



Peakarm.com Announces Cutting Edge Metabolic Reconditioning Program for Weight Loss in Jupiter Fl.

September 27, 2016

September 27, 2016 - PRESSADVANTAGE -

Dr. Osborn and PEAK Longevity and Regenerative Medicine? announce the development of a new metabolic conditioning system to help patients lose weight and feel more energetic and better than they have in years.

?Most weight loss programs out there have several fatal flaws,? says Osborn. ?For one thing they are unsustainable long-term both from the standpoint of the caloric restriction and the induced metabolic slowdown.? Dr. Osborn explains that as contemporary programs focus on rapid weight loss as opposed to a slowed course, there is sacrifice of much-needed muscle tissue.

?Remember, the tissue that affects your metabolism the most,? he explains, ?is your muscle. It therefore should not be sacrificed.? PEAK?s Weight Loss System was designed to spare critical muscle mass while at the same time accelerating fat loss.

?We do not implement the typical one-shake-a-day regimen as low caloric intake wreaks havoc on metabolism, which is exactly what we want to avoid,? according to Osborn.

Instead, PEAK's program is built around optimizing the patient's metabolism so that a healthy diet customized to the patient yields lasting results. The nutrition regimen is geared to stimulate the metabolism and accelerate fat loss by encouraging the patient to eat more, not less, and protein in particular. While this sounds contrarian, Osborn points out that the metabolic rate is transiently increased by 30% after a protein-laden meal.

"Protein and moderate fats are your friend," Osborn says, as they keep insulin levels low. This maintains the individual in a fat burning state 24 hours a day. In contrast to low-calorie diets that sap your energy, PEAK's system fuels both the brain and body.

"Believe it or not, brain cells love to work on the chemical breakdown products of fat," explains Dr. Tom Deters, PEAK's CEO and former Editor and Chief of Muscle and Fitness magazine.

Coupled with moderate exercise, also a metabolic accelerator, PEAK's Weight Loss System is the proverbial one-two punch for sustained, long-term weight-loss.

For more information on this medically backed program, visit PEAK's website at www.PEAKLARM.com or contact the office: 561-935-9233.

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For more information about Peak Longevity and Regenerative Medicine, contact the company here: Peak Longevity and Regenerative Medicine Dr. Brett Osborn 561-935-9233 drbrettosborninfo@gmail.com 600 Heritage Dr. Suite 105

Peak Longevity and Regenerative Medicine

We are passionate about delivering the most cutting edge care with World Class Service to empower you to achieve optimal results and enhance your life with better health and longevity! We live this lifestyle ourselves and want to share it with you!

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