a hormone that triggers the brain to signal the body to burn calories - especially stored fat. It is produced in the adipose tissue (fat cells) and is part of a complex series of chemical messengers that travel from the hypothalamus to the thyroid gland to speed up metabolism.

When leptin is released by your fat cells, it sends a message to your brain, letting it know that there is currently enough fat stored so you can stop eating.

When metabolic hormones are balanced, and leptin is at an optimal level, there are multiple benefits, including:

- lower body fat percentage
- reduced insulin
- increased metabolic rate
- regulated body temperature
- suppressed appetite
- hormonal balance

Leptin status determines the various **Modes of Operation** in your body.

- The Balanced-Leptin Mode
- The Leptin Resistant Mode
- The Starvation Mode
- The Famine-Recovery Mode
- The Fat-Burning Mode

**The Leptin Patch, The Leptin Diet Rules, and DietSmart** are about accessing the **Fat Burning Mode** to create a fabulous feeling of energy, weight control and wellbeing. Once you have been in this mode for a few days, you will feel great, but it does not mean that underlying issues with leptin resistance have been resolved.

Once you have reached your goal weight that is within a healthy BMI range, your metabolism will switch to a **Balanced Leptin Mode**. You must remain in this mode for at least six months before a plateau, or a new set point is genuinely in place

Fat Cells lurk in the wings, ready to refill themselves at a moment's notice putting you into a dangerous **Famine Recovery Mode**. This mode remembers the set point that existed before your body entered the **Starvation Mode**, and caused by caloric deprivation from yo-yo dieting, years of trying multiple diets, programs, and plans that causes the body to go back to restoring the percentage of body fat that existed before weight loss.

Starvation is a dramatic drop in calories causing leptin resistance, causing the leptin release to slow down or stop. Lowered levels of leptin tell the brain that there is an insufficient amount of fat stored, causing an increase in appetite to prevent further starvation.

## LEPTIN RESISTANCE

If there is a disruption or complete lack of the aforementioned communication signals, the fat cells expand and get clogged, prompting the liver to make extra cholesterol (which contributes to cardiovascular problems) and causing the hormones essential to appetite control to become unbalanced. Such an imbalance does not indicate the absence of leptin but that the brain is leptin resistant. In the absence of a controlling mechanism, appetite can surge, even when plenty of leptin is present. Leptin resistance is linked directly to obesity, insulin resistance and inflammation, and must be addressed for an effective treatment plan to allow for optimal weight loss results.

The vagus nerve which runs between the brain and the abdomen is your energy storing nerve. It helps manage the complex processes in your digestive tract, including signalling the muscles in your stomach to contract and push food into the small intestine. When this nerve is activated, you get hungry. This vagus nerve is also responsible for taking up extra energy and storing it in your fat cells to generate more leptin.

Leptin levels increase as people gain weight, but if you are leptin resistant and your brain is not getting the “I am full” signal, it is possible to think you are starving though you are not. It is a vicious cycle. It is vital to decrease insulin levels, and leptin will follow

Because leptin levels naturally increase while we sleep, sleep deprivation can cause a significant drop in leptin levels. This depletion causes us to feel excessively hungry, which in turn leads to overeating.

### Symptoms of Leptin and Insulin Resistance

- low or erratic energy levels
- mood swings and irritability
- cravings for sugar and carbs
- overeating/binge eating
- frequent night eating
- insomnia, broken sleep
- depression, anxiety, poor self-image

The cause of a leptin imbalance is often an unbalanced diet too rich in fructose, glucose and all carbohydrates, which over the years can cause obesity. Eventually, the liver will become fatty and very efficient at turning all those sugars and carbohydrates into stored fat and especially around the hips and abdomen. Excessive body fat and continuous intake of sugars and carbohydrates cause erratic insulin levels resulting in insulin and leptin resistance (Type2 Diabetes).

Although balanced leptin offers many health-promoting, anti ageing benefits, too much of this hormone is not a good thing. Excessive saturated fats and sugar intake and obesity can lead to soaring leptin levels and ultimately to leptin resistance. Under these conditions, the brain no longer responds to leptin's appetite-suppressing signals.

## THE LEPTIN DIET

The Leptin Diet Plan revolves around five key rules for creating the right environment to reset leptin levels and promote leptin sensitivity by changing eating patterns and attaining a healthy lifestyle. For the best weight loss result stick to these basic principles for achieving a healthy fat burning metabolism:

- eat more for breakfast
- deplete glycogen stored in the muscles and liver
- naturally switch to ketosis and decrease insulin levels
- adjust insulin levels and up the ketones to stimulate fat burning

The Leptin Diet promotes the reset of leptin levels by increasing the consumption of:

- essential Omega Fats
- quality proteins
- vegetables and fibre
- water

It also promotes:

- regular, healthy eating patterns
- cardiovascular fitness for a fatty acid metabolism
- sleep cell rejuvenation
- a healthy digestive system

Unfortunately, there is no quick fix for leptin resistance, but we can improve leptin production and our cellular sensitivity to leptin by getting a good night's sleep along with regular exercise, sufficient caloric intake, and the consumption of healthy unsaturated fat.

Managing leptin properly over the course of a lifetime provides the best hope for weight control and good overall health. The goal for a fat burning metabolism is to steady your insulin levels and keep them low, keep your energy levels constant without drops, kickstart ketosis (a state the body goes into if it needs to break down body fat for energy) allows your body to take the energy it needs from Ketones in your fat storage and not rely on a never-ending supply of glucose through carbohydrates and sugars. This metabolic process will cause your body to lower its insulin and leptin resistance. By balancing your carbs and keeping them low your body will lower its insulin levels and leptin to normal levels and promote fat burning and weight loss for long-term results.

A healthy eating and fitness regime will kick start and boost the quality, rate and function of your metabolism, increasing the fat burning ratio even farther and lowering/steadying your insulin levels giving leptin the chance to signal exactly when it is time to eat or stop. The goal here is to establish a set point that is healthy and comfortable for you and your metabolism.

DrPenny Weight Loss Services  
Inc. The DietSmart Plan

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