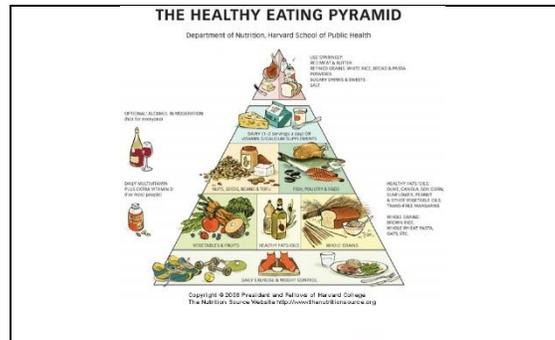


The DIETSMART PLAN – the ultimate weight loss program that educates the importance of metabolic nutrition, and how to manage calories, balance hormones and correct eating habits for a healthy fat burning metabolism, for long term weight management.

- **Author** Penny Forrester PhD Nutrition/Copyright April 24 2008 @ the Canadian Intellectual Property Office.
- **Business Achievement Award** / Service Professional October 25 2008 – The DIETSMART PLAN
- **THE DRAGON’S DEN**, CBC TV SHOW session #5 for Business Growth and Development for [The DIETSMART PLAN](#)

- U.S.A Department of Agriculture
- U.S.A. Department of Health and Human Services
- U.S.A. The Food Guide Pyramid
- HEALTH CANADA - Canadian Body Weight Classifications



THE DIETSMART EDUCATIONAL WEIGHT LOSS PLAN

3 STEPS TO SUCCESSFUL LONG TERM WEIGHT LOSS AND WELLNESS

YOU WILL LOSE WEIGHT WITH DR PENNY’S DIETSMART PLAN

STEP 1. Metabolic Health Profile Monitor Metabolic Specifications <i>Watch Your Body Change</i>	STEP 2. Diet MATH/Smart TRACK Monitor Calories In & Out <i>Know Your Numbers</i>	STEP 3. HORMONE Principles Balance Metabolic Hormones <i>It's Easy with the Right Foods</i>
Testing and Assessments: <ul style="list-style-type: none"> • Body Mass Index • Body Fat Percentage • Glucose / Keto Urine Strips • Body Measurements • Blood Pressure / Pulse • 7 – Day Baseline Assessment • Hormones Assessment • Eating Disorders Assessment • Ph/Balance – Acidic/Alkaline • Pedometer Fitness Test • Home Thyroid Test 	<ul style="list-style-type: none"> • Determine Goal weight • Determine Ideal weight • Determine your DRA • Determine you Weight Loss Daily Caloric Intake • Balance Macronutrients; Carbohydrates, Proteins, and Fats • Micronutrients / purpose • Convert Calories to Grams • Adapt labels to your Goal • Manage Calories In & Out • Track Your Success • Diet Smart, Eat Smart • Fat Burning Metabolism 	Hormonal Principles: <ul style="list-style-type: none"> • Obese Classifications • Diet MATH • Carbs, Proteins & Fats • Good Fats – EFA’s • 80/20 Factor • Fabulous Five • Metabolic Cycles • Inverted Pyramid • F.I.T.T & THR • Fat Burn Zone - Insulin • Leptin 5 Rules • Supplements • Behavior Modification • Set-Backs & Plateau

Leptin Patches are included in the Weight Loss Grant Organization DietSmart 18 Month Program

LEPTIN: leptin plays a key role in metabolism and the regulation of fatty tissue. It's released by your fat cells in amounts to coincide with over-all body fat stores. In other words, the more body fat you have, the higher your leptin will be. Leptin acts as a signal to the brain that allows us to determine when we are full or when we should continue eating - when we respond to it properly.

Gregory Morton, assistant research professor of medicine at Harborview Medical Center in the University of Washington, has investigated how leptin works on our hypothalamus to influence blood sugar metabolism and the stability of energy in the body. He found a direct relationship between insulin, leptin levels and body fat stores. In fact, his work has shown the proper leptin signals in the brain effectively reduce our food intake, keep body weight down and improves insulin sensitivity.

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. Along with getting a good night's sleep, we can improve leptin production and our cellular sensitivity to leptin with regular exercise, sufficient caloric intake, and consumption of healthy unsaturated fats,

Benefits for the Right Amount of Leptin

- lowers body weight
- lowers percentage of body fat
- reduces insulin
- increases metabolic rate
- increases body temperature
- increases our activity level
- reduces cravings
- reduces overeating
- reduces night eating

Although balanced leptin offers many health-promoting, anti-aging 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.

In the absence of controlling mechanism, appetite can surge, even when plenty of leptin is present. Leptin resistance is linked directly to obesity, insulin resistance and inflammation, which means it must be addressed right to the outset of an effective treatment plan to allow for optimal weight loss results.

Dr Penny PhD
Educator • Motivator • Speaker
Weight Loss Services