

Dr. Brimhall's
One More Piece of the Puzzle
For Wellness



Protein drinks and Weight



Protein powders alone can decrease appetite and reduce the caloric intake, but that effect can be optimized with various nutrients. There are many nutrients that will support appetite, metabolism, calorie burning, etc. and they can also be added to a synergistic formula, along with protein powder, for maximal results. Aside from being a good source of protein (protein elicits glucagon, the opposing hormone to insulin) whey is a highly bioavailable source of calcium, and calcium is thought to help in weight regulation.

The American Journal of Clinical Nutrition reports that, "Dietary calcium plays a pivotal role in the regulation of energy metabolism because high-calcium diets attenuate adipocyte lipid accretion and weight gain during the overconsumption of an energy-dense diet and increase lipolysis and preserve thermogenesis during caloric restriction, which thereby markedly accelerates weight loss." (Zemel MB. Am J Clin Nutr. 2004 May; 79(5):907S-912S.)

Fiber

High fiber content naturally suppresses appetite and helps to control blood sugar, cholesterol and weight. Apple Pectin contains soluble fiber that releases hormones signaling satiety (fullness), which can reduce hunger. Apple pectin slows absorption of glucose/food from the intestines, balancing blood sugar. Eight patients with relative weights averaging 31% above normal values followed a formula diet for 2 weeks; the protein was provided in the form of whey protein, and added fiber included wheat bran and apple pectin as sources of roughage. The group had a mean weight loss of 5.9 kg, or roughly 13 lbs each. Blood biochemistry estimations showed a significant decrease in cholesterol from approximately 197 to 166 (Matzkies F. et al Effect of a fiber-containing dietary formula on metabolism. Fortschr Med. 1982 May 20; 100(19):917-20.) Chia seed, high in omega 3 fatty acids, has many health properties and acts as an antioxidant (Yen WJ et al. J Agric Food Chem. 2005 Apr 6; 53(7):2658-63). On diets with chia seed included, weight reductions up to 6.2% have been recorded (Averza R. et al. Chia seed Poult Sci. 2002 Jun; 81(6):826-37.)

Medium chain triglycerides (MCT) are known to have a favorable effect on lipid levels, insulin, and body weight, and gut inflammation. Subjects on a MCT diet demonstrated significant decreases in body fat weight (Nosaka N. J Atheroscler Thromb. 2003; 10(5):290-8). MCT are believed to decrease fat pads, down regulate key fat genes, improve insulin sensitivity/glucose tolerance, & reduce enzymes affecting cholesterol and lipid levels (Han J. et al. Medium-chain oil reduces fat mass and down-regulates expression of adipogenic genes in rats. Obes Res. 2003 Jun; 11 (6):734-44).

Kelp helps to regulate function of the thyroid and pituitary glands, and assists many other organs, such as pancreas and adrenals. It also has antibiotic properties and is reported to help in weight regulation (Heinerman, John. Heinerman's Encyclopedia of Fruits, Vegetables and Herbs. Parker Publ., West Nyack, NY. 1988 p. 19.)

Whey Slimmer:

1 cup carob or chocolate rice milk
½ banana
1 serving **Total Green Protein** powder
1 Tbsp almond butter
2 tablets **Total Trim** (take 2 tablets ½ hour before each meal even when not blending into a shake)
add ice cubes and blend

Total Green Protein is a whey protein powder containing MCT, high fiber (apple pectin, chia seed, fruits and veggies), calcium and kelp, among other nutrients.

Total Trim is a nutritional formula for weight balance: Multiple-organ support for energy, metabolism, digestion, appetite, thermogenesis, fat mobilization, without the use of stimulants (caffeine, ephedra), digestion blockers, nutrient binders, or allergenic substances.

A NOTE FROM DR. BRIMHALL

Please check your calendar and match it to our [seminar schedule](#), including Certification. We are teaching Basic, Intermediate and Advanced Laser at each three-day seminar, including the use of the new Violet laser and Advanced Nutri-West Nutrition.

We had to turn over 10 doctors away from this last Certification because they waited until it was full to try to register. If we get too many signed up, I will schedule a third Certification Seminar but I need to know long in advance to schedule a Hotel.

In God We Trust,

The Brimhall Wellness Team and Family





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