

# How Fit Can Your Patients Really Get?

## *Metabolism Can Stop Their Quest For Fitness*



by Dr. Bill Hemmer

**P**icture your patient finishing their latest workout routine. They really hit it hard. They felt really good about what they have been doing. Then they step on the scale and it hasn't moved in more than a month. What is going on? Why is their commitment to regular fitness activity not allowing them to reach their goals?

Healthcare providers hear this story from their patients daily. When you begin to look at impaired metabolism from an immune system, digestion, endocrine and toxicity point of view, you discover the real reasons your patients' fitness routines are running into a brick wall. Once you identify the primary issues, specific lifestyle changes and nutritional protocols can be used to address the problems.

The first place to look for impaired metabolism is the immune response. The increase in autoimmune disorders over the last 10 to 15 years has been unbelievable. Increasing your immune response leads to an increase in inflammatory cytokines. Inflammation is the biggest enemy to weight loss and fitness. When you increase inflammation, you decrease your metabolism and your

ability to burn calories.

The second place to look for decreased metabolism is your digestive system. When you can't digest your food properly, absorb your food properly and eliminate your food properly all parts of your energy producing mechanism suffers.

By the time you are 50 years old, your ability to produce hydrochloric acid (HCL) is decreased by 50 percent. Without HCL, you cannot digest proteins, fats or minerals in your stomach. It becomes impossible to use these substances for energy if they are not properly digested. This is the first piece of the poor metabolism puzzle of digestion.

If your patient is suffering from dysbiosis or Leaky Gut Syndrome their ability to create energy is also extremely impaired. When food cannot be absorbed properly it further aggravates any autoimmune disorder present, which leads to further down-regulation of metabolism. This also leads to more inflammation that also leads to further down-regulation.

The final digestive component to assess is their ability to eliminate

waste appropriately. If your patient is dealing with a chronic infective agent or a latent parasitic infection, their ability to eliminate toxins is severely compromised. When toxins cannot be eliminated properly it leads to further inflammation and fluid retention. It is impossible to increase your metabolism when you are inflamed and full of fluid.

Another factor to consider when assessing your patient's metabolic function is their endocrine glands. The classic endocrine glands of the thyroid, adrenal, and ovaries or testes must all be considered in detail. But the newest endocrine organ, your belly fat stores, must also be considered as well.

We all know thyroid function plays a major role in metabolism. Subclinical hypothyroidism is extremely common and must be assessed in both men and women. Iodine deficiency is also very common and is almost never considered in the current mainstream healthcare environment. Once you focus on thyroid function, many times you can increase metabolism dramatically.

Adrenal gland function is also an important part of assessing

metabolism. As adrenal function begins to decrease, your body's ability to control blood sugar is also negatively affected. The main adrenal cortex hormone, cortisol, is also the body's main anti-inflammatory hormone. So as cortisol levels decrease, your ability to stabilize blood sugar and inflammation increases. All of these things lead to a decrease in metabolism.

Both ovaries and testes are involved in metabolic function. Estrogen production decreases the digestive process by making bile thicker and more sluggish. When digestion is slowed so is fat metabolism. Testosterone also declines with age. High levels of testosterone increases lean muscle mass and metabolism by burning more calories; so once testosterone levels drop so does your metabolism.

The final endocrine gland to consider is your belly fat. Recent research has revealed belly fat is metabolically active and can wreak havoc on your ability to burn calories. Belly fat can produce hormones like estrogen, leptin and resistin. Leptin resistance leads to your brain thinking you have decreased your fat stores to low levels so your appetite increases and your energy expenditure decreases. Resistin is secreted by fat cells and macrophages. It decreases the action of insulin, especially in the liver, that leads to increased blood sugar levels and decreased metabolism.

The final assessment that must be done to identify a decreased metabolism is a patient's toxic load. Toxicity leads to metabolic dysfunction in many different ways. The most important way is liver congestion caused by an increase in fatty deposits. The incidence of Non-alcoholic Fatty Liver Disease has risen dramatically over the last 20 years. This is primarily due to the increase in high fructose corn syrup ingestion. When the liver becomes congested with fat its ability to clean the blood and increase metabolism is greatly decreased. So any attempt to

decrease fat in the liver and provide the fuel for phase 1 and phase 2 liver detoxification is very helpful in increasing metabolism.

The most important lifestyle changes that must be considered are stress reduction and proper sleep patterns. Many patients will continue to over-train and to stress their systems further even when faced with overwhelming evidence that they need to slow down. It is up to you to break through this barrier. As long as their entire system is inflamed, your ability to increase their metabolism will be hampered.

Proper sleep has also been shown to be very important to increasing metabolism. Seven to eight hours of uninterrupted sleep per night has been proven to detoxify and increase your ability to heal. The more you heal at night, the less inflammation will be present the next morning.

In each and every metabolic condi-

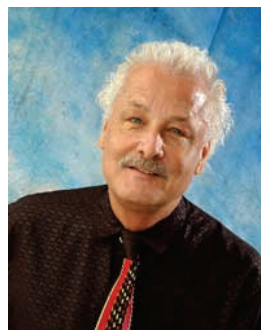
tion I have described, there are specific whole food nutritional protocols to speed the process of healing and decrease the inflammatory response leading to a slowing metabolism. Using a combination of chiropractic, transformational information, lifestyle modifications, whole food nutrition and specific controlled exercise, every metabolic problem can be addressed and transformed.

By using a combination of assessment techniques, fitness challenges can be met to help your patients increase their metabolism, no matter how stuck they are. Identify any immune system, digestion, endocrine organ or toxicity problem they are having, and address them with everything you can. Leave no stone unturned and your patient's metabolism will improve, and so will the success of your practice.

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