



# Natural Health Response

WITH DR. RICHARD GERHAUSER M.D.

## Turn Your Body into a Fat-Burning MACHINE

### 5 Ways to Torch Fat Instead of Storing It

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Editor, *Natural Health Response*

When it comes to weight loss, there's **one** trick that works every time:

*Burn more fat than you store.*

But with approximately 60 percent of the US population overweight or obese, following that advice is clearly *easier said than done*.

That's because your body is literally **working against you**.

Fat cells are tiny factories that create inflammation, stimulating **MORE** fat storage. This vicious cycle turns people into fat-storing machines—and can make weight loss practically *impossible*.

It's time to **STOP** the cycle by turning **UP** your body's ability to burn fat, while turning **DOWN** how it stores it.

I'll show you exactly how.

And don't worry. It's not nearly as hard as you might think.

But first, let's look at what **NOT** to do.

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#### WHAT'S INSIDE

- 4** The MISSING Piece to Gut Health?!
- 7** Blood Vessel Hero SUPERCHARGES Heart Health



For weight loss success turn **UP** your body's ability to burn fat, while turning **DOWN** how it stores it.

### Popular Keto Diet Accelerates Aging

Many factors put people into fat storage mode, but one of the **BIGGEST** is the hormone **insulin**.

Insulin takes sugar out of your bloodstream and allows it to enter cells, where it's either burned for energy or converted to fat and stored for later.

It's a natural process but it works *against* you when you have too much insulin.

That's because insulin puts you into fat-storage mode faster than

you can say, *cake and ice cream*.

Not only does it tell the body to store excess calories as fat, but it also **restricts** existing fat cells from being broken down.

And nothing increases your insulin levels faster than a sugar- and carbohydrate-rich diet. That's why one of the most common strategies for burning fat is following a low-carbohydrate diet (an example is the popular ketogenic diet).

But there are three *big* problems with this kind of diet.

1. The first is that it's not sustainable for the average

American since sugary/starchy processed foods make up the bulk of the foods in the average grocery store.

2. The second is that our ancestors didn't eat a ketogenic diet 24/7/365. Depending on where they lived, they may have had a ketogenic diet during the winter at high latitudes. But their diet would have consisted of fruits and vegetables whenever available.
3. The third (and most important) is that it can pave the way for *aging* and *disease*.

Even if you lose weight by eating low-carb, you're setting up processes in your body that ultimately make you old and sick (yes, even if you're thin!).

That's because following a ketogenic diet long-term causes your body

## Morning Fat-Burner

For a morning fat-burning super-charge, drink some coffee!

Coffee has been proven to increase the breakdown of fat.

to lose the stimulus for new mitochondria.

When you stop making new mitochondria (the powerhouses of all of your cells), your existing mitochondria slowly get old and sick. This *mitochondrial dysfunction* causes most modern diseases (as laid out in the work of Dr. Doug Wallace over the last 40 years).

## The Best Time to Burn Fat

What way of eating do I recommend instead?

A Mediterranean/Paleolithic style diet is more manageable. It involves eating proteins like chicken and fish, whole grains, and plenty of fruits, vegetables, and nuts.

Instead of *harming* your mitochondria, this way of eating **boosts** mitochondrial structure and function.<sup>1</sup>

But I'm not going to spend too much time focusing on the "perfect" diet plan because, ultimately, **WHAT** you eat may not be as important as *when you eat it*.

You see, eating a big breakfast with protein sets the master clock in the suprachiasmatic nucleus of the brain.<sup>2</sup> Your circadian clock controls your metabolism... *which impacts how much fat your body stores*.

This explains why research shows you lose more fat when you consume calories **earlier in the day**.

In one study, people who ate a big breakfast and didn't eat after 3:00p.m. had a decreased appetite and *increased fat loss* compared to eating the same amount later in the day.<sup>3</sup>

Eating earlier in the day also increases insulin sensitivity. This improves pancreatic beta cell responsiveness and increases the heat-producing effect of food (thermogenesis). This is important for weight loss because a higher body temperature **burns** calories, while a lower inner temperature causes **weight gain**.

Another recent randomized controlled trial managed nutrient intake as well as physical activity, sleep, and light exposure.<sup>4</sup>

This study showed that skipping breakfast increased hunger,



A Mediterranean/Paleolithic style diet consisting of chicken, fish, whole grains, fruits, vegetables, and nuts can help boost mitochondrial structure and function.

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decreased energy expenditure, and decreased core body temperature. Additionally, eating late in the evening significantly decreased fat burning and increased fat build-up.

Even eating the “right” foods late in the evening can increase your risk of storing fat and gaining weight.

## Increase Your Resting Metabolic Rate

Another way to get rid of stored fat is with **exercise**.

Exercising after a meal helps stabilize blood sugar spikes because your muscles burn through the sugar from the foods you eat. This causes you to produce less insulin and lose more fat.

Exercise also increases your resting metabolic rate. This means you'll burn more calories even when you're **not** doing anything.

One study found that just 30 minutes of exercise four times per week enhanced insulin sensitivity and promoted fat loss.

So the big question at this point is usually, “What **KIND** of exercise should I do?”

That's the good news—it *doesn't matter!*

Research shows ANY moderate intensity prolonged activity (like walking or bicycling) *stimulates fat burning*.

Strength training also helps burn fat and improve metabolism.

My advice for my older patients (and myself!) is to do enjoyable, moderate-intensity exercises and add in a couple of resistance training sessions each week.

## Fix Your Fat Metabolism Issues

If you can exercise outdoors you'll be firing up your fat-burning mechanisms even more.

That's because getting morning sunlight in your eyes is the **BEST** stimulus for setting your circadian clock, which is the key to fixing fat metabolism issues.

In a study published in *PLOS One*, 54 volunteers wore monitors to measure sun exposure for seven days. They also kept track of food and calorie intake.

Results showed that the participants who woke up earlier and spent time in the morning sun had a lower body mass index **REGARDLESS of age, activity, or diet**.

“Exercising after a meal helps stabilize blood sugar spikes because your muscles burn through the sugar from the foods you eat.”

This is why I advise all my patients to view the sunrise daily while they're grounded to the earth (barefoot on the ground)—and avoid artificial light at night.

Studies show that exposure to artificial light at night breaks the circadian timing of metabolism, which *increases fat storage* and the health risks that go along with it.

## SUPERCHARGE Your Fat Burning

One method guaranteed to supercharge fat burning is **cold exposure therapy**. To do it, you expose yourself to short bursts of cold—like an ice bath, a cold shower, or sitting in a chilly room.

This process **STIMULATES** two types of *desirable fat*

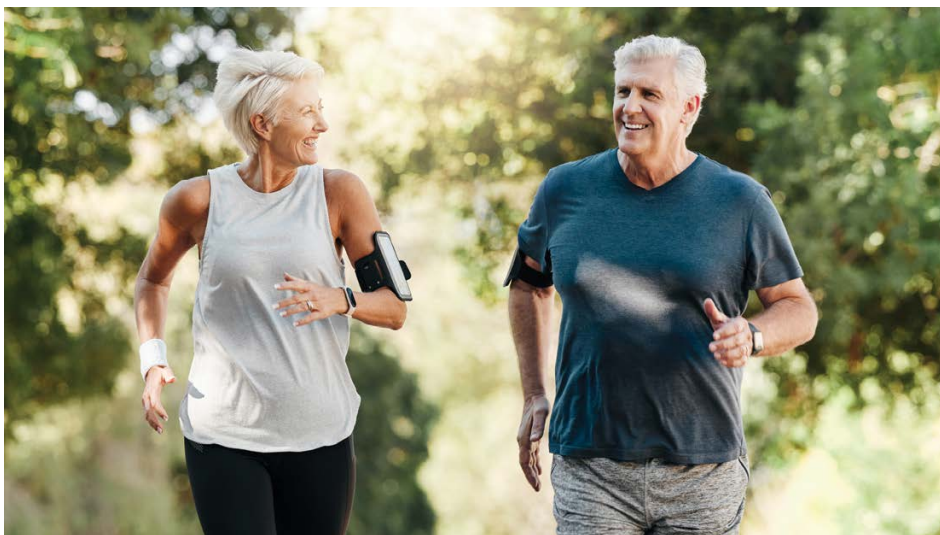
The first is **brown fat**, which is stored in the upper back around the shoulder blade area. The other is **beige fat**, which is dispersed *throughout* the body.

Brown and beige fat contain mitochondria that **burn “BAD” fat** to create heat in response to cold exposure.

Studies show consistent cold exposure will **RESTORE** the lost brown and beige fat, transforming your metabolism into a **fat-burning machine**.<sup>5</sup>

I'll admit that cold exposure takes getting out of your comfort zone.

The most efficient way to cool the body is with cold water, which is highly conductive. A temperature of 55° works well to produce brown fat and stimulate fat burning.



Exercise increases your resting metabolic rate. This means you'll burn more calories even when you're not doing anything.





gaining attention. They're called *postbiotics*.

**Postbiotics** are biologically active, non-living compounds that are formed from the metabolic activity of probiotics.

As *probiotics* feed on *prebiotics*, *postbiotics* are formed. You can think of them as the “waste products” of probiotics.

But you're not going to want to throw this stuff out. Because instead of being useless trash, postbiotics are health-promoting compounds with a wide range of proven benefits.

In fact, recent evidence indicates that many of the health benefits attributed to probiotics are actually the result of postbiotics.

## Uncovering Postbiotic Health Benefits

Postbiotics help maintain optimal gut health and improve certain digestive disorders. Beyond that, they have benefits that can impact your health from head to toe.

- **They support a healthy immune system.** In one double-blind, placebo-controlled study, a postbiotic (bacterial lysate) was found to reduce the number of acute episodes—and the use of antibiotics—in patients with recurrent respiratory tract infections.<sup>1</sup>
- **Postbiotics improve symptoms of irritable bowel syndrome and chronic diarrhea.**<sup>2</sup>
- **They can help prevent or manage type 2 diabetes** by controlling blood sugar levels.<sup>3</sup>
- They may **help manage weight** by affecting appetite and metabolism.<sup>4</sup>
- **Postbiotics could help kill cancer cells.** In one study, postbiotics stopped the growth of cancer cells.<sup>5</sup> In GI cancers,



Certain *lactobacilli* species have supernatants that have antioxidant and anti-inflammatory effects, while other *lactobacilli* supernatants prevent the invasion of cancer cells in the colon.

they were shown to support apoptosis, which is when damaged cells self-destruct.

- **They could help manage atopic dermatitis symptoms.** A study found that using a moisturizer that included pre- and postbiotics improved symptoms of atopic dermatitis.<sup>6</sup>

Emerging research shows a strong link between the gut microbiome and brain health.

In fact, there's evidence that postbiotics could also address mental health conditions like anxiety, depression, stress-related disorders, and neurological issues.

## 6 Postbiotics—and Why They're FANTASTIC for You

There are many types of postbiotics—some you've probably heard of, others you likely haven't.

For example, vitamins, amino acids, short-chain fatty acids, and enzymes fall into this category. But so do odd-sounding words like supernatants, bacterial lysates, and xopolysaccharides.

Each postbiotic category has research backing its health benefits. The following is a brief sampling...

### Supernatants

Bacterial **supernatants** have different effects depending on the species of bacteria they were produced from.

Certain *lactobacilli* species have supernatants that have antioxidant and anti-inflammatory effects, while other *lactobacilli* supernatants prevent the invasion of cancer cells in the colon.

Supernatants of two species of *Saccharomyces* have been shown to improve the barrier function of the gastrointestinal tract, antioxidant function, and wound healing.

### Xopolysaccharides

Research has shown that **xopolysaccharides** lower cholesterol absorption in the gut. In animal studies, this has been shown to slow the development of cardiovascular disease.

### Antioxidant Enzymes

**Antioxidant enzymes** are produced by certain bacteria and can act as postbiotics. These include glutathione, superoxide dismutase (SOD), NADH-oxidase, and catalase.

An animal study showed that postbiotic enzymes can help treat the inflammatory bowel disorder Crohn's disease.

### Short-Chain Fatty Acids

One of the most significant postbiotic benefits comes from short-chain fatty acids (SCFAs).

SCFAs improve metabolism, increase insulin sensitivity, and decrease appetite. And that, of course, means they can potentially help with weight maintenance.

*Butyrate* is a specific SCFA that's been shown to improve overall gut function.

### Bacterial Lysates

**Bacterial lysates** are postbiotics that have immune-stimulating properties. This is critical to compensate for the lack of microflora diversity I typically see in patients from the over-sanitization common in Western populations.

This may one day turn out to be a milder, more natural form of vaccinating against potential pathogens.

A meta-analysis showed that children given bacterial lysates have significantly fewer respiratory illnesses than kids who receive a placebo.

### Additional Metabolites

Other metabolites produced by bacteria that have the potential to benefit the human host include vitamins, polyphenols, and aromatic amino acids.

This includes **B vitamins** and **vitamin K2**, which can reduce cardiovascular disease, improve bone density, and potentially help fight against cancer.

Dietary polyphenols are metabolized by bacteria to produce compounds like urolithin A and equol.

**Urolithin A** fights obesity and insulin resistance according to animal models.

One study showed that women given **equol** for one year had a significant reduction in arterial stiffness and an improvement in cholesterol levels.

### Produce MORE Postbiotics Naturally

Supplementing with isolated postbiotic compounds is in its infancy, and may not be ready for prime time yet.

*But that's ok.*

Since postbiotics are the *byproduct* of probiotic fermentation, the best way to boost postbiotics is to increase the good bacteria in your gut and the *prebiotics* they consume to make more postbiotic substances.

Which brings us full circle, back to pro- and pre-biotics.

Both are available as supplements, but I prefer to get them from my diet.

Probiotics include foods like yogurt, sauerkraut, soft cheeses, sourdough bread, pickles, buttermilk, kefir, miso, pickles, natto—and in cheeses like Gouda, mozzarella, and cheddar.

Prebiotics include garlic, onions, bananas, apples, whole oats, barley, cocoa, flaxseeds, and seaweed.

If you're having trouble with gastrointestinal symptoms like bloating, you might benefit from identifying if you have small bowel bacterial overgrowth (SIBO). You'll want to have this treated **BEFORE** taking probiotics and prebiotics. (See my **May 2023** issue for *more* on SIBO.)

Additional ways to support postbiotics include:

- Avoid antibiotics if possible, as this often leads to a lack of flora diversity.
- Eat organic foods, which helps reduce glyphosate in the diet. Glyphosate is toxic to some of the gut microflora.
- Increase butyrate intake by consuming butter and ghee. You can be tested for optimal short chain fatty acids like butyrate with a comprehensive stool analysis. This can be ordered by an integrative medicine physician from a specialized lab like **Genova Diagnostics**.

*Visit the website for a full reference list.*



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# Blood Vessel Hero SUPERCHARGES Heart Health

## The #1 Way to Boost Your Heart

You can't have a healthy heart without **healthy blood vessels**.

And you can't have healthy blood vessels without plenty of **nitric oxide**, a type of gas that regulates blood flow.

There's just one problem...

Nitric oxide levels *decline* with age. This paves the way for hardening of the arteries, which increases your heart attack and stroke risk.

Unfortunately, you can't supplement with nitric oxide. But you **CAN** take steps to increase how much of this blood-vessel-friendly gas your body *produces*.

Today I'll share with you some **simple, effective ways to naturally boost nitric oxide**.

It's one of the **most significant steps** you can take to reduce your risk of high blood pressure, blood clots, heart attacks, or sudden cardiac death.

### Dialing UP Nitric Oxide Dials DOWN Death Risk

Nitric oxide increases blood flow by relaxing the smooth muscles that line artery walls.

Optimal blood flow ensures that your tissues get the oxygen and nutrients they need to maintain ideal function.

The inner lining of your blood vessels, or endothelium, helps regulate blood flow by producing nitric oxide.

But when nitric oxide production decreases with age, it can cause **endothelial dysfunction**. This occurs when your blood vessels can no longer expand and constrict properly.



The key to protecting your blood vessels—and, ultimately, your heart health—is boosting your nitric oxide production.

The resulting arterial stiffness (technically called *atherosclerosis*) leads to high blood pressure, arterial plaque, and inflammation, ultimately increasing the risk of a dangerous blood clot.

In fact, blood vessel damage contributes to two of the three **leading causes** of death: heart attack and stroke.

Here's the scary statistic: Nearly **one-third** of adults already have this condition, *whether they have heart disease or not*.

### Naturally Boost Nitric Oxide

The key to protecting your blood vessels—and, ultimately, your heart health—is boosting your nitric oxide production.

Your body makes nitric oxide by converting the amino acid *arginine* into the gas. This transition is kicked off by a family of enzymes called NOSs (nitric oxide synthases).

Other elements that are needed for this reaction to occur include nic-

otine adenine dinucleotide phosphate (NADPH), flavin adenine mononucleotide (FAD), flavin mononucleotide (FMN), and tetrahydrobiopterin (BH4).

While you can't *directly* supplement with nitric oxide, you **CAN** boost your levels by supplementing with some of its *precursors*—like **L-arginine** and **BH4**.

Studies show that supplementing with L-arginine daily reduces blood pressure in healthy people and those with hypertension.<sup>1</sup>

L-arginine is available as a supplement. But it's also found in high-protein foods like fish, meat, cheese, eggs, nuts, legumes, and beans.

### Leafy Greens

As the name suggests, nitric oxide molecules are made up of two atoms: nitrogen and oxygen.

You can bump up your nitrogen oxide levels by supplying the body with more nitrogen through your diet.

Leafy greens are an excellent source.



This helps explain why eating leafy greens has been shown to reduce the risk of cardiovascular disease.

One or two daily servings of greens should ensure that your body gets enough nitrogen to boost nitric oxide levels.

## Aronia Berry

Aronia berries are dark purple berries native to North America. They're classified as a superfood because they contain high vitamin C, anthocyanin, and polyphenol content.

Aronia berries work by increasing the activity of the NOS enzyme that converts L-arginine into nitric oxide.

As a result, supplementing with the berry improves a measurement called *flow-mediated dilation*. This

refers to the widening of an artery when blood flow increases in it.<sup>2</sup>

Improvements in flow-mediated dilation **directly** reduces the risk of cardiovascular events.

A supplement combining Aronia berry with an enhanced form of the amino acid arginine is available from Life Extension Foundation ([LEF.org](http://LEF.org)).

## UV Light

Ultraviolet A boosts heart health by lowering blood pressure.<sup>3</sup>

It does this by stimulating nitric oxide production in your skin's blood vessels.

UVA rays are most intense in the morning and afternoon.

Other light frequencies that also appear to affect nitric oxide are

“

Aronia berries work by increasing the activity of the NOS enzyme that converts L-arginine into nitric oxide.

”

blue, red, and infrared—all contained in **natural sunlight**.

## Nasal Breathing

Finally, one of the easiest and cheapest ways to get a steady supply of nitric oxide is simply breathing through your nose.

Nasal breathing stimulates nitric oxide production in the sinuses to help improve blood flow and respiratory airflow.

Visit the website for a full reference list.

## Nitric Oxide: Too Much of a Good Thing?

Like many things in nature, nitric oxide also has a dark side.

While *too little* nitric oxide can damage the interior of your arteries and increase the risk of heart disease, **too much** has been implicated in some brain diseases like Alzheimer's, Parkinson's, and ALS.

What is the tipping point that turns nitric oxide from a hero to a villain?

The short answer: modern technology.

Electromagnetic waves from the power grid and wireless devices produce unnatural magnetic fields that stimulate the voltage-gated calcium channels involved in calcium/calmodulin signaling inside the cell.

The downstream effect is to cause nitric oxide synthetase to produce *more* nitric oxide. Nitric oxide then reacts with the free radical superoxide to form *peroxynitrite*.

*Peroxynitrite* irreversibly combines with proteins and lipids and can cause DNA breaks. The mitochondria can also be damaged by peroxynitrite. This mechanism has been implicated as one of the main causes of neuronal death in Parkinson's disease.

Peroxynitrite also depletes a major antioxidant called glutathione.

The amount of exposure to non-native EMF (nnEMF) is determined by the inverse-square law, which states that exposure is inversely proportional to the square of the distance from the source. The cause for this can be understood as geometric dilution to a point-source radiation into three-dimensional space.

In plain English... *keep your distance*.

Here's how:

- I advise doing away with Wi-Fi in your home and using a wired system such as an ethernet connection.
- Observe cell phone hygiene by using the speaker function and turning the phone off while carrying it next to your body.
- Keep the cell phone in airplane mode when not in use, and keep the phone out of the bedroom when you sleep.
- Keep at least six feet between yourself and wiring, appliances, outlets, fuse boxes, etc.
- I use a kill switch in the bedroom to eliminate all power grid EMFs while I sleep.
- Avoid smart devices such as appliances and meters when possible, or disable their function.