



my nutrition advisor



Manual: Fat Loss the Truth Scan

This information can also be found on our website:

www.mynutritionadvisor.com

Email Us: info@mynutritionadvisor.com

The information presented in this document is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or healthcare provider to determine what is right for you.



CONTENTS

Fat Loss Scan Overview	4
1. Category: Appetite Suppression.....	6
Subcategory: Essential Fatty Acids (EFA's) for Appetite Suppression	7
Subcategory: Fiber for Appetite Suppression	8
Subcategory: Herbal and Plant Based Appetite Suppressants.....	9
2. Category: Chronic Inflammation	10
Subcategory: Enzymes (Proteolytic) for Inflammation.....	11
Subcategory: Essential Fatty Acids (EFA's) for Inflammation	12
Subcategory: Herbal and Plant Based Products for Inflammation.....	14
Subcategory: Resveratrol for Inflammation	15
Subcategory: Vitamin D for Inflammation	16
3. Category: Cold Metabolism Stimulation.....	18
4. Category: Detoxification	20
Subcategory: Enzymes for Detoxification	21
Subcategory: Glutathione for Detoxification	22
Subcategory: Greens for Detoxification.....	23
Subcategory: Methyl Donors for Detoxification	24
Subcategory: Super Oxide Dismutase for Detoxification.....	26
5. Category: Endurance and Energy Production.....	28
Subcategory: B Vitamins for Energy and Endurance Production.....	29
Subcategory: Methyl Donors for Energy and Endurance Production	30
Subcategory: Herbal and Plant Based Products for Energy and Endurance Production	31
Subcategory: pH Balance for Energy and Endurance Production	32
6. Category: Fat Burning Supplements	34
Subcategory: Caffeine for Fat Burning Supplements	35
Subcategory: Non-Stimulatory for Fat Burning Supplements	36
7. Category: Gut Microbes	38
8. Category: Hormone Support	40
Subcategory: Adiponectin for Hormone Support	41



Subcategory: Adrenal Glands for Hormone Support	42
Subcategory: Cholecystikinin (CKK) for Hormone Support	43
Subcategory: Cortisol for Hormone Support	44
Subcategory: DHEA for Hormone Support.....	46
Subcategory: Estrogen for Hormone Support	47
Subcategory: Glucagon for Hormone Support	48
Subcategory: Ghrelin for Hormone Support.....	49
Subcategory: Human Growth Hormone (HGH) for Hormone Support	50
Subcategory: Hypothalamus and Pituitary Glands for Hormone Support.....	51
Subcategory: Insulin for Hormone Support.....	52
Subcategory: Leptin for Hormone Support.....	53
Subcategory: Pineal Gland for Hormone Support.....	54
Subcategory: Progesterone for Hormone Support.....	55
Subcategory: Testosterone for Hormone Support	56
Subcategory: Thyroid Gland for Hormone Support.....	57
9. Category: Hypnosis	58
10. Category: Stress Response	60
Subcategory: Adaptogenic Herbs for Stress Response.....	61
Subcategory: Plant Based Products for Stress Response	62
Fat Loss Information for Everyone	64
Calorie Restriction	65
Eating Schedule	66
Counting Calories.....	67
Food Sensitivities.....	68
Spices	69
Exercise	71
Sleep.....	72



Fat Loss Scan Overview

Program Overview:

The fat loss program combines experience with fat loss protocols used on over 5,000 patients.

Fat loss is about cutting calories. However, there are other health categories that aide in a happier, healthier, and more effective fat loss protocol; which also leads to a patient who is better able to stick to their objectives.

The fat loss program scans 10 different categories and about 40 subcategories to determine areas of the body that need extra support to aide in fat loss.

The fat loss program was written by co-founder of My Nutrition Advisor, Dr. John Fitzgerald. Dr. Fitzgerald ran a weight loss and nutrition clinic for several years. He had radio shows airing in several states, yet is most widely known for his work with professional athletes. His weight loss techniques are said to be the easiest to follow for athletes and non-athletes alike.

He has a weight loss book called Fat Loss the Truth that can be purchased at www.FatLossTheTruth.com.

What you were scanned for:

The Fat Loss Scan is conducted over several categories that are important for your weight loss success. The programs scans you against 10 different categories that help support fat loss objectives; if the result of the scan showed you needed further support, you were then further tested on sub-categories. Once the opportunity subcategories were identified, the scan simulated your body as if you were on various different supplements and dosages to determine which supplements your body responded to the best.

- | | |
|-------------------------------------|-----------------------------|
| 1.) Appetite Suppression | 6.) Fat Burning Supplements |
| 2.) Chronic Inflammation | 7.) Gut Microbes |
| 3.) Cold Metabolism Stimulation | 8.) Hormone Support |
| 4.) Detoxification | 9.) Hypnosis |
| 5.) Endurance and Energy Production | 10.) Stress Response |



Recommended Reading:

For additional weight loss information, My Nutrition Adviser recommends reading the book, “Fat Loss the Truth” by co-founder of My Nutrition Adviser, Dr. John Fitzgerald. Dr. John Fitzgerald ran a weight loss and nutrition clinic for several years, hosting radio shows that aired in several states. His weight loss techniques are said to be the easiest to follow. For purchase information, please visit our website at www.mynutritionadvisor.com

