



Peakarm.com Based in Jupiter FL Explains Why Artificial Sweeteners Can Inhibit Weight Loss

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Sugar and the hormonal response it causes may unlock new strategies for weight-loss, reported Dr. Brett Osborn Medical Director of PEAK Longevity and Regenerative Medicine?. Dr. Osborn says that this finding has led to the development of a revolutionary new metabolic conditioning system to accelerate fat loss without stimulants or starvation diets.

?The problem with the American diet is the excessive amount of simple carbohydrate or sugar consumed,? says Osborn. According to the board-certified neurosurgeon, Americans are literally addicted to the sweet taste of the sugar molecule. ?Consumption of sugar stimulates the release of the hormone insulin that packs fat on your body. It?s a storage hormone,? he continues. ?A low-insulin state does just the opposite. It turns on the fat burning process. And this is exactly where you want to live,? Osborn explains.

According to Osborn, most weight loss programs fail for a variety of reasons, one of which is their inability to break the addiction to simple carbohydrates. ?For one thing,? Osborn says, ?many consume foods containing artificial sweeteners such as diet sodas or even sugar free chewing gum. And while that may seemingly improve patient compliance in reducing sugar intake, it does not fix one?s baseline addiction to the

sweet taste of sugar and the brain's response. Research has shown that most artificial sweeteners are much more powerful in exciting receptors in the tongue than sugar itself and that sends the wrong message to the brain.

Dr. Osborn's PEAK weight loss system addresses this directly by not only eliminating artificial sweeteners but fruits (which also stimulate the sweet receptors in the tongue) as well while maintaining or even increasing caloric intake. In fact, Dr. Osborn encourages patients to eat more, not less to accelerate both the metabolism and the fat burning process.

Unlike calorically restricted diets which will slow metabolism, are difficult to maintain and often lead to subsequent weight gain, the healthier calorie enriched diet can be maintained long-term, after the sugar cravings have dissipated. Within two weeks, the body's metabolism has shifted from being reliant on simple carbohydrates using a much higher percentage of fats and proteins. This is a very healthy way to live and unto itself, reduces incidence of many diseases," explains Osborn.

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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