

# Two Insidious Hormones That Are Keeping You Fat



**And How To Keep Them at Bay With  
Simple Hormone Balancing Techniques**



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Hello,

My name is Dr. Steven Sisskind and I am so glad you decided to download this free report. I promise you will not be disappointed. I am tired of the frustration so many people have when trying to get to a healthy weight. The misinformation is simply staggering.

Susan M. is a great example. Susan has tried low fat diets, low carb diets (of many varieties), Big Company meal replacement plans and just about everything else under the sun.

But after each “diet”, Susan was coming out heavier at the end. And this is not uncommon.

If you are reading this, you might be as frustrated as Susan. And the reason is simple...

No one is telling you about the underlying reasons why you aren't losing the weight and what you can do about it!

I will get to the two insidious hormones at the core of why it is so hard to lose fat, but before this I want to share with you the **basic medical facts** behind why it is so hard to lose weight... especially as we get older.

## Basic Medical Fact Number 1: Low Levels of Adiponectin

What is Adiponectin and Why Haven't You Heard of it?

**Adiponectin** is literally the hormone that tells your body to burn fat for fuel. It is now well established that the more of this super hormone you have circulating in your bloodstream, the more fat you burn.

Low levels of adiponectin are associated with higher levels of obesity. And elevated levels of adiponectin are not only associated with **increased fat catabolism (i.e., fat burning), but also increased insulin sensitivity.**

Additionally, adiponectin helps reduce insulin resistance. We will get to this later, but you need to know that insulin resistance is responsible for most blood sugar issues and something that makes it virtually impossible to lose weight even when following a low calorie diet.

The frustrating thing about adiponectin is that the more fat you have, the lower your adiponectin levels – which is why LOSING fat is so difficult at the beginning.

It turns out that one of the best ways to increase adiponectin is to reduce the levels of one of the insidious hormones I will talk about later.

## Basic Medical Fact Number 2: High Ghrelin Levels

You might have heard of ghrelin, but if not it is something you need to know about. Ghrelin is known as the “Hunger Hormone.” Basically the more ghrelin you have in your system, the hungrier you are.

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So if you find yourself fighting cravings and can't seem to stay away from the fridge after dinner, it is probably due to elevated ghrelin levels...

Ghrelin increases food intake and increases fat mass by an action exerted at the level of the hypothalamus in the brain.

Even worse, ghrelin activates the reward link in your brain for things like sweet, fatty foods, and even alcohol and cigarettes...

You can see why losing fat is almost impossible with elevated levels of ghrelin! And it turns out that the insidious hormones I'll discuss below can also cause elevated ghrelin.

## Basic Medical Fact Number 3: Insulin Resistance

If you are overweight, there is a good chance you are experiencing some level of insulin resistance. What this means is that your natural hormone insulin becomes less effective at lowering your blood sugars.

Your muscle cells require insulin to absorb glucose (sugars), but when these cells fail to respond adequately to circulating insulin... blood sugars rise. Also, the liver is supposed to reduce its output of glucose in the presence of insulin, but with insulin resistance this also does not happen.

The net effect is that instead of pulling sugars into muscles for energy or burning sugar for energy, **most of the carbohydrates you consume get stored as fat.** You have probably heard about this at one level or another.

However, you probably have not heard that insulin resistance is also caused by one of the two "bad" fat hormones I will get to later.

## Basic Medical Fact Number 4: Cortisol

You might have heard about the fat – stress connection... not only has stress been documented to increase cravings for sweet, fatty and salty foods, it also leads to increased cortisol production – which leads directly to belly fat.

Cortisol also breaks down muscle for energy, which is NOT a good way to lose weight! Excess cortisol in your system leads to a slower metabolism, muscle loss, and fat accumulation in unsightly parts of your body like your abdomen and under your arms.

Many people who are overweight – most notably those with fat in the belly, and high blood sugar or high blood pressure – have elevated cortisol levels. This creates a vicious cycle: too much cortisol makes you gain weight. Being overweight makes it hard to produce adiponectin.

Which then makes you gain even more weight!

Like the other three medical facts above, excess cortisol is at its root caused by two hormones that can simply wreck your metabolism.

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## The Two Insidious Hormones at the Core of Most Weight Loss Issues

Sorry to leave you hanging for so long, but I thought it was important to show you how many metabolic pathways these two insidious hormones can disrupt...

One thing you may be familiar with that both of these hormones cause, besides obesity, is **inflammation**. Aches and pains are not all caused by injuries and overexertion.

A large percentage of chronic pain is actually caused by your hormones. If you are overweight, you might be experiencing stiffness, muscle soreness, and fatigue... not because you are old or have old injuries.

But rather it might be because of a hormonal imbalance... of the two insidious hormones **Tumor Necrosis Factor-Alpha (TNF- $\alpha$ ) and Interleukin-6 IL-6 (IL6)**.

Both of these hormones have benefits inside the body – mainly in fighting infections and elevating your immune system when it needs to go into battle. However, these hormones can also be toxic... leading to obesity if not kept in check.

## What Scientists Recently Discovered... The Leptin Connection

It turns out that the receptors for TNF- $\alpha$  and IL-6 are almost identical to the receptors for the fat regulating hormone leptin. So when these hormones become elevated, they overload the leptin receptors... causing all kinds of metabolic mayhem! Scientists call this “Leptin Resistance.”

When scientists were studying leptin, they were disappointed by the fact that elevating leptin levels seemed to have no effect on weight loss. But when the inflammation hormones TNF- $\alpha$  and IL-6 were reduced, leptin was able to do its job of controlling body weight.

**In essence, leptin resistance is the problem and reducing the core inflammation hormones is the solution.**

Remember the four medical facts I mentioned earlier as to why people have a hard time losing fat? When you reduce leptin resistance...

- Adiponectin levels rise
- Insulin resistance decreases
- Ghrelin decreases
- Cortisol decreases

## The Good News

The good news is that we can now pinpoint a major reason that causes so many people to remain overweight – and actually do something about it!

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Even better, because in the process you will be reducing inflammation, you are going to feel significantly better – as some of your aches and pains will go away. And since you will now be burning fat for energy instead of storing it as part of the hormonal vicious cycle... your energy levels will be at an all time high!

The solution is actually not that difficult, and because it balances your hormones it will leave you craving free.

## How to Reduce Inflammation – And Burn Off The Pounds

Follow these **11 Anti-Inflammation Weight Loss Tips** to reduce your inflammation, balance your hormones, feel great and finally lose the weight!

1. Increase your **vegetables**. Most people tell you to eat your veggies because they are low in calories. A better reason is because they contain a whole array of anti-inflammatory properties. And they contain the vitamins and minerals necessary for hormonal balance.

So eat at least five (preferably more) servings of vegetables a day. I recommend cooking up large batches of your favorites and snacking on them all day. Make sure to include spinach and broccoli as these are super anti-inflammatory vegetables.

2. Eat **certain fruits** every day. These are 1) cherries, 2) strawberries, 3) blueberries, and 4) pomegranate extract.

These specific fruits contain special phytonutrients that have a strong anti-inflammatory effect. They also taste great, so use these fruits liberally and make sure they are not sweetened.

3. Load up on **Omega 3** fats every day. This can come from fish, flax seeds, chia seeds and fish oil supplements. The more the better as Omega-3 fats have a dramatic ability to reduce inflammation.
4. Get your dairy from nonfat, unsweetened **Greek yogurt**. This also contains anti-inflammatory probiotics as well as the calcium you will need for metabolic and hormonal support.
5. Make sure to get at least 2,000 IU of **Vitamin D** a day. Low levels of vitamin D (which is a hormone) can mess with hormone balance and also vitamin D has anti-inflammatory properties.
6. Spice your foods with **garlic, onions, turmeric, and basil** when possible. These spices are super anti-inflammatory.
7. Eat **breakfast every** day and make sure you get a lot of protein in this meal. The research is clear that skipping this meal can be detrimental to your hormonal balance.
8. Get at least **seven hours of sleep** a night. Not getting enough sleep can cause leptin resistance as sleep deprivation itself is highly inflammatory. This is very important.

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9. Do some form of **exercise** every day; exercising in combination with the other Anti-Inflammation Weight Loss Tips will accelerate hormonal balancing.
  10. Learn **stress management**. There are multiple ways you can learn this... including breath control, music therapy, yoga and meditation. Start now!
  11. **Avoid** all hydrogenated fats (Trans Fats), high fructose corn syrup, fatty cuts of meat and simple sugars (like you will find in candy and fruit juices).

The Anti-Inflammation Weight Loss Tips will quickly reduce inflammation, increase your energy and put you on the road to fast and easy weight loss.

Thanks for reading. If you have any questions, I'd love to hear from you so please send a note to [drsteve@realdose.com](mailto:drsteve@realdose.com).

Here's to your health!

Sincerely,



Steven Siskind, M.D.



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