Metabolic Syndrome and Fat Storage

the combination of insulin resistance, cortisol spiking with stress. Then you have things like inflammatory fat cells in the inflamed body. A lot of times people don't even realize they don't gain fat cells.

Their fat cells are inflamed and swell up and hold a lot more water. So you pretty much have the number of fat cells you're going to have after puberty, and you can lose them and you can shrink them, right?

So if your body's inflamed, you're under insulin resistance, you're super stressed out, and then you're not able to burn fat, there's your underlying cause of metabolic syndrome.

You go to the doctor and they put you on a cholesterol med. The cholesterol isn't the issue. The blood pressure is not the issue. Those are just signs and symptoms of metabolic syndrome.

So, thermogenesis complete and nutriglutide were designed to both help regulate and get you from a fat storing machine to a fat burning machine. Welcome to the Holistic Truth Podcast.

I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically.

with real proven strategies, protocols, and tools you can use in your practice today. Hello, everyone, and welcome back to The Holistic Truth. We're so excited today.

I'm your host, Jamie Dorley, CEO of Nutritional Frontiers, and I'd like to welcome back the co-host, the one and only Christine Genovese.

Introducing GLP-1s for Weight Loss

How are we doing, Christine? I'm doing fantastic today, Jamie. Well, I'm so excited. You know, I've been in the wellness field for 34 years now, and I've had an interest in wellness and fitness going all the way back to the, I guess, the late seventies, 1970s, of course.

And throughout the course of my career and my interest in wellness, I think the number one thing that people I've always been interested in, myself included and so many others that I run into as personal trainer and now as owner of Nutritional Frontiers is what do you have for weight loss?

Yeah, that is definitely, I think, top of mind for everybody, right? I know people are really into finding out like how to use the latest and greatest in terms of GLP-1s.

And there's been like, you know, some people are really against them, some people are for them. And now there's something called GLP-3s and I'm hoping you're going to be able to help us break this down.

Well, it's really interesting the whole concept because You know, pretty much since I've been doing this over the last 30 plus years, people always ask, you know, what's the best diet?

And, uh, you know, if one diet worked, there wouldn't be a thousand of them. Right. And if, and if it worked, uh, people would have to adhere to the program.

I think with the GLP ones and you know, it's interesting. Most people throw that word around. They probably don't even know what GLP one stands for, but it means glucagon like peptide.

And, uh, when you think about what that actually does, what it's doing is it's mimicking a hormone in the body and that hormone actually will do a few things.

One, it will stimulate the. pancreas to release insulin, right? Number two, what's going to do is going to slow down the digestion of foods and the absorption of the bloodstream.

Really important, especially with complex carbohydrates and fats. One of the challenges with simple sugars is they digest so quickly. And things like high fructose corn syrup don't even need to digest.

They go right to the bloodstream. So this is going to mimic the hormone number two. And by doing that, it's going to stimulate the pancreas to release insulin.

It's going to slow the emptying of the stomach with food. So you're going to feel fuller. And then the third thing it does is it really decreases. And for some people, it eliminates the appetite.

And I call it the modern day bariatric surgery. It's a much safer option for people. However, bariatric surgery was necessary for some people. However, really the extreme examples.

So I'm all in favor of what works for people.

Protecting Muscle During GLP-1 Use

And when people are really struggling, they need some hope. So if you choose to use GLP ones, the original was ozempic and semi-glutide and have some new versions of them.

And the idea is to eliminate some of the potential side effects. And so I know a lot of our clients recommend these and really the goal today is just explain what they do.

Most importantly, if you want to use them or not, it's up to you and your doctor how to use them to maximize the results. So what results are we looking to maximize?

Well, I would think we would be wanting to make sure that they're losing weight and you can minimize symptoms. Because I've heard of people getting what they called ozempic face, like kind of having droopy skin.

you know, other things like nausea. Some people have constipation. So, you know, I think those are some of the things that I've heard people, you know, struggling with.

So, what are some of the things that we can do to support this healthy weight loss if someone's choosing to use it? Yeah, let us talk about that because you said weight loss and now healthy weight loss.

What we're really looking to do is maximize fat loss and minimize wassailene body mass, the muscle. So just like the challenges, I go back to the bariatric surgery because people couldn't physically eat then.

And sometimes with GLP-1s, they don't physically eat. So our doctors actually have some solutions to that issue. So if they're going to maximize fat loss and minimize muscle loss, and that's a key component of any weight management program, that's why we call it body composition management, more than simply weight.

Because if people go on, they're just gauging this on the scale, they don't care what they're losing. And when you say a zempic phase or things like that, really what's happening, and this is a member of people who go on bariatric surgery, they may lose two, 300 pounds, but what happens to their skin?

Yeah, it droops. Yeah. Yeah. Because they've lost so much weight that skin has been stretched out so much that now the body can't overcompensate and get that skin to go back.

So what we're trying to do is maximize body composition. And there's a couple of key things. So you mentioned

some of the side effects that they're going to have.

So that may be nausea, vomiting, right? Some people have like GI pain, GI distress, things like that. That's usually what I found out from our functional medicine medical doctors.

That's usually when a GOP dosing is too high. So that's number one. The key with the healthy weight loss is to feed the muscle. So doctors like that we have on our team, like Dr.

Lisa Coach, what they're recommending is 40 grams of protein in a shake. It's like I have right here before noon. So that's only two scoops of our protein from the nutritional frontier.

So one of the best things you can do, folks, is make sure you're maximizing your intake of protein up to 40 grams before noon every day. So that would be two scoops of our protein from Nutritional Frontiers.

So what's your favorite Nutritional Frontiers protein? Well, I gotta say, I am a big fan of the Reese's Peanut Butter Cup, you know, having our chocolate super shake, our chocolate peanut butter shake, and our praline greens chocolate.

I think that is like just a winning combination. And whether you do that with water or with almond milk, almond milk, it makes it so much creamier. And I do notice, I feel a difference if I don't do a shake in the morning.

And I think psychologically too, drinking is a little bit different than eating, you know. So when people think about having that shake in the morning, you know, even psychologically, if they don't feel like eating, I think drinking can try and help them stay on track a little bit.

Well, that's a great point. So the shake has to be, um, loaded with the right nutrients. So Nutritional Frontiers prides itself on having nutrient dense protein shakes and we have options.

So you mentioned Super Shake, which is vegan. We have the best whey, which is a lactose free whey protein. We also have the clean collagen protein, which is actually a hydro beef, hypoallergenic.

And then we have the ultimate shake, which is a full meal replacement with multivitamin and mineral. So we have options for you. The key is to have two scoops of that protein.

You can do it one at a time or you can do both together.

Digestive Support and Side Effects

I recommend people do two scoops, sip it throughout the morning and that way have the 40 grams by noon. The other thing to do is make sure later on that you do not entirely skip meals.

So people are getting results. I ran into a friend of mine and I said, wow, you look great. What's going on? She says, oh, I've been using the semi-glutite.

I said, okay, how are you doing? You look beautiful. And her and her husband were there and he says, you know, she's really lost a lot. She's, you know, down about 30 pounds, right?

I said, wow, that's fantastic. This is how you do. And she goes, well, what do I do about this? And she held up her arm and her tricep, which should be the tricep, the back of the arm.

There was a lot of loose skin. And I was like, did you do the shake? She's like, no. I'm like, oh, cause your brother-in-law recommended you do the shake.

And she did not do the shake. She was, oh, I did so good. I go, I know the first 10, 15 pounds, 20 pounds is like so motivating. It comes off so quick.

I says, and then what happens is the next 10 pounds is all muscle. And that's what happened to her. And it's hard to build that back up after you lose it, especially so rapidly.

So I cannot overemphasize the importance. It's imperative to maximize your results, folks. If you're doing GLP-1s, you have to do two scoops of protein every day, preferably before 12, 1 o'clock.

Yeah, I was going to say, I love the distinction that you're making between fat loss versus muscle mass, right? And I think that's the biggest thing for people to keep in mind.

Cause I think, you know, you think, oh, if I eat, I'm not going to lose weight and your body actually needs the protein in order to function and to not lose the muscle.

So I think that's kind of counterintuitive, right? Yeah. Because people came to me as a trainer way back when, and you know, the number one thing, especially the females that say, Oh, I want to get toned.

I'm like, that's muscle. And every, just about every client that I took on, when I looked at their eating journal, they won't eat enough protein. And then they would start just cutting more and more food out.

I said, no, you actually need to eat more food to feed the muscle. So I know in this example, the GLP-1 physically can't eat a lot of food because you're feeling so full.

And if you eat too much, what happens? You get that upset stomach. Yes. So that has a lot to do with the dosing. So you got to work closely with your functional medicine and healthcare professional to make sure that dosing is just enough to give you the result without too much.

So regardless of the dose, some people may experience a little bit of GI upset. Um, so if they're feeling a little bloated, a little full, a little heartburn, a little reflux, what would you recommend that they can do to help support their program in addition to the protein powder?

Well, one of the things that I know is extremely effective, especially with upset stomachs for, you know, our clients in general, but let alone if they're doing GLP ones, is Probezyme.

Our probiotic and enzyme blend really helps ease the discomfort right away. And sometimes, you know, people may need a little more support after they eat, and so our Betazyme is also a great option.

Yeah. So this is for people that are actually doing the GLP ones. We want to maximize their results and minimize their symptoms. Now, again, that's a personal choice with your healthcare professional.

I'm always open to whatever works for people. Is there a choice? But you want to do it so you're getting the best results possible. And the best way to do that is by using one of Nutritional Frontier's protein shakes like Super Shake or Best Way.

Transitioning Off GLP-1s Naturally

And the second thing. is to include the Probezyme. So Probezyme comes in three flavors. They're chewables. How do they taste? Because a lot of people are concerned about taste.

Oh my gosh. Well, that's one of the things I think about Nutritional Frontiers formulas in general. You took great care in the formulations to make sure things taste good because we want people to be compliant and we want them to take it.

So we have probes, I'm in particular, in grape, cherry, and tropical fruit punch. All of them are delicious. Tropical fruit punch was the original, the first formulation.

And I typically bounce between grape and cherry, depending on my mood. Oh, depending on your mood, huh?

Where are you going to get with you? So we got three flavors, each one of your mood.

So there we go. I love the grape, but I do not discriminate. Any one of them are good. I usually start my day with super biotics and a couple of probes.

I'm just to kind of get my digestion off to a good start in the morning. So there's a couple options right away for people, any other symptoms or side effects that you're hearing people getting.

Well, I think some people, you know, anytime you change something in their diet, right, sometimes they might have constipation, other times they might have the opposite going on.

Anytime you change something going on in the stomach. So I know we do have things to try and help with constipation. We have something called Maxlax and that is got a lot of senna leaf in it, which helps people move things out rather quickly.

And that's, that's really helped people. Yeah, that's great. So we have some options for people. The big thing is if you're doing the GLP ones, go for it.

Work with a healthcare professional. Don't go online and buy something in the black market. Work with a functional medicine doctor. If you don't know who to work with, you can contact us at Nutritional Frontiers.

We have doctors all over the country and a lot of them even do telemedicine. So you can even do it remotely. So it's really cool to get the best results possible and add us some new generations of these medications and peptides that are getting better results and minimizing symptoms, which we always love.

Use the protein shakes from Nutritional Frontiers. Use the Probezyme. And if you're feeling a little constipated or backed up, you can use things like Maxlax.

And I really like recommended Superbiotics for anybody on a weight loss program, because it will help. Rebalance you and if you are somebody that suffers with a lot of candida, which most people do that are struggling with weight loss.

I always say throw a big bottle of candy kill in for the first four to eight weeks. Take that in the morning. That'll help clean out any candida that you may have.

So you're going to synergize your results between the GLP ones. The candy kale, the probe zime, the super shake. You're really going to be able to get the best results possible and minimize any potential side effects.

What about people that are on the GLP ones and now they want to come off and they're very, very nervous about coming off because they've done so well.

They got the new wardrobe. Everyone tell them how hot they look. You know, they got the bikini rolling again. They're wearing the high heels. They're all excited.

They're feeling confident, but. They're scared to come off because they're doing so well. What is a good transition off the GLP ones to something that's more on a nutraceutical side of things?

Well, I believe that's why we develop neutral glutide, right? It helps you balance your appetite and your metabolism gently while nourishing your body.

I absolutely love it. I use it every day to help keep my cravings at bay and find that it also really helps to manage my appetite. You know, I notice I'm fuller faster.

And I often split a meal with someone because a large portion is really too much, especially with that. And I know in the development of neutral glutide, you were really taking into consideration looking at metabolic syndrome, right,

where people have challenges with, like, blood sugar dysregulation, poor metabolism, the stress and insulin resistance, all the things that contribute to weight gain.

So neutral glutide is an incredible formula to start. And I know we also pair that with something else called thermogenesis complete. And I love it. Yeah, we work with some of the leading experts in the field of functional medicine, including Dr.

Bob Rakowski, Dr. Tracy Straub. Dr. Len Bransiewicz, you name him on our team, all of our incredible brand ambassadors, Dr. Richard Silva. And we said, what are the underlying causes of metabolic syndrome leading to things like could be insulin resistance, it could be high blood pressure, it could be diabetes, it could be cardiovascular, it could be obesity or any combination.

It basically means that your metabolism is not working at an optimal level.

Thermogenesis and Metabolic Syndrome

So what happens is rather than eating, having a normal release of blood sugar and normal release of insulin utilizing that getting into the cells be burned for energy and then eating again normally later on what happens and that person becomes a fat burning machine.

which is where the metabolic rate is optimized. And a lot of Americans, ever since fat was outlawed, and they replace it with things like high fructose corn syrup, sugars, artificial flavorings, all those different things, because fat's really not the culprit.

The culprit is really too much processed sugars in the diet. So when you look at this overall, metabolic syndrome is really four underlying main causes.

One is insulin resistance. Your cells just don't respond to insulin anymore. Why? It's a combination of too much sugar, too much stress, and not enough physical activity.

Number two, after insulin resistance, is stress in cortisol management. Why people? Well, people are pretty stressed out in this world. They're living on sugar, caffeine, nicotine at night, alcohol, and, um, they live in a state of fear.

Most people. So you got the combination of insulin resistance, cortisol spiking with stress. Then you have things like inflammatory fat cells and the inflamed body.

A lot of times people don't even realize they don't gain fat cells. Their fat cells are inflamed and swell up and hold a lot more water. So you pretty much have the number of fat cells you're going to have after puberty and you can lose them and you can shrink them.

Right? So if your body's in flame, you're under insulin resistance, you're super stressed out, and then you're not able to burn fat. There's your underlying cause of metabolic syndrome.

You go to the doctor and they put you on a cholesterol med. The cholesterol isn't the issue. The blood pressure is not the issue. Those are just signs and symptoms of metabolic syndrome.

So thermogenesis complete and neutral glutide were designed to both help regulate and get you from a fat storing machine to a fat burning machine. The great thing about thermogenesis complete, it's the only non central nervous system stimulating fat burner.

So it works more on cellular. fat burning, not just on stimulating your body, like you see a lot of these stimulants out there that burn out for a long time.

The thermogenesis complete is very interesting because the nutritional profile that we use, including the African

mango, which will help balance leptin and adiponectin.

You mentioned earlier about GLP ones helping with satiety, right? Helping with your body feeling full and eliminate cravings. That's what happens when your leptin and adipoleptin levels are out of balance.

So thermogenesis will get your body stimulated to start burning fat. It has the red-hot chili pepper in there. It has tonaline in there. So it's a nice combination when we look at the nutrient profile of that.

Then we look at the nutriglutide. That addresses all those four components. We have nutrients in there to help with insulin resistance, nutrients in there to help with the pro-inflammatory fat cells, something actually called CertMax, which is a sirtune gene anti-inflammatory from black tie ginger.

Really interesting ingredient with a lot of research. So both the thermogenesis complete and neutral glutide are there to help support metabolic rate.

I like doing thermogenesis complete in the morning, three capsules and two of the neutral glutide later on. However, there's many different ways to get there.

How do you recommend to take them? Well, I certainly think it's a one-two punch for weight loss, right? The thermogenesis before you work out and then I would take two of the neutral glutide after that kind of midday and then one in the afternoon to help me manage it.

But, you know, one of the things that I think really contributes to weight, right, is chronic stress. I think that's one of the biggest keys with the metabolic syndrome.

And so I know we provide a number of different formulations to help our adrenals so they can let go of that excess weight. One of my favorites is Adrenamax because it's an adaptogen, so it'll dial the cortisol up or down as your body needs it.

Yeah, one of the issues with cortisol is that when cortisol levels are high, Your body will promote fat. Learn that from Dr. Richard Sylvie calls. He says, think of it as cortisol as a fat storage hormone.

Because when that's elevated, especially in the evening, people will store fat. It should peak earlier in the day and then kind of come down later, right?

Some people are really low in the morning and then it'll peak out at night. So if you're stressed and wired and you can't sleep, chances are good that your cortisol levels are high.

If you're doing a lot of stress-induced eating at night, guarantee cortisol levels are out of bounds. So Adrenamax, which I used to take in the morning until you taught me, what else can you take Adrenamax?

You can take it at night actually. Yeah, so you have some great options with Adrenamax. You can take it in the morning to get your body rolling and handle stress throughout the day.

It also works really well at night with sleep time. So you can take two or three Adrenamax, two or three sleep time, and you're not gonna have those cortisol spikes.

Because if you're waking up at 2 a.m., 1 a.m., midnight, whatever it is, and you're wide awake and you can't go back to sleep, chances are you're having cortisol spikes.

I'm speaking from experience. So when I use the Adrenamax with the sleep time, much better results. Yeah. And for me, my nighttime support is definitely mag complete, like our magnesium complete.

Stress, Cortisol, and Lifestyle Support

And if I need a little extra help during the day, I'll use our calm day. Both of those formulas are great for stress. Now, JD, I would be remiss if I didn't mention the benefits of meditation for stress.

You know, we both participated in incredible week-long intensive with one of our mentors, Dr. Joe Dispenza, and the biological changes we experienced were incredible.

And it was a great reminder that when you go within and you get your brain and your heart to be in coherence, you're actually able to calm your autonomic nervous system down.

So, you know, don't forget the benefits of lifestyle changes in addition to the nutraceutical support to help you get there. Yeah, the old days of working out and eating good are over.

We live in a completely different world. We live in the information world, right? We live in the sedentary lifestyle world. People are overstressed. You know, what we used to consider food is really just junk.

A lot of it's just processed. So you got to look at health in a completely different way these days. You got to look at it from a 360 point of view, right?

Everything from sleep, you know, to relationships, to communication, to physical activity. You know, it's not a punishment to go for a walk or a workout.

You know, being out in nature, grounding at the beach or in the mountains, doing meditation, doing your soul intelligence sessions, doing prayer, going to church, journaling, meditating, whatever it takes.

But I call it my routine and you need to adopt a routine that works for you in your lifestyle. So if you're on the road, you got to make sure that you're able to take that with you.

If you're stressed out when the kids are off of school, you got to be able to adjust, but you got to be able to factor in all those things, right? You know, we talk about what you eat, what you drink, what you think, how you move, you know, sleeping, bowel movements, stress, emotional wellness.

They all play a role, not only in weight, but in wellness and your lifestyle, and most importantly, in your longevity overall, right? So when you start to incorporate these wellness solutions into your life, And you look back five years before, you're always doing more things for wellness.

Rarely will someone incorporate a lot of wellness in their routines and then just give it all up because it helps with the mind, body, and the soul, not just for weight.

So I think we all have to move past this point of looking for the secret, right? GLP ones work, Supershake works, Neutral Glutide, Thermogenesis, Probezyme, they're all tools.

But the really foundation has to be you and really how you're treating yourself, which was really cool. I learned that Dr. Joe is you should be kind and patient and, you know, really caring for yourself.

Right. And gentle and loving. And when you do that to yourself, you realize that you slow down a little bit because we're all in a big rush. I'm not sure.

Uh, where we're going, but everyone seems to be in a big rush these days. And there was a Seinfeld skit on this that he did in one of his standups. And he's like, we always want to go there.

You getting ready to go to dinner. Can't wait to get to dinner. You drive in the dinner. Can't wait to get to dinner. You get to dinner. You can't wait to get the meal, dessert, the check home.

He's like. Just take a deep breath, be gentle with yourself, lean on a healthcare professional. And I always say, if you want to go somewhere, follow somebody on the way back, they will show you the way.

Well, I think at the end of the day, when I think about weight loss, it's really about freedom, like being strong and energized and confident, you know, not just the number on the scale.

I remember I worked at a weight loss clinic years ago and I remember one lady in particular who had tears in her eyes because she was so out of breath trying to keep up with her kids on the playground.

So her motivation to lose weight was so that she would be able to play with her children. And I know when I need to shed a few pounds, you know, when the pants aren't fitting quite right or I'm a step or two slower getting to the ball in the tennis court.

But in general, I think most people want to lose weight to have a better quality of life. And we know you get there with nutrition, movement and natural support.

So if anybody is thinking about GLP ones, make sure you do it the right way and know that there are natural holistic ways to achieve lasting weight loss too.

And Nutritional Frontiers has lots of them. Yeah. And don't focus off some people who are like, oh, well, you know, you're not going to live any longer.

It's not always years to the life, but like you said, life to the years, right? Because I think the most important thing is keeping your independence.

You know, when you see someone like my dad push an 86, still driving, golfing three days a week. He's in two different bowling leagues. I caught him up on the roof last year trying to fix the chimney.

Like he cuts his own grass. He does his own cooking. He does his own, he does everything. Right. But, um, one thing I learned from him, you know, he said, growing up, they never overeat.

Right. And he said, that is the key. He wasn't a scientist at all, but he knew from growing up as a kid with no money on a farm that none of his siblings, there was nine of them.

None of them ever been overweight. And I think that's what the GLP ones are really trying to do. Right. Is to help people slow down. It's going to slow the absorption.

Right. So that they're not overeating. Right. So take your time folks. Take your time with the program. Let's make sure you're doing it the best way possible to maximize results and minimize any potential side effects.

And there's so many healthcare professionals out there that can guide you along the way to get the best results possible. If you need a referral, reach out to Nutritional Frontiers.

We have doctors all over the country. So thanks so much, Christine. Any parting shots for your millions of fans? I just want to say, you know, when you're thinking about weight loss, think about visiting nutritionalfrontiers.com.

I promise your body and your future self will thank you. So, until next time. Thanks so much, Christine. And I appreciate all the love and support out there as we continue making the world healthy.

Have a great day and God bless. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.