

TOTAL TRIM

Ingredients: Each tablet supplies: Vitamin B-1 15 mg, Vitamin B-2 15 mg, Vitamin B-6 5 mg, Vitamin B-12 (methylcobalamine) 75 mcg, Pantothenic Acid (D-Calcium Pantothenate) 5 mg, Folic Acid 200 mcg, Niacinamide 25 mg, Magnesium (as malate) 2.4 mg, Calcium (as citrate) 3 mg, Zinc (as chelate) 5 mg, Chromium (as nicotinate) 175 mcg, Banaba (leaf) Extract 1% 25 mg, Coleus Forskohlii Extract 10% 75 mg, Ox bile 25 mg, Inositol 10 mg, 5-Hydroxy-Tryptophan 3 mg, Alpha Lipoic Acid 5 mg, Betaine HCL 10 mg, Amylase 15 mg, Lipase (vegetable) 7.5 mg, Lecithin (Phosphatidyl Choline 10 mg) 22 mg, L-Carnitine 5 mg, L-Tyrosine 10 mg, L-Ornithine Alpha- Ketoglutarate 10 mg, L-Phenylalanine 10 mg, L-Glutamine 15 mg, Apple Pectin 125 mg, Siberian Ginseng (root) 10 mg, Dandelion (root) 5 mg, Kelp (plant) (Iodine 0.750 mcg) 5 mg, Catechin Extract 25 mg, Gymnema Sylvestre (leaf) 25 mg, Guggulipid 10 mg.

Supportive Function: This formula supports the balance of normal functions and organ systems that contribute to the HEALTHY maintenance of proper weight.

When is weight support helpful? Overweight conditions, diabetes, etc.

Clinical Applications/Research: Nutritional enzymes called **lipases** split the fat molecule into smaller units, making it easier to burn the fat as energy. Amylase breaks down the carbohydrates. In animal experiments, pancreatin (enzymes) reduced food intake and led to weight loss. When weight gain is triggered as a response to the body's perceived lack of calories or nutrients, "**the weight gain may be reversed** following the improved digestion which comes with the use of pancreatin or following the use of nutrient-rich foods" (Clouatre, Ibid p. 34). **Ox bile** will emulsify the fat and allow the enzymes to work on the fat.

Banaba leaf extract stimulates glucose transport into cells to be burned for energy, and has demonstrated an anti-obesity effect in obesity-prone mice. It may work by increasing metabolism.

Coleus forskohlii raises cyclic AMP in some tissues, which may work to increase fat burning and lean body mass. Coleus forskohlii is reported to affect the thyroid's ability to increase thermo genesis and metabolic rate, and also regulates insulin secretion. An effect on glucagon levels may increase the breakdown of stored liver glycogen getting burned for energy.

Carnitine brings the free fatty acids across the mitochondrial membrane to oxidize them for energy. It is thermogenic (increases fat burning as heat), and reduces ketone levels and fatigue.

Magnesium is needed for the first step of oxidation of fats into energy; it also supports the thyroid.

Calcium – Research indicates that low intakes of calcium are associated with the expression of a gene in fat cells that activates fat synthesis and suppresses fat breakdown. Core body temperature, which is a measure of basal energy use, falls on the low-calcium diet, but climbs with the high-calcium diet. Analysis of five studies by endocrinologist

Robert P. Heaney demonstrated a significant correlation of increased weight to decreased calcium intake (Science News, 2000; 157:277).

B vitamins and Antioxidants – B vitamins and reduced flavoproteins (**NADH & NADP/PH**) are needed for the biochemical process of burning fat for energy.

Antioxidants prevent free radical formation during the energy cycle. Tryptophan (goes to **5HTP**) can be metabolized to an altered form of niacin that is essential to many Co-enzymes. 5 HTP produces serotonin, a powerful “feel good” brain neurotransmitter that also produces feelings of fullness (satiety). Some B vitamins, such as B-6, are also necessary for brain neurotransmitter production.

Lipoic acid is a powerful antioxidant; increased metabolism increases the production of free radicals and the need for antioxidants. Lipoic acid is also an integral part of TPP, an important substrate in the fat-burning energy cycle.

Chromium is part of the glucose tolerance factor, which helps regulate blood sugar and insulin levels (insulin decreases the activity of hormone-sensitive lipase, or HSL). Insulin antagonists will protect levels of HSL. Controlling blood sugar helps to control appetite cravings.

Phosphatidylcholine and inositol are fat transporters (lipotropic) to help with the process of fat metabolism and removal from the body. Lipotropics also stimulate thymus activity.

Fiber releases hormones that signal satiety (fullness), and can reduce hunger. Soluble fiber reduces insulin and lowers the glycemic response of food (preventing cravings). Two excellent soluble-fiber substances are **apple pectin and guggulipid**. **Apple pectin** slows absorption of glucose from intestines, binds toxins, and normalizes bowel function.

Guggulipid is very filling, and suppresses appetite. It may cause an increase in thyroid hormone levels (both T4 and T3), and several studies show indications for guggulipid as a fat reducing compound.

Siberian ginseng – Siberian ginseng is an adaptogen that has a reputation for balancing organ systems back into balance, whether function is low or high. It normalizes the pituitary (sends signals for hormone releasing factors to designated organs), stimulates energy and supports the adrenal glands. Some ginseng ingredients have been shown to improve sugar metabolism (Chun-Su Yuan, clinical pharmacologist at the University of Chicago's Tang Center for Herbal Medicine).

Tyrosine is believed to be thermogenic; it stimulates the burning of brown fat, releases growth hormone, and stimulates CCK (the hormone that facilitates the enzymatic pathway of fat breakdown and signals satiety). Tyrosine is necessary for the production of thyroid hormones (the thyroid regulates the basal metabolic rate of almost all cells).

Dandelion is an herbal lipotropic (helps fat mobilization and transport) and diuretic (helps dispense water weight) and is used as a liver cleanser for toxins released from fat stores. Toxins contribute to fatigue, discomfort, and imbalance and can interfere with weight loss.

Kelp is an herbal seaweed (detoxifying) that contains natural iodine and supports the thyroid gland.

L-ornithine alpha ketoglutarate releases growth hormone (GH) from the pituitary; growth hormone fosters production of lean muscle mass and increased metabolism (Pearson D & Shaw S. Life Extension Warner Books, NY 1982, pp: 289-90).

Gymnema sylvestre supports insulin sensitivity, changes perception of sweetness and reduces cravings.

Catechin extract - Tea extracts stimulate thermo genesis in brown fat (Dullo et. al., Int. J. Obesity 20, Suppl 4 (1996), and the antioxidant polyphenol catechin from green tea slows destruction of adrenaline and increases thermo genesis (Clouatre, Dallas PhD. Anti-Fat Nutrients. 1997. Pax Publ., San Fran, Ca.: 58.).

L-phenylalanine converts in the body to L-tyrosine, and both are utilized as weight support nutrients. L-phenylalanine works to diminish appetite, and provides a building block for many important weight-supporting nutrients, including neurotransmitters and hormones, such as adrenaline (norepinephrine), dopamine and thyroid hormones. (Ibid, p 28-29.).

Tyrosine acts as an appetite suppressant, releases growth hormone (GH), helps to control depression and anxiety, and functions as a mild antioxidant (Ibid, p. 12). It stimulates CCK, a hormone that controls appetite by signaling that we've eaten enough (serotonin works in a similar fashion) (Ibid, p. 26.) Tyrosine can help prevent adrenal and thyroid exhaustion, and, "L-Tyrosine is a precursor to a number of neurotransmitters and hormones, such as adrenaline (norepinephrine), dopamine and thyroid hormones. This means that L-tyrosine is a precursor to important stimulants to the metabolism (including thermo genesis) and to the nervous system... and may help correct minor hypothyroidism" (Ibid, p. 28.).

Testimonials: "If I take Total Trim, my blood sugar is even and I don't experience the roller-coaster feeling of high-to-low blood sugar that makes me crave carbohydrate foods. I've tried a lot of weight loss programs, but they never worked for me. I lost 20 pounds in 10 weeks, nice and slow, but it didn't come back on. I followed all the advice and retrained my body to eat right". (Becky Norton, Hoover AL)

Suggested Dosage: 1 tablet 3 times daily ½ hour before meals or as directed. Taken before meals, Total Trim supports satiety and reduced appetite.

Size: 90 tablets

Vegetarian: No

Contraindications: Contraindicated in phenylketonurics and with MAO inhibitors. While large quantities of 5 HTP are contraindicated with SSRI's (serotonin anti-depressant drugs), this formula only includes a synergistic amount and is not contraindicated with these drugs (consulting a licensed professional is advised).

Disclaimer: Total Trim is not intended to treat elevated insulin, blood glucose levels, diabetes, or any disease. These are nutritional suggestions only. Any supplementation should be done under the supervision of a Licensed Practitioner.

“The road to health, well-being, and the right weight” with Total Trim

Maximizing optimal weight loss with the new TOTAL TRIM supplement:

Faddish diets pop up faster than broccoli sprouts these days, and only one common theme runs amongst all – they all claim you can lose large amounts of weight easily, quickly, and efficiently. First it was lo-Calorie, then lo-fat, then hi-protein, and now lo-carb. Any diet that works has to make realistic demands for a lifestyle that meets healthy guidelines. Otherwise, it is bound to either fail, or have temporary results at best. A good diet means it can be followed for a lifetime, and that is necessary to maintain healthy weight for a lifetime.

Balancing is one of the keys to facilitating weight loss, and balance includes proper percentages of macronutrients (protein, carbohydrate and fat). The TYPE of fat, the TYPE of protein, and the TYPE of carbohydrate are crucial to keeping a balance that favors weight loss. Also, any imbalance makes it impossible to manage a healthy weight. Nutritional deficiencies and metabolic problems can cause imbalances and really throw a cog into the works. If the body is deprived of nutrients, it will only create cravings to let one know that it can't survive without the necessary fuels.

The lo-carb diets that are the rage these days do not necessarily have a bad message – unrefined, high glycemic carbohydrates can increase insulin levels and sabotage weight loss efforts, it's true. BUT, unless one pays attention to the “rest of the story”, things like permanent weight loss, ultimate well-being, and happiness will always be out of reach.

Eat right, exercise, and take the weight support product from Nutri-West, TOTAL TRIM

The **Total Trim** formula supports the balance of normal functions and organ systems that contribute to the HEALTHY maintenance of proper weight. These functions addressed by Total Trim include: **Digestion, Appetite, Satiety, Metabolism, Thermo genesis, Fat mobilization/breakdown, Calorie-burning in the Krebs's cycle, Glucose regulation, Muscle tone, Neurotransmitter production, etc.**

Multiple-organ support for energy (adrenals), metabolism (thyroid), cleansing (liver), elimination (colon), etc. WITHOUT the use of stimulants (caffeine, ephedra), digestion blockers, nutrient binders, allergenic substances and other harmful ingredients that upset the balance needed for results!

Rules for fast, easy and effective weight balance with Total Trim:

Adopt a regular exercise routine that increases energy expenditure and lean muscle mass, which in turn, burns more fat. Exercise increases endorphin production and energy.

Provide all the nutrients the body needs to function, produce energy and maintain balance. "It is known experimentally that concentrated complete foods tend to reduce the appetite and partition energy into the body's lean tissues" ...(Clouatre, Dallas PhD. Anti-Fat Nutrients. 1997. Pax Pub, SF, Ca. p 28.)

Make as much of your own food as you can. Eating out is where most hidden calories are consumed. Avoid processed foods from the grocery store.

Use moderation. Depriving usually invites craving, but don't use that as an excuse to stray off a healthy path.

Count the nutritional value, and not just the amount, of macronutrients (are they providing you with the vitamins and minerals you need to stay in balance?) For instance:

The macronutrients: Protein, Fat and Carbohydrate:

Protein – Lean, organic, unprocessed, unfried meat is a good choice. For fish, choose wild Atlantic salmon, or similar fish high in omega 3's but low in mercury content. Grabbing a burger from the local fast food restaurant and throwing away the bun may be a high protein choice, but it is NOT a healthy choice that leads the body into balance.

Fat – Good fats will maintain balance; bad fats will increase weight gain. **Good fats:** olive oil, omega 3 oils (i.e. fish oil & flax oil), black currant seed oil, some vegetable oil in moderation; **Bad fats:** trans fats (hydrogenated oils), peroxidized fats (cooked at high temperatures), and saturated fats. Some saturated fats are better than others, such as coconut oil and shorter chain saturated fats, however, if the source isn't known (such as on labeled processed food), avoid them! Olive oil sprays can be used for sautéing.

Carbohydrates – Get as many as you can from dark-colored/cruciferous vegetables. Make sure they are unrefined (unprocessed), low glycemic index (don't turn to sugar rapidly), high fiber and hypoallergenic. Many high protein pastas are wheat-free and made with alternative sources, such as high protein quinoa. Eat at least (hopefully more!) five servings of fruits and veggies per day. The energy cycle of the body runs on carbohydrate, and if you tried to eliminate them from the diet, it would become very apparent, very soon, how much they are needed. Eat the GOOD ones, and in moderation.

A few tips and tricks:

The Paleo diet by Loren Cordain, PhD, is an excellent reference for healthy eating habits that foster weight loss without any unhealthy messages (and great recipes!) If avoiding grains is too restrictive and no allergies exist, moderate the diet to meet your needs.

Drink lots of filtered water every day. Water lubricates the cells, provides the necessary environment for metabolism, balances osmotic pressure, flushes toxins, and can provide a full feeling. Thirst is often misinterpreted as hunger.

Utilize Healthy Sauces and Soups: Make non-creamy, nutritious sauces when possible, and read labels carefully when you can't. Tomato based sauces (if not allergic to night shades) can be nutritious, healthy, and also provide lycopene (antioxidant). Marinate protein choices in tasty sauces. Annie's low-fat Gingerly Vinaigrette, for example, has only 40 calories, 4 carbs, and 2 fat grams (no saturated fat) per serving. Soups can be a nutritious meal. Besides, studies show that soup provides a fuller feeling, reduces appetite, and prevents hunger more than the same food in solid form with the same amount of calories.

Enhance flavor: Utilize spices to jazz up the flavoring of foods. Lemon fools the taste buds into thinking they've had salt; mixed with olive oil it can be the base of a great healthy salad dressing. **Avoid too much salt:** Salt leaches calcium from the body, causing potential mineral imbalances.

Avoid processed foods! They usually contain unhealthy ingredients that cause imbalances, like hydrogenated fats (trans fatty acids). It doesn't matter if they are low carb; yet contain unhealthy, or high fat, high calorie/sugar ingredients. Not only that, but low carb labels can be deceptive. Channel 4 News, Denver, reported Jan 2004 they sent products in to be tested for actual net carbs. Some were close, some were not so close, and some weren't close at all. Dr. Andrew Weil states, "What is undermining our health is processed foods. They are the main source of bad fats and bad carbohydrates, along with additives we don't need, and they displace from our diets the fruits, vegetables, and whole grains we do need for the protective elements they contain".

Avoid soda pop: Most artificial sweeteners, such as aspartame, cause imbalances. They can also detract from weight loss by inducing an insulin response. Soda pop also leaches calcium, causing an imbalance and removing an essential mineral for weight loss. Caffeine wreaks havoc with blood sugar. The Department of Agriculture reported that the most consumed substance taken in by a typical American in a year was carbonated drinks, the leader at over 400 pounds per year.

Spread the caloric intake throughout the day to regulate blood sugar and prevent fat storage. Eating larger meals (without snacks), and eating infrequently, can cause larger insulin responses.

Stay in energy balance! Taking in fewer calories than the body needs will send it into starvation mode, and the body will become more efficient at storing fat.

Eat moderate portions of food, whether they are protein portions, fat portions, or carbohydrate portions. They are all essential for health. Calories do count, and an excess of any one macronutrient (fat, carbohydrate, or protein) can cause weight gain.

Avoid fried foods: High temperatures oxidize fats and can result in free radical formation. Also, some foods, such as fried potatoes, can form acryl amides that are known carcinogens.

Get the most out of your food! Make everything count towards total balance. Foods should include unprocessed, unsprayed, nutrient-dense, high-fiber, phytochemically rich, vitamin and mineral rich whole foods and uncontaminated protein sources low in total fat but high in “good fat” concentrations. “It is known experimentally that concentrated complete foods tend to reduce the appetite and partition energy into the body's lean tissues”...(Clouatre, Dallas PhD. Anti-Fat Nutrients. 1997, Pax Publ., San Fran, Ca., P 28.).

Exercise increases lean muscle mass, which in turns burns fat. Exercise improves the body’s ability to use glucose, decreasing the amount of insulin needed. Exercise also increases the body’s sensitivity to insulin, which can help reverse the insulin resistance that often occurs when people become overweight. Additionally, exercise aids in glucose transport, as contracting muscles help stimulate the movement of glucose throughout the body.

Above all, **Use good judgment:** Follow healthy guidelines without obsessing about perfectionism. Stress raises cortisol levels, and that’s not good for weight loss!

Correcting Metabolic Problems and Nutritional Deficiencies: The Solutions

(A licensed practitioner will help determine)

Endocrine disruption:

When the body is off kilter, it is hard to maintain the homeostasis of many systems, including the endocrine system, which has such a profound effect on weight balance. For instance, the thyroid gland controls the basal metabolic rate for almost every cell in the body. **Less than optimal functioning in various organs of the endocrine system will thwart efforts to bring weight into balance. The pancreas secretes insulin to bring glucose into the cell to be burned for energy, the liver stores glycogen to be used for energy storage, and the adrenal glands secrete factors that regulate blood sugar, water retention, and metabolism. Impaired function of any of these organ systems can impede weight loss. Suggested Nutri-West products: Total Thyroid, Pan-Lyph chelate, Total Liver Detox, DSF etc.**

Balancing blood sugar is essential!

Eating habits have a lot less to do with will power than they do with blood sugar. When blood sugar drops, the brain signals the body that it is in a hunger state; mental confusion and weakness generally follow. This is why starving all day to make up for the calories to be consumed in the evening is not a smart approach! Adding protein to a meal in the form of a supplement or protein powder can help balance blood sugar. Eliminating sugar and simple, unrefined carbohydrates will

help achieve balance. This is the basic principal behind the Low Carb diets.

Suggested Nutri-West products: Total Alpha Lipoic Acid, Amino-All, Total Green Protein and Complete-Whey-G

Food allergies can cause weight gain!

It is highly important to address FOOD ALLERGIES! Food allergies can cause weight gain by causing edema, water weight gain, and actual weight gain by producing substances that trigger the body to store fat (Haas, Elson, M.D. The False Fat Diet, Ballantine Publ., NY, NY. 2001). Additionally, it is thought that one of the reasons a high protein diet works can sometimes be attributed to reduction in allergenic foods! Suggested Nutri-West products: Hypo-D, Total Leaky Gut, Total Systemic Detox

Cortisol increases fat deposition:

Cortisol decreases TSH and enzyme activity, which can decrease metabolic rate, and make it hard to lose body fat. It also increases insulin resistance. Suggested Nutri-West product: Pro-Cortisol Balance

Essential Fatty Acids:

Complete Omega 3 Essentials fish oil balances the ratio of omega 3 to omega 6, providing concentrated amounts of EPA and DHA (the good fats in fish oil) for healthful benefits.

Black currant seed oil – there is evidence that gamma- linolenic acid reduces appetite and weight in animal studies (Clouatre, Dallas PhD. Anti-Fat Nutrients. 1997. Pax Publ., San Fran, Ca., p.16).

Additional support for appetite/satiety: Total 5 HTP contains the serotonin precursor 5-HTP. Serotonin provides a feeling of fullness. Take at bedtime if any sleepiness occurs during the day.

Additional support for growth hormone (GH) production: Total GHR has the ingredients to facilitate the natural release of GH from the pituitary.

Utilize protein powders: **Protein powders can be very helpful when added to foods and shakes, because the protein content will lower the index of a carbohydrate meal. When used for a healthy snack, a protein shake can stabilize blood sugar and prevent later cravings. Try to find a powder without added simple sugars. This appears on labels as glucose, sucrose, corn syrup, rice syrup, etc. A great choice would be “Total Green” Protein Powder, or “Complete-Whey-G” Protein Powder.**