5 Ways to Lose 10 lbs. in 30 Days

By Raphael Rettner D.C.
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Dr. Raphael Rettner is a Palmer College of Chiropractic West graduate and has been in practice since 1982. For over 30 years Dr. Rettner has assisted his patients in losing weight and attaining vibrant health, by finding and treating the underlying structural, hormonal, emotional and nutritional causes of their stubborn weight challenges.

He has made numerous radio and T.V. appearances, is the author of over 30 e-books, and has produced 27 DVDs including: Yoga for Deep, Restful Sleep, Yoga for Chiropractic, 3 Phases of Healing After a Whiplash Accident and F.A.S.T. – Fascial Alignment Stretch Technique. He has studied over a dozen force and non-force chiropractic techniques. With a combination of creative thinking and an insatiable quest for knowledge, Dr. Rettner has developed several new and exciting chiropractic techniques which he has taught at seminars internationally.

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Introduction

If you’re like most people, you’ve tried various diets that promised great results but didn’t work for you in the long run. Through much study and personal experience, I’ve learned how to eat a healthy diet and have exercised daily for over 30 years. During this time I’ve also helped many of my patients lose weight, eat a healthier diet and live a healthier lifestyle. If you’re struggling with weight issues I’d love a chance to help you too. Weight issues are often complex. I’ll go the extra mile with hormone and food allergy testing to figure out the underlying cause of your weight problem.

In this e-book I will discuss 5 often overlooked, bottom line causes for stubborn weight gain. Please read through the entire e-book carefully. If you have any questions please feel free to e-mail me. I will be happy to answer any of them for you. I can be contacted at drrettner@sbcglobal.net or call Advanced Weight Loss & Wellness at 925-962-9160. Thanks, be well Dr. Raphael
Chapter 1: Eliminate Food Allergens

Have you ever felt bloated or tired after a meal? It could be food allergies. If you’re allergic to certain foods, after you eat them, your body will be unable to digest and assimilate them properly, so they will turn into fat. The most common food allergens are: wheat, dairy, eggplant, bell pepper, jalapeno pepper, cayenne pepper, black pepper, tomatoes, potatoes, corn, soy, coffee, chocolate, citrus, eggs, beer, wine, nuts, beans, peanuts, mustard, turmeric, cinnamon, shellfish, berries and food additives and preservatives such as M.S.G. (Monosodium glutamate).

If you have a strong craving for any of these foods or feel you can’t live without a particular food, there’s a good chance you’re allergic to it. At Advanced Weight Loss and Wellness we do extensive food allergy testing, as well as have you keep a diet diary to see which foods are causing symptoms. Eliminating the offending foods from your diet is the first step in losing weight.

I had a patient named Yollanda who came to me for lower back pain, not for weight loss. In the initial exam, I also tested her for food allergies. She avoided the foods she was allergic to for three months, and lost 25 lbs.
Dr. Rettner is a HEALER! I experienced a miraculous healing on multiple levels of my being and now have a vibrant life once again. The joy of returning to dance, and losing 25 lbs. effortlessly in less than three months is astounding to me. His gift to the world as a healer is a treasure for those who need healing.

Yollanda G., Alameda, CA

Since eliminating sugar, rice, corn and wheat from my diet, the extra mini-pregnancy has disappeared. I can now wear clothes that made me feel unattractive before the changes in my diet.

Julie S., Marin County

Although I came to you with a weight problem, you managed to help me with so much more. I learned about my food allergies and a whole array of foods which I like and are beneficial to me. I’ve lost over thirty pounds and I’m still easily losing two pounds per week. I feel better than I have in years. Thank you for all you do.

Judie F., Marin County
Chapter 2: The Liver Enhancement Program

Are you struggling to lose weight even though you eat right and exercise? It could be that your liver is congested and it’s time for a cleanse. The liver is a key factor in weight loss because it produces all 6 fat-burning hormones. If your metabolism is sluggish, your liver is probably congested. In some cases this will prevent you from losing weight. Once the liver is healthy, the fat-burning hormones can work more efficiently.

The chemicals in food, growth hormones in meat and milk, alcohol, caffeine, refined sugar, refined carbohydrates, artificial fat, past infections and toxins in the water supply may affect your liver function. Normally, the liver is supposed to break down and eliminate these chemicals, but it can become overwhelmed to the point where your liver becomes dysfunctional.

At Advanced Weight Loss and Wellness, we offer The Liver Enhancement Program. It not only gives the liver a rest from these chemical insults, but gives it the nutritional support and detoxification it needs to return to normal function. You need to reverse the damage that has been done and the Liver Enhancement Program does this in a short period of time.

The goal is to bring the liver back to its normal production rate of fat burning hormones, which helps eliminate a great deal of difficulty in burning fat. This
is done by eating only those foods that don’t stress the liver, while allowing it to purge itself of toxins. **The Liver Enhancement Program** consists of salad, raw vegetables, hummus, soaked nuts and raw fish. You also have a mixed juice drink and supplements before each meal. The drink and supplements help cleanse the liver, the large intestine and the kidneys.

*I’d like to thank you for providing your very effective 8-week plan. I really appreciate your very positive and knowledgeable approach in helping improve my total health. I’m enclosing my recent blood chemistry tests from my family doctor. In eight short weeks, my total cholesterol has dropped 19% from 201 to 163, my triglycerides dropped 26% from 251 to 185 and my weight dropped twelve pounds.*

Thank you, Tom B., Berkeley, CA
Chapter 3: Food Cravings

Do you have a lack of willpower when it comes to your food cravings? It could be a problem with your neurotransmitters.

All of your hunger signals come from the brain and are under the control of strong messengers called neurotransmitters. Some neurotransmitters help you with energy, while others help you to relax or sleep. Dopamine and serotonin are the most important neurotransmitters for appetite control. High levels of these messengers satisfy your appetite, while low levels cause you to become hungry or to overeat. Cravings for caffeine, chocolate, sweets, fried or salty foods indicate low or depleted dopamine levels. Cravings for bread, muffins or pasta signal low serotonin levels. Lack of sleep, restricting important nutrients in your diet, environmental toxins, and taking certain medications can also deplete the amount of neurotransmitters in your system.

Lack of willpower is actually a biochemical deficiency of neurotransmitters in the hunger center of the brain. The deficiency occurs especially when you are under a lot of stress. Dopamine and serotonin also control the emotional center of the brain. This is the center that helps us to cope with conflict, stress and other feelings. When we are low in these neurotransmitters we may feel depressed, lethargic, angry or anxious.
Your levels of dopamine and serotonin are changing all the time. A good example of this flux is experienced by women with P.M.S. As the hormone cycles shift, the neurotransmitter balance also shifts and symptoms of irritability, lethargy, food cravings and anxiety may occur.

If you have a lack of willpower and crave caffeine, chocolate, sweets, fried food or salty food, bread or pasta, you’re requiring other foods which are high in the nutrients that will stop your cravings. At **Advanced Weight Loss and Wellness**, we will help you discover which foods you’re requiring to stop your food cravings. This is vital information if you want to lose weight and keep it off.
Chapter 4: Blood Sugar Imbalance:

Do you crave sweets late afternoon or after dinner? After a meal do you still feel like you have to have dessert or a snack? Do you get light headed or irritable if you don’t eat right away when you’re hungry? You may be suffering from hypoglycemia or low blood sugar.

Do you notice that sugary and starchy foods make you tired or irritable? Do you have a sedentary lifestyle and get little or no exercise? Do you have trouble losing weight? Do you have a history of diabetes in your family?

When I first started chiropractic college over 30 years ago, I had a very bad case of hypoglycemia due to lack of sleep and the stress of starting a very academically challenging program. After I ate a meal, I was still ravenously hungry. A friend of mine suggested that I exercise first thing in the morning. That plus eating a healthier diet cured me of the hypoglycemia.

If you’re a woman, is your waist size more than 35 inches or more than 40 inches if you’re a man? You may have insulin resistance and be prediabetic. Insulin resistance involves high cholesterol, high blood insulin levels, excess body fat around the waist, high blood pressure and glucose intolerance or insulin resistance. Insulin resistance places a person at a
significantly greater risk for having a heart attack, stroke or diabetes.

Insulin resistance can be considered prediabetes because insulin resistance often leads to Type II diabetes. The insulin supply from the pancreas eventually wears out from all the years of compensating for high carbohydrate foods. Studies reveal that diabetes is in the making seven years before it can be clinically diagnosed. This means that if insulin resistance symptoms are recognized early enough, most Type II diabetes could be prevented. Diabetes can lead to heart attack, blindness and loss of limbs.

Both hypoglycemia and insulin resistance are blood sugar imbalances and can lead to weight gain. It’s vitally important to have your blood tested, get on the right diet and supplements, and exercise regularly, in order to control your sugar cravings and to prevent getting diabetes. Blood testing and evaluation for hypoglycemia and insulin resistance are an important part of our weight loss program.

I tried to lose weight before seeing Dr Rettner but couldn’t. I haven’t been this skinny in fifteen years. Since I discontinued using sugar in my diet I have lost so much weight that I’ve gone down 3 notches in my belt and no longer suffer from heartburn.

Phil S., Marin County
Your excess weight may not be your fault. It could be one or more of your endocrine glands is out of balance.

The fat on a person’s body accumulates in different places based upon which endocrine gland is not functioning properly and which hormones are out of balance. The outside distortion of the body shape gives clues to the imbalance on the inside.

**Thyroid Body Shape:** The thyroid (means shield) is located at the base of the neck. It controls how fast we turn food into energy or metabolism. Sluggish thyroid symptoms include cravings for carbohydrates and sweets. Other symptoms may include: depression, fatigue, brittle nails, cold hands and feet, decreased libido, loss of outer eyebrows.

The thyroid type has weight evenly distributed all over their body in the arms, legs and abdomen. The thyroid shape is mostly due to myxedema, which is a waste product, because the thyroid holds onto waste and is unable to release it.

Very often people with hypothyroid symptoms go to their doctor and have their blood tested, only to be told their results are normal. At **Advanced Weight Loss and Wellness** we offer a test that is more
sensitive than blood tests that often picks up undiagnosed hypothyroid conditions.

**Adrenal Body Shape:** The adrenal glands sit on top of each kidney. The adrenal cortex, which is on the outer portion, produces the hormone cortisol. The adrenals govern our reaction to stress and people with worn out adrenals can’t tolerate stress. Stress can produce feelings of anxiety, nervousness and worry.

Do you have trouble sleeping soundly through the night? Adrenaline can keep you up. The adrenals control the four cycles of sleep. If you have an adrenal problem, you’ll never get into deep delta wave sleep. Fat burning hormones are activated only during deep sleep. If you have adrenal exhaustion, you won’t lose weight even when you eat right and exercise. When you only get the superficial kind of sleep, you might wake up just as tired as when you went to bed.

If you’re adrenals are wired and tired, you just can’t turn your brain off, you just doze. You’re exhausted and you can’t sleep. When people can’t sleep, this might be shocking, but sometimes they resort to drinking coffee in the morning just to wake up. Have you ever seen the line at Starbucks where they’re walking around like a zombie, “Gotta get that coffee.” Caffeine wakes up the adrenal hormones, but it’s like whipping a tired horse and robbing from Peter to pay
Paul. When people drink too much coffee, they feel jittery. Then they'll come down and feel mental lethargy.

People with adrenal fatigue crave salt - chips, popcorn, pretzels and carbs as well. The adrenal type has fat in the gut with a sagging belly hanging over the belt. The body is breaking down protein in the legs, turning it into sugar. Insulin is converting that sugar into fat around the vital organs called inter abdominal fat. There may be a fat pad in the upper back called a buffalo hump.

A simple way we test the adrenals at Advanced Weight Loss and Wellness is to first take your blood pressure lying down. Then you sit up and we take it again. It should go up about 10-12 points. If you have postural hypoadrenia it will go down. The adrenals are so exhausted that they don’t compensate.

Ovary body shape: Prior to menopause, the ovaries are the primary producers of estrogen and progesterone. Excess estrogen be caused by exposure to xeno-estrogens in our food and in our environment. For example, a Butterball turkey is fed growth hormones to fatten it up, and if you eat it, the excess estrogen will make you fat as well. Excess estrogen, also known as estrogen dominance, causes weight gain below the navel, in the thighs and buttocks. There is a pouch under the navel, a layer of
fat around the thighs called saddle bags and large buttocks. Estrogen cells make fat and the fat cells make estrogen. Above the navel, it looks normal.

Women with estrogen dominance often have P.M.S., ovarian cysts, fibroids, vaginal cysts, breast cysts, hot flashes, have excess bleeding and bloating. They crave ice cream and chocolate.

During menopause, the adrenals take over for the ovaries in producing estrogen, so if your adrenals are exhausted, you could end up with low progesterone and estrogen dominance, resulting in hot flashes and night sweats, cold feet and vaginal dryness. After menopause, you could start to look like the adrenal type, with a bigger gut and skinny legs. Therefore, it is essential to strengthen the adrenals to avoid this unwanted weight gain.

Liver Body Shape: Have you ever seen a guy on the beach in a Speedo with a pot belly and a beer gut? This is an issue of liver congestion. The liver will cause a pot belly. This causes the pot belly. The liver body shape has a condition called ascites, where the liver is leaking water into the belly, also known as leaky gut syndrome. In order to have a belly like this, much of their liver has already been damaged. They wake up a little stiff in the morning when they get out of bed, and are often grouchy due to low blood sugar. They also have symptoms of bad breath, itchy groin.
and have right shoulder pain and stiffness, which is referred from the gallbladder. Liver types often crave deep fried food, like french fries and fried chicken.

At Advanced Weight Loss and Wellness, we help you discover your body type through lab tests and physical examination, to make it easier for your to lose weight and keep it off.

On top of being incredible at fixing whatever seems to ail me at the moment, and aligning my body back to perfection, I originally went to Dr. Rettner to lose weight. I'd gone to one of his weight loss workshops and thought he might be able to help, where everything else seemed to fail. He's skilled at finding out what the original problem is for the weight GAIN. He runs many tests for the different systems and parts of the body, including thyroid, the adrenals, the kidney and liver function, etc. and we literally ruled out things through tests until we found the winning combination for me of diet modification and proper supplements to improve my depleted adrenal system. I finally reached my weight goal, and I'm overjoyed!

Charylu R., Marin County
Advanced Weight Loss & Wellness Programs

Are you curious about finding the underlying cause of your weight problem? At Advanced Weight Loss & Wellness we take a thorough, holistic, evidenced-based approach to helping you find the real cause of your stubborn weight problem, help you lose it safely and prevent it from coming back. We can order lab tests to see which hormones might be the cause of your weight gain, test for food allergies, insulin resistance and hypoglycemia.

In addition, we offer the Liver Enhancement Program which activates the 6 fat burning hormones to kickstart the weight loss process. We also provide you with a diet and supplements that help eliminate food cravings.

We also offer Advanced Biostructural Correction to improve posture and increase your energy and organ health, and the C.A.R.E. (Chakra Armor Release of Emotions) technique for treating any underlying emotional causes of excess weight. In addition, we offer weekly phone calls to support you with any issues that may arise.

Often a healthy diet and exercise is not enough to eliminate unwanted belly, buttock or thigh fat. In this case we provide the latest state-of-the-art technologies to help you lose weight and inches and
keep it off, including the Lipo-Light, Whole Body Vibration, and Master-Key.

**Lipo-Light**

*Imagine being able to spot reduce one inch of fat anywhere in your body in 20 minutes, while relaxing.*

The LipoLight is a revolutionary, non-invasive, body-contouring machine for spot fat reduction. The use of heat and a specific wavelength of light from LipoLight will naturally slim and tone your problem areas without the many risks of lipo surgery. LipoLight is
100% noninvasive, with no side effects. It was designed to specifically target subcutaneous fat, reducing the appearance of cellulite, resulting in inch loss.

How Does LipoLight Work?

The infrared light energy safely penetrates the skin targeting the fat cells. Once the cells are permeated, they release fatty acids, water and triglycerides. The triglycerides are released from the fat cells into your lymphatic system making them readily available for the body to use them as an energy source. The fat cells start out like grapes then “shrink” like raisins, significantly resulting in inch loss and the reduction of cellulite appearance.

Where Can LipoLight Be Used?

LipoLight offers a safe and effective spot fat reduction solution that can be applied to many problem areas, including the waistline, abdomen, back, buttocks, thighs and arms.

What Should I Expect During a Treatment?

You can relax in a comfortable position while a technician secures the light paddles to the target area. In a 20-minute session, you can listen to the Master Key which puts you in a deeply relaxed state, which assists in lowering your cortisol levels, a major
cause of belly fat. You can also choose to read or listen to music.

**What Happens After a Treatment?**
You can do Whole Body Vibration for 10 minutes or walk for 20 minutes. This speeds up metabolism, turning fat into energy. You can resume normal activities immediately after each session—including exercise. Remember: LipoLight is safe, noninvasive and you will experience no pain or side effects.

**Whole Body Vibration**

**10 Minutes a Day takes the Gym Away** Do you know you need to exercise but often lack the time? Studies have shown a 10 minute workout on a Whole Body Vibration machine (WBV) is equivalent to a 60-minute workout and ensures the released fatty compounds from a Lipo-Light session are eliminated, not reabsorbed by the fat cells.

**The History of Whole Body Vibration**

WBV training was originally used in the 1960’s by the Russian Cosmonauts to overcome muscle atrophy, bone density loss and blood clotting caused by extended periods of exposure to zero gravity, and is currently being used by Olympic athletes, fitness trainers and centers, physicians, the elderly, and the disabled alike!
Benefits of Whole Body Vibration

Firms and Tones
Reduces Cellulite
Improves Metabolism
Enhances Detoxification
Accelerates Weight Loss
Improves Lymphatic Drainage
Little Effort & Low Impact
Reduced Training Time
Improves Circulation
Increases Flexibility
Range of Motion
Muscle Strength
and MORE!

How Does of Whole Body Vibration Work?

WBV is a low impact exercise machine that provides a tremendous boost to the circulatory system. Its intense vibration therapy causes muscles to naturally contract 30-50 times per second, enhancing natural detoxification, lymphatic drainage, waste removal and so much more! Coupled with its high frequency vibration platform, after completing a 10-minute session your muscles feel as though you’ve had a complete workout, but amazingly enough you feel invigorated and even relaxed, as though you just had a massage. Studies have shown a 10 minute session of WBV compared to a 60 minute workout at the gym provides similar results in just a fraction of the time!
Master Key

Is the Mental Side of Weight Loss Important?

Have you ever addressed the emotional side of weight loss? According to clinical studies, negative emotions can be responsible for more than 50% of your success or failure in weight loss. So if you don’t address the emotional side of weight loss before you even start you have less than a 50% chance of being successful. The Master Key helps to provide the mental/emotional support needed for successful weight loss.

What is the Master Key?

The Master Key is similar in size and function to an iPod Nano but with additional specialized glasses and uniquely formatted audio programs created by experts in their fields. Like an iPod, simply select the audio program you want to listen to, put on your headset and the specialized glasses, lay back, close your eyes and be prepared for an amazing experience of learning and transformation. All of this is possible because of the uniquely formatted audio programs and the specialized glasses that allow the mind and body to relax and learn.

All that's necessary is to relax, close your eyes and allow the peaceful and calming voice along with the music and light effects to carry you away on a
beautiful journey. You feel the calming effect as you clear your mind and just let go of all the noise and confusion of the day. You experience total comfort and relaxation as you are gently guided into a state of transformation to become a healthier you. As you experience these Weight Loss recordings, your body is being rejuvenated, recharged and energized so that you will awaken to a wonderful new day.

The Master Key uses guided imagery, a powerful technique used by successful business people and athletes to excel at any activity by seeing themselves as winners. This powerful technique helps you train your mental attitude towards confidence, motivation and ultimately success. It sets the stage for success by allowing you to establish a powerful plan of action creating your ideal outcome for a happy, healthy and successful life. You can finally let go of negative thoughts and ideas that have been holding you back and begin to make the changes necessary to create the life you want.

What you do today affects your health and happiness tomorrow. It’s time for you to use the power of your creative mind to achieve your goals, so let’s get started.

Weight Loss Solution
The Master Key provides a holistic and effective way to achieve a healthy lifestyle. It works equally well for adults and children. Stress and lack of sleep often cause weight gain. The Master Key:

1. Increases serotonin and endorphins levels to help you become more calm and relaxed.

2. Often helps to lower blood pressure

3. Improves a person’s ability to fall asleep sooner

4. Increases the average length of time staying asleep

5. Is drug free and hands free

6. Excess cortisol due to stress can cause an increase in belly fat. The Master Key often helps reduce excess adrenaline and cortisol levels.

The major benefit to the user is the increased ability to sleep followed by a significant reduction in stress. All of this is accomplished naturally.
Conclusion
Thank you for taking the time to read this e-book. If you are interested in losing weight while becoming vibrantly healthy, I have a special offer for you:

1. A 1-hour **Initial Consultation** where we start to discover the underlying cause of your weight challenges. It includes screening for food allergies and measuring percentage body fat. At that time I will determine which lab tests to order to find out which endocrine glands may be out of balance. ($125 value)
2. A 20-minute **Lipo-Light** session for spot fat reduction. ($150 value)
3. 20-minute **Master Key** session to reduce stress and induce deep relaxation ($25 value)
4. A 10-minute **Whole Body Vibration** session ($25 value)
5. An enlightening workshop at **Advanced Weight Loss & Wellness** called “**10 Secrets Your Doctor Won't Tell You About Losing Weight.**”

If you call for an appointment in the next 30 days you can do all 5 (normally $325) for only $25.

**My personal guarantee:** If you don’t get a result after your first Lipo-Light session, you pay nothing. You have nothing to lose except belly fat. So why wait? Call today 925-962-9160 or e-mail me at drrettner@sbcglobal.net
Be well,

Dr. Raphael

*Dr. Raphael is a true healer. A visit to his office is like going to an appointment with a guardian Angel. He takes a holistic approach and this is why I say that. Every time I walk out of there I feel like I'm gliding and I can't stop smiling. I feel absolutely great. I highly recommend him to anyone and everyone!*

Brad, Berkeley, CA

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