

Why is it that ninety-five percent of very low calorie diets don't result in long term fat loss?

The major reason why ninety-five percent of low calorie diets don't result in long term fat loss is that with significant calorie restriction, muscle tissue is lost along with fat. Because the metabolic rate at which one burns calories at rest is primarily dependent on the existing amount of muscle, any loss of muscle on a low calorie diet would therefore sabotage any fat loss efforts.

The best way to combat this fat loss sabotage is to consume more protein during dieting which will largely prevent muscle from being depleted. Protein has a much higher appetite blocking effect compared with fat or carbohydrates. The best way to take in large amounts of protein without significantly increasing intake of fat or carbohydrate is with the use of high protein meal replacement milk shakes. Every single scientific study has shown that diets based on the use of two high protein meal replacement shakes results in greater long term weight loss, less hunger, better compliance and greater health benefits than low calorie diets with food alone.

In addition to a high protein meal replacement program, there are certain nutritional supplements which can aid in fat loss efforts and ensure maintenance of good energy levels and overall healthfulness. Appetite suppressing pharmaceutical drugs result in minimal and often temporary weight loss and have many side effects.

The core group of nutritional supplements that comprise the Cornerstone Wellness Program are all backed by numerous scientific and medical studies. They are safe, effective and will allow you to meet your fat loss needs as well as health and wellness goals.

Cornerstone
The first step in building your great health.



Cornerstone High Protein Meal Replacement Shake

This delicious, natural shake is the only one made from the highest quality animal protein whey (a component of milk) combined with vegetable protein from yellow pea (immature green pea). (Use of these two complimentary

protein sources provides a better amino acid profile than either source would independently. Each serving when combined with 8 oz of milk provides 31 grams of highly digestible protein. In addition, it has a full complement of added vitamins and minerals which in most cases meets or exceeds the latest daily recommended allowances for these essential nutrients. Healthy fat, in the form of medium chain triglyceride has been added for its energy and satiety producing effects and to improve absorption of the fat soluble vitamins A, D and E. The carbohydrate-protein-fat percentages of 30-40-30 approximate the proportion recommended by leading nutritional scientists. Fiber and beneficial flora (probiotic) have been added to aid in digestion and elimination. No artificial sweetener are used and there is absolutely no soy, corn, or yeast present.

Although milk protein is used, lactose intolerance is almost never an issue since almost no milk sugar or lactose is present in whey concentrate. Patients with lactose intolerance naturally should not mix their shake with cow's milk but can use water, soy or rice milk.

Chocolate and vanilla are available but feel free to spice your shake up with fresh or frozen anti-oxidant rich berries or other fruit, chai tea concentrate, even your morning coffee. Your wellness coach will provide you with many recipes or experiment on your own. Children can take this shake and it certainly provides better nutrition than any breakfast cereal. The powder dissolves easily when shaken in water or any milk.

So cheers to a thinner, healthier you!

MetAssist Supporting Sensible Weight Management



Everyone knows that overeating of calorie rich, nutrient poor foods and subsequent overweight and obesity leads to many of the chronic killer diseases – hypertension, diabetes, coronary artery disease- that are rampant in developed countries. What most people don't know is that the culprit behind this connection is elevated levels of the hormone insulin and subsequent elevated blood sugar levels. Many scientists believe that as many as two-thirds of us have elevated insulin levels, which is exactly how many of us are overweight. Certainly, the best way to decrease insulin levels is to lose fat and increase lean muscle. There are certain supplements that have been shown in many scientific studies to decrease insulin levels and blood sugar and that is the rationale behind MetAssist.

MetAssist contains three key dietary factors which help regulate insulin levels and insulin receptor sensitivity, blood sugar levels, carbohydrate craving and promote fat loss. First, each MetAssist tablet contains (-) hydroxycitric acid (250mg) from a high quality standardized *Garcinia cambogia* extract which is a tropical fruit grown in the Asian rain forest. Hydroxycitric acid or HCA acts to limit the body's conversion of excess blood sugar into body fat as well as regulating appetite. The trace mineral chromium, which many of us are deficient in, potentiates insulin's action of getting excess glucose from the blood (where it does all its damage) into the cells where it can be burned for energy. The biologically active form of chromium is also known as glucose tolerance factor (GTF) and the chromium in MetAssist closely resembles this active form as chromium polynicotinate. Green tea has thermogenic, fat burning properties as well as catechins which are potent antioxidant substances. A 2000 year old herb, *Gymnema Sylvestrie* has been added to lower blood sugar, cholesterol, triglycerides and decrease sweet cravings. Lastly, a unique formulation of five other traditional Chinese herbs works in synergy with HCA and chromium and also support normal digestion and detoxification.

OmegaHealth High Potency, Ultra Refined, Enteric Coated Omega 3 Supplement



Nutritional studies have shown that the nutrients in fish provide essential nourishment for the brain and heart. Fish, particularly cold water species, contain high levels of an essential fat called Omega 3. This is an essential fatty acid which the body cannot produce on its own. Therefore, we must include Omega 3 in our diet for optimal health. The balance between Omega 3 and another essential fat called Omega 6 affects and controls almost every chemical reaction in the body. The Western diet today contains an excess quantity of Omega 6 oils present in foods made from seed such as wheat flour and corn oil. These promote the body's tendency towards inflammation. Omega 3 oils combat this inflammation.

Many chronic conditions such as heart disease, Alzheimer's, asthma, various forms of mental illness and arthritis have been linked to inflammation. Scientists believe that an adequate level of Omega 3 is key to our health and longevity. This amazing oil has been used as dietary treatment for dozens of diseases from asthma to schizophrenia. It improves triglyceride levels, cholesterol ratios and decreases the likelihood of sudden death after a heart attack. Studies with Omega 3 also show improvement in the symptoms of ADD/ADHD in children and adults. Much of the brain is supported by the fats found in Omega 3. New studies are published frequently in medical literature praising the role of Omega 3 in association with all sorts of neurological and mental illnesses, including depression, bipolar illness, dementia and even autism.

Unfortunately, since the fish from which we derive Omega 3 often carry high levels of mercury and other toxins, it is necessary to ingest only the purest, most ultra refined fish oil supplement. These are often more expensive than "health food store grade" which may contain low potency and purity. Omega Health contains a 1,200 mg of EPA and DHA combined per serving. The capsules have a thick enteric coating which prevents the "fishy burps" which have caused so many individuals to stop taking this absolutely life saving supplement.