



Peaklarm.com Announces New Metabolic Conditioning Program to Help Lose Fat Not Muscle in Jupiter, FL

October 03, 2016

October 03, 2016 - PRESSADVANTAGE -

"Metabolic signaling is a new scientifically based protocol used to increase fat metabolism," says Dr. Brett Osborn, Medical Director of PEAK Longevity and Regenerative Medicine, announced today. The protocol involves a revolutionary metabolic conditioning system to reduce body fat and simultaneously maintaining muscle tissue without starvation diets and tortuous exercise regimens.

"Re-conditioning a sluggish metabolism is easier than one may think if things are done properly," says Osborn. According to the board-certified neurosurgeon, losing fat is simply a matter of sending the body the right signals.

"Unfortunately, the American diet is laden with simple carbohydrates that trigger the body to store fat. This begins with sugar receptors being stimulated on the tongue, signaling the brain to stop using fat because sugar is on the way. Couple this with a sedentary lifestyle and it's a recipe for disaster," he explains.

High carbohydrates, especially sugars are the cornerstone of the obesity epidemic wherein over sixty percent of the adult population is medically obese. Age-related diseases such as cancer, diabetes and "hardening of

the arteries? increase dramatically with obesity and set in when the body doesn't receive the proper environmental signals such as routine exercise and a low carbohydrate diet.

One of the primary goals of PEAK's program is breaking the addiction to carbohydrates, particularly simple carbohydrates. "Simple carbohydrates play havoc on brain chemistry and exert euphoric effects similar to the drug cocaine," Osborn states. "They're highly addictive and like cocaine, dangerous, metabolically speaking," he continues.

PEAK's Weight Loss System facilitates the transition to alternate bodily fuels such as proteins, fats and complex carbohydrates in just the right quantities. The modification in the ratio of protein, carbohydrates and fats, proper nutrient timing and supplementation are the primary metabolic accelerants. Interestingly, there is no calorie restriction required unlike that of other mainstream programs.

"Calories are secondary to macronutrient ratios. If patients are eating the proper macronutrients, they'll actually have a hard time meeting the caloric demands," says Osborn. In fact, patients are encouraged to eat on this program.

For more information on this PEAK's medically backed weight loss system, visit the 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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