

ANA CASAS M.D

Optimal Hormone Weight Loss System™

Intro to the
Weight Loss
Hormones



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Disclaimer

The information in this e-book is intended to educate you and introduce you to the weight loss hormones, which can be naturally optimized for long lasting weight loss. Although I truly believe every person is their own doctor (the meaning of the word is teacher from the Latin word docere), the information provided is **NOT** a substitute for the diagnosis and treatment provided by a licensed and qualified medical professional.

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The information presented in this e-book is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or healthcare provider to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

Prior to acting on any of the information presented, it is the exclusive responsibility of the person reading this information to consult with a licensed and qualified medical professional to determine whether the information is suitable for them.

I thank you in advance for allowing me to share this information with you and I ask that you use it wisely to improve your health and the health of those you love.

Ana Casas M.D.

ABOUT ANA CASAS M.D.



- Selected as one of the Leading Physicians of the World by The International Association of Internists (IAI) in 2009.
- M.D., Loma Linda University School of Medicine, Loma Linda, CA; Doctor of Medicine, 1996
- Internal Medicine Internship/Residency, Mt. Sinai Medical Center in Miami Beach, FL, 1996-1999
- Board Certified, Internal Medicine; American Board of Internal Medicine, 1999-2009
- Board Certified, Anti-Aging and Regenerative Medicine, American Academy of Anti-Aging and Regenerative Medicine, 2010 to present
- Private Medical Practice in Anti-Aging and Regenerative Medicine since 2005 with offices in Atlanta (Alpharetta) and Miami (Coconut Grove)

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The Optimal Hormone Weight Loss System ™

Taking the Mystery Out of Long Lasting Weight Loss



You are smart to be looking for the missing piece of the puzzle when it comes to long lasting weight loss. That missing piece exists and it is a little, but very powerful messenger in your body- 20 of them to be exact- that are called the weight loss hormones.

You already make all of these hormones- or messengers in your body- naturally. The key to long lasting weight loss is knowing how to turn on these weight loss messengers with nutrition, supplements and exercise so that they deliver the message to use stored body fat as energy.



This message is what allows body fat to be burned as energy and long lasting weight loss to occur. This is very different than any weight loss you may have had in the past.

You may have tried a few or many different things to lose weight in the past- fad diets, the exercise of the week or the miracle weight loss supplement you saw on television. You may have been able to lose a few pounds only to regain those pounds and a few extra.

The most exciting news that I have to share with you is that these little but powerful messengers can be naturally turned on for long lasting weight loss. This is a topic that is not discussed very often and is perhaps the single most important reason that most people have only short term success with weight loss but never really achieve long lasting weight loss- weight that they own and control completely.

Hormones are not scary or difficult to understand. They are just little messengers. They are little chemical messengers that either send the right message or the wrong message which either causes you to gain weight or lose weight. That's it. It is really that simple.

My Story and How I discovered the 20 Weight Loss Hormones

Since 2005, I've worked with hundreds of clients- both men and women- In my private medical practice in Anti-Aging and Regenerative Medicine in Atlanta and Miami. I've seen first hand what works and what doesn't work when it comes to long lasting weight loss.

I've discovered that hormones are the missing piece of the weight loss puzzle as people get older. When someone is young and hormones are optimal, it is easier to lose weight and keep it off. As a person ages, hormone imbalances occur- for many different reasons- and this leads to the inability to lose weight for good.

I've developed a system of my own strategies, tools and breakthroughs based on proven scientific studies and from closely working with my own patients over the last 20 years. I've developed a way to easily understand 20 weight loss hormones and how to naturally turn them on using nutrition, supplements and exercise.

Men and Women Are Not The Same

I quickly learned that men and women are not the same when it comes to the weight loss hormones and achieving long lasting weight loss. This is the reason that I created two separate types of programs- one for men and one for women- of the Optimal Hormone Weight Loss System™.

These little but powerful messengers work differently in a man and in a woman. Although men and women have the same hormones- or messengers- they have a different balance that is necessary to achieve long lasting weight loss. This balance is actually what makes us either male or female but it can also cause weight loss resistance when it is not optimal.

Early on in my medical practice, this difference in the male and female hormones was very interesting to me. I really wanted to help my patients balance their hormones and achieve long lasting weight loss. I spent a lot of time researching every medical study that I could find on how to balance the hormones as naturally as possible.

Over the last 10 years, I have researched the differences between men and women to truly understand how to make these little but powerful messengers send the right messages for long lasting weight loss. These little messengers can be naturally optimized to send the right messages and allow either a man or a woman to own their weight loss at last.

Just to be clear, these are hormones- or messengers- that your body already makes. The body makes over 100 hormones but there are about 20 of them that are directly involved with either weight loss or weight gain. These are the 20 hormones that I will be introducing you to in this short but information packed e-book. They can be optimized naturally using nutrition, supplements and exercise so that they work for you instead of against you when it comes to long lasting weight loss.

Gayle's Weight Loss Story

My patient Gayle (name has been changed for privacy) came to see me when she was 45 years old. No matter how much she exercised and ate right, she just could not seem to keep the weight off. She was slowly watching how her weight was going up on the scale one pound at time, month after month. Her clothes were no longer fitting her well and she had to go buy a new wardrobe. She was frustrated since all the things she had done before to lose weight were no longer working.

Gayle's story is not uncommon. As a woman gets older, the hormones- these little but powerful messengers- begin to change- and not for the better. After the age of 30, the hormones can change in ways that favor storing body fat instead of burning it for energy.

Fortunately, there are many ways to naturally optimize the balance of the weight loss hormones so that they favor burning body fat for energy instead of storing body fat as excess weight.

The hormones- or messengers- that causes the most weight loss resistance in women- the inability to lose weight- is having too much

estrogen and not enough progesterone.

These two very important hormones need to be in balance for long term weight loss to occur. As women age, their testosterone level drops and this also contributes to a loss of muscle mass. Muscle is metabolically active tissue and burns more calories per pound than body fat. In order to increase metabolism- the number of calories you burn at rest- it is very important to increase lean muscle mass and decrease body fat as we age.

Another hormone that must be optimized for long term weight loss is thyroid hormone. The thyroid gland is the major gland of metabolism and for many different reasons, if it does not work well it leads to weight loss resistance. There is not just one thyroid hormone. The body actually produces four different types of thyroid hormone and it is important to understand how they work to be sure that they are sending the right messages.

Obesity in Women

Obesity- having excess body fat that affects your health- is currently an epidemic. Almost 3 in 4 women (74 percent) are considered to be overweight or obese.

Obesity takes a big toll on your ability as a woman to lose weight long term because it affects your weight loss hormones and your health.

Obesity in Women:

Increases Estrogen: Obesity increases estrogen levels so that it is out of proportion to other hormones and makes long term weight loss difficult to achieve. This also increases risk for breast cancer, uterine cancer and many other forms of cancer.

Decreases Progesterone: Obesity decreases progesterone. This can lead to estrogen excess and estrogen and progesterone levels that are out of balance, which increases risk for breast and endometrial cancer, decreases fertility and causes hormone imbalances.

Low progesterone and high estrogen levels make long term weight loss difficult to achieve.

Decreases Growth Hormone: Obesity in women decreases growth hormone levels, which can decrease your muscle mass, increase your body fat and make long term weight loss difficult.

Increases Risk of Cancer: Women who are obese have a higher risk for all cancers, including breast cancer and endometrial cancer.

Increases Risk for Type 2 Diabetes/Metabolic Syndrome: Women who are obese have a higher risk for Type 2 Diabetes, Metabolic Syndrome and Heart Disease. Obesity increases the risk for these lifestyle-based diseases that also make long term weight loss very difficult to achieve.

Decreases Brain Function: the studies show that the bigger your waistline, the smaller your brain. Obesity causes inflammation and decreases memory, learning skills and reasoning.

Decreases Fertility: Obesity has been linked to decreased fertility in women and an increased risk for PCOS (Polycystic Ovary Syndrome).

Increases Pregnancy Risks: If a woman is obese and is able to get pregnant, her pregnancy risk increases. She has a higher chance of having a premature baby and more complications during pregnancy.

Robert's Weight Loss Story

My patient Robert (name has been changed for privacy) was 50 years old when he decided to come to see me. He complained that he just didn't have the energy to workout and keep up on the golf course like he used to. He felt so tired from all of his traveling, family and work related stress that he just couldn't spend time on figuring out how to lose the extra 20 pounds that he had gained.

Weight loss had always come easily to him but not anymore. He had once been on the football team and he could eat or drink anything without any problem. He had gained 20 pounds in the last 10-15 years and he complained it was all in his belly. He also felt embarrassed to take his shirt off at the pool as he felt he had a lot of fat in his chest.

Roberts story is not uncommon.

Hormone imbalances happen slowly in men as they get older.

It can creep up on them over a period of 10-15 years.

Lower testosterone levels and hormone imbalances- that cause testosterone to be turned into other hormones like estrogen and dihydrotestosterone -were to blame for the symptoms that Robert was

experiencing and his inability to lose weight.

Obesity in Men

Obesity- having excess body fat that affects your health- is currently an epidemic. Almost 3 in 4 men (74 percent) are considered to be overweight or obese.

Obesity takes a big toll on your ability as a man to lose weight long term because it affects your weight loss hormones and your health.

Obesity in Men:

Decreases Testosterone: Obesity lowers testosterone levels, which can decrease your muscle mass, increase your body fat and affect brain and heart health and make long term weight loss difficult.

Decreases Growth Hormone: Obesity in men decreases growth hormone levels, which can decrease your muscle mass and increase your body fat and make long term weight loss difficult.

Increases Erectile dysfunction: Men who are obese are more likely to experience erectile dysfunction (ED) than men who are not.

Weight loss can improve erectile function for overweight men.

Decreases Brain Function: the studies show that the bigger your waistline, the smaller your brain. Obesity causes inflammation and decreases memory, learning skills and reasoning.

Decreases Fertility: Obesity has been linked to low sperm counts and reduced sperm motility, both of which can make a man less fertile.

Increases Kidney stones: Obese men are more to develop kidney stones than men who are not overweight or obese.

Increases Benign prostatic hyperplasia (enlarged prostate): The prostate gland often enlarges with age. The prostate tends to enlarge more in men who are overweight or obese.

Increases Risk for Type 2 Diabetes/ Metabolic Syndrome:

Obesity increases the risk for these lifestyle based diseases that also make long term weight loss very difficult.

Increases Prostate Cancer Risk: Obesity changes the metabolism of the sex hormones. Some studies have shown that extra body fat increases a man's risk of developing prostate cancer.

Long term weight loss- weight loss that you own instead of short term weight loss that just comes back as even more pounds after dieting- is not a luxury, it is a necessity.

The 20 Weight Loss Hormones- the missing link for long lasting weight loss



The 20 weight loss hormones are just little, but powerful, chemical messengers that either send the message to use body fat for energy OR to store body fat as excess weight.

I would like to introduce you to the 20 weight loss hormones.

These messengers are the missing part of the puzzle that I teach about in great detail in the Optimal Hormone Weight Loss System™.

Weight Loss Hormone #1: Insulin

- one of the most important weight loss hormones
- when it is high it locks fat in your cells and turns your fat burning switch off
- if you keep insulin levels low, you will burn body fat 24/7 and turn your fat burning switch on
- sugar in any form increases insulin
- the more sugar we eat, the higher our insulin levels stay and this can lead to insulin resistance- in which this messenger sends the message to lock fat in the cells 24/7

Weight Loss Hormone #2: Glucagon

- this messenger does the opposite of insulin
- when it is high, it turns on your fat burning switch
- insulin has to be low for glucagon to be high

In the Optimal Hormone Weight Loss System ™ I show you the strategies, tools and breakthroughs to naturally turn on your fat burning switch to decrease insulin and increase glucagon.



Fat Switch "Off"

- ↑ Insulin (↑ Sugar)
- ↓ Glucagon
- ↓ Fat Burning/No Weight Loss



Fat Switch "On"

- ↑ Glucagon (↓ Sugar)
- ↓ Insulin
- ↑ Fat Burning/Weight Loss

Weight Loss Hormone #3: Cortisol

- Cortisol is the stress hormone.
- It is the messenger that is released when you experience any kind of stress.
- When cortisol is high due to stress, it increases appetite and cravings for sugar and carbohydrate containing foods.

Weight Loss Hormone #4: Melatonin

- Melatonin is the sleep hormone.
- It is the messenger that is released when you have good, deep sleep.
- Melatonin is the governor of cortisol.
- Turning on melatonin- naturally- is one of the best ways to decrease cortisol and decrease your appetite and cravings for sugar and carbohydrate containing foods.

Weight Loss Hormone #5: Leptin

- Leptin is one of the most important hormones that the body produces for weight loss.
- It is made by fat cells
- It is the hormone-or messenger- that tells your body when to store fat and when to burn fat.
- Getting leptin to send the right message is the most important way to lose body fat and keep it off for good.

Weight Loss Hormone #6: Oxytocin

- Oxytocin is the love hormone.
- When oxytocin levels are high, it prevents emotional eating.
- Emotional eating is eating and drinking to decrease stress and anxiety.
- Stress and emotional eating is the number one reason it is so hard to stick to a very strict diet long term.

Weight Loss Hormone # 7: Thyroid Hormone

- The thyroid gland makes several different types of hormones- or messengers that send the message to either store or burn body fat.
- The thyroid gland is the gland that determines metabolism- how many calories you burn at rest.
- Understanding these hormones is important in making sure your thyroid gland is working optimally.
- Making sure your thyroid is working well is a very important part of achieving long-term weight loss.

Weight Loss Hormone #8: Vitamin D

- Vitamin D is not just a vitamin- it is also a very important optimal weight loss hormone.
- Research shows that people with optimal Vitamin D levels lose more weight than those with low levels.
- Vitamin D deficiency is one of the most commonly unrecognized reasons for weight loss resistance- the inability to lose weight and keep it off.

Weight Loss Hormone #9: Growth Hormone

- Growth hormone is a very important hormone to have optimal in order to achieve long term weight loss.
- Growth hormone is the messenger that decreases body fat and increases lean muscles mass.
- As we get older, levels of growth hormone decrease but they can be increased naturally using many different effective and safe methods.

Weight Loss Hormone #10: Testosterone

- Testosterone is an important weight loss hormone for both men and women.
- An optimal testosterone level increases lean muscle mass and decreases body fat.
- This leads to weight loss and increases metabolism, which helps weight loss to be long lasting.

Weight Loss Hormone #11: Estrogen

- Estrogen is a very important weight loss hormone for both men and women.
- When estrogen is too high and out of balance with other hormones, it sends the message to store body fat.
- Men are supposed to have less estrogen and more testosterone.
- Women are supposed to have a balance between estrogen and progesterone.
- When Estrogen is not in balance, it makes long term weight loss very difficult for both men and women.

Weight Loss Hormone #12: Progesterone

- Progesterone is an important hormone for optimal weight loss because it balances estrogen levels.
- Progesterone is a very important messenger that creates hormone balance and allows for long term weight loss.

Weight Loss Hormone # 13: Dihydrotestosterone (DHT)

- When either men or women have too much of this messenger- it increases belly fat.
- When levels are high, it also increases hair loss in men and causes their prostate to get large.
- In women, when levels are high, it causes hair thinning, excess facial hair- on the chin and above the lip as well as around the nipples and hormonal acne-around the chin.

Weight Loss Hormone # 14: DHEA

- DHEA is the most abundant hormone that the body uses to make other hormones or messengers.
- As the main messenger maker, it is important to optimize your body's ability to make this important weight loss hormone.
- When DHEA levels are optimal, it makes long term weight loss easier.

Weight Loss Hormone #15: Cholecystokinin (CCK)

- Cholecystokinin (CCK) is the messenger that tells your body you are full and you can stop eating.
- A high CCK decreases your appetite.
- This is the first step to weight loss and more importantly to long- term weight loss.
- CCK can be increased naturally to decrease your appetite.

Weight Loss Hormone #16: Ghrelin

- Ghrelin is the hunger hormone or messenger that is responsible for making you hungry.
- Ghrelin is released in the stomach and travels to the brain to let you know you are hungry.
- When ghrelin is high, it increases your appetite.

Weight Loss Hormone #17: Adiponectin

- Adiponectin is a very important weight loss hormone made by your fat cells.
- The less body fat you have (the leaner you are) the higher your adiponectin levels.
- High adiponectin levels will:
 - help your muscles use carbohydrates (sugar) for energy
 - increase your metabolism
 - increase the break down of fat
 - decrease your appetite

Weight Loss Hormone #18: Irisin

- Irisin is an important weight loss hormone whose nickname is the exercise hormone.
- Irisin is made after moderate endurance aerobic activity by the muscle cells.
- Irisin reprograms the body's fat cells to burn energy instead of storing it by turning white body fat into brown body fat.

Weight Loss Hormone #19: Peptide YY

- Peptide YY is a weight loss hormone made in the small intestine.
- It optimizes weight loss by reducing your appetite and limiting food intake.
- It helps you to feel full longer and the first step to achieving long lasting weight loss is to decrease the appetite.

Weight Loss Hormone #20: Somatostatin

- Somatostatin is a hormone that blocks the secretion of several other important weight loss hormones, including:
- growth hormone
- thyroid stimulating hormone (TSH)
- cholecystokinin (CCK)
- Keeping somatostatin low is important for achieving long lasting weight loss.

How Nutrition can be used to optimize the 20 weight loss hormones

Understanding how nutrition impacts your hormones is one of the most important topics in medicine because it gives you back control over your body and allows you to achieve and own your weight loss.

Looking at how hormones- and more specifically, the 20 weight loss hormones that I just introduced you to- can be optimized by nutrition, is a paradigm shift.

After working with so many patients in my private medical practice in Anti-Aging and Regenerative Medicine over the last decade, I have found that helping someone to **reduce their appetite-by naturally optimizing their weight loss hormones**-is among the most effective ways to help them achieve long lasting weight loss.

Your weight is a reflection of three things:

- **your nutrition** (what you eat and drink-including supplements)
- **your exercise** (how you move)
- **your hormone balance** (the messengers and the messages)

Diets come and go and you could potentially lose weight with any number of diets but if the nutritional approach does not take into account optimizing

your hormones-and you miss that part-you will be sure to gain that weight back and possibly more.

There was a 2005 landmark study published in the Journal of the American Medical Association comparing a number of popular diets:

- Atkins (carbohydrate restriction)
- Zone (macronutrient balance)
- Weight Watchers (calorie restriction)
- Ornish (fat restriction)

It found that all of the most popular diets are similarly **ineffective** long term even though they may be effective short term.

At the end of one year, people who attempted to diet using any of these strategies lost an average of only about five pounds.

Other studies have found that more than 90% of people who lose a lot of weight eventually gain the weight back.

You are smart to seek the **missing factor in the weight loss puzzle- which is optimizing your hormones** to not only achieve weight loss but to ensure you keep the weight off once and for all.

How Supplements can be used to optimize the 20 weight loss hormones

Weight loss supplements typically work by affecting **one** weight loss pathway.

Our bodies have countless pathways in place to insure our survival and this means being able to store energy in the form of body fat.

Body fat is stored energy.

There is **NOT** one weight loss supplement that used alone addresses all of the ways our bodies have developed to hold on to body fat for energy and survive under conditions when food is not plentiful.

The reason that so many people regain the weight they lose time after time is that they use one method for weight loss that works for a while without understanding that there are many factors involved in long term weight loss- including the weight loss hormones.

There are many supplements that claim that they are weight loss supplements.

Instead of looking at supplements as a quick fix for weight loss, it is important to understand the role that supplements can play in supporting optimal hormone weight loss.

In the Optimal Hormone Weight Loss System ™, I teach you about the 15 supplements that support the weight loss hormones.

How Exercise can be used to optimize the 20 weight loss hormones

Exercise is one of the most profound methods that you can use to optimize your hormones naturally to achieve weight loss and to sustain long lasting weight loss.

There really is more to the science of exercise and harnessing it's powers to optimize your hormones-that goes beyond calorie counting while performing repetitive movements on a machine.

So using exercise as a method to achieve long lasting weight loss should not be seen as just moving to burn calories while you are exercising.

It should be seen as one of the most powerful ways to communicate to your body to optimize the 20 weight loss hormones-and not just while you exercise- but also for 24-48 hours after you finish exercising.

This is the key to using exercise for long term weight loss and it can be used with any form of exercise that increases your heart rate.

In the Optimal Hormone Weight Loss System ™, I teach you the exact method that has been scientifically proven to optimize your weight loss hormones so that you get results in much less time.

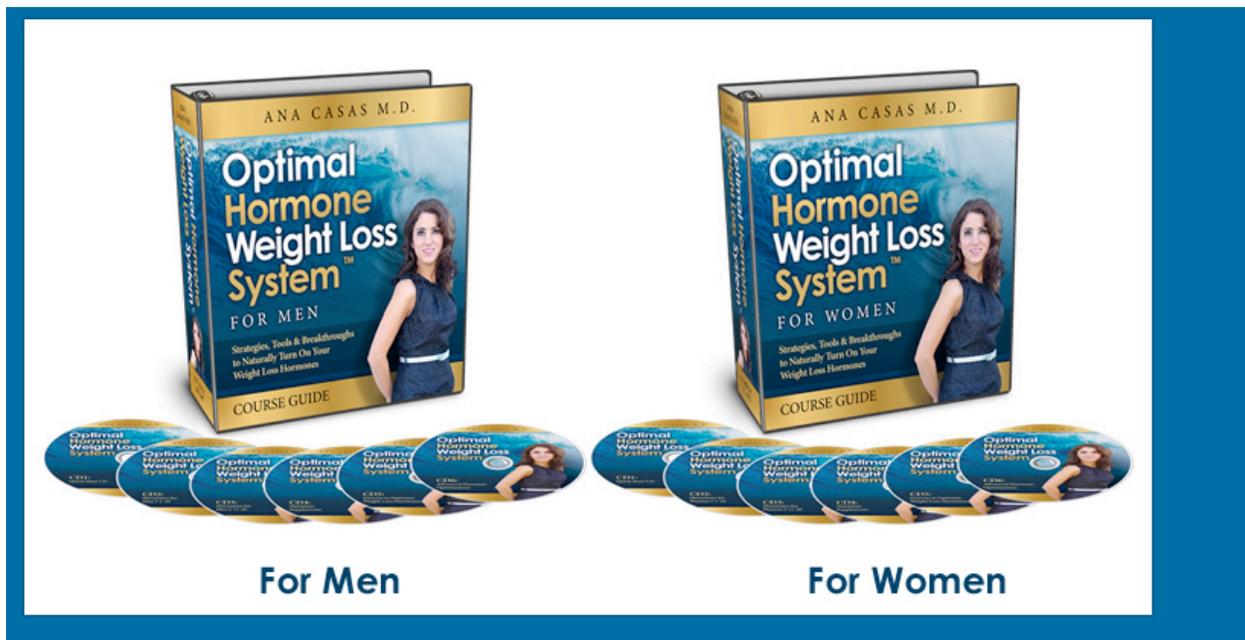
The Optimal Hormone Weight Loss System™

I've developed a system of my own strategies, tools and breakthroughs based on proven scientific studies and from closely working with my own patients over the last 20 years. I've developed a way to easily understand 20 weight loss hormones and how to naturally turn them on using nutrition, supplementation and exercise.

I want to share this information with everyone I know, but my time is limited.

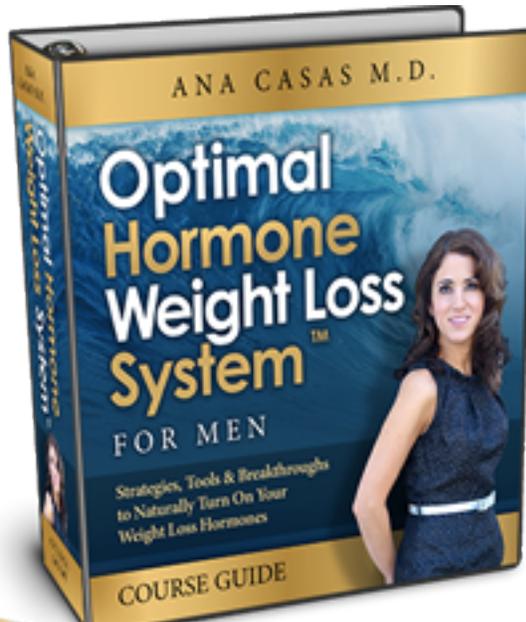
So, I created the Optimal Hormone Weight Loss System™ to give EVERYONE access to the system I have developed using the exact strategies, methods and breakthroughs that I use with my private pay clients.

Now you have the advantage of getting my very best scientifically based and proven system so that you can learn- in the privacy of your own home – how you can turn on your weight loss hormones to achieve long lasting weight loss.

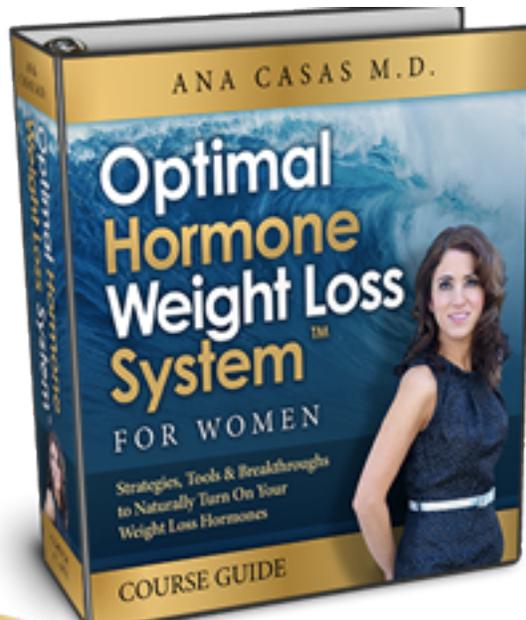


What's Included In Your Program:

The Course Guide Book



For Men



For Women

The Optimal Hormone Weight Loss System™ contains **5 Modules** that walk you through the exact steps you can take to understand your weight loss hormones and how to optimize them naturally to achieve long lasting weight loss.

Each module is included in your **over 500 page course guide** organized in a neat 3- ring binder.

I created the modules to make it really easy for you to understand the information. I spent countless hours personally researching and writing the information in this course based on the most up to date scientific information available.

It's the most state- of –the- art information on this topic and you will not find this kind of course anywhere else.

Each module is easy to read and understand. There are easy to implement exercises to help you apply the information. All of the information is presented in a practical and down to earth way.

I've also included an audio component- of **6 CDs- including a quick start CD as a bonus** to introduce you to the system and get you started right away.

An over 500 page course guide book –

one for men and one for women with 5 Modules that cover:



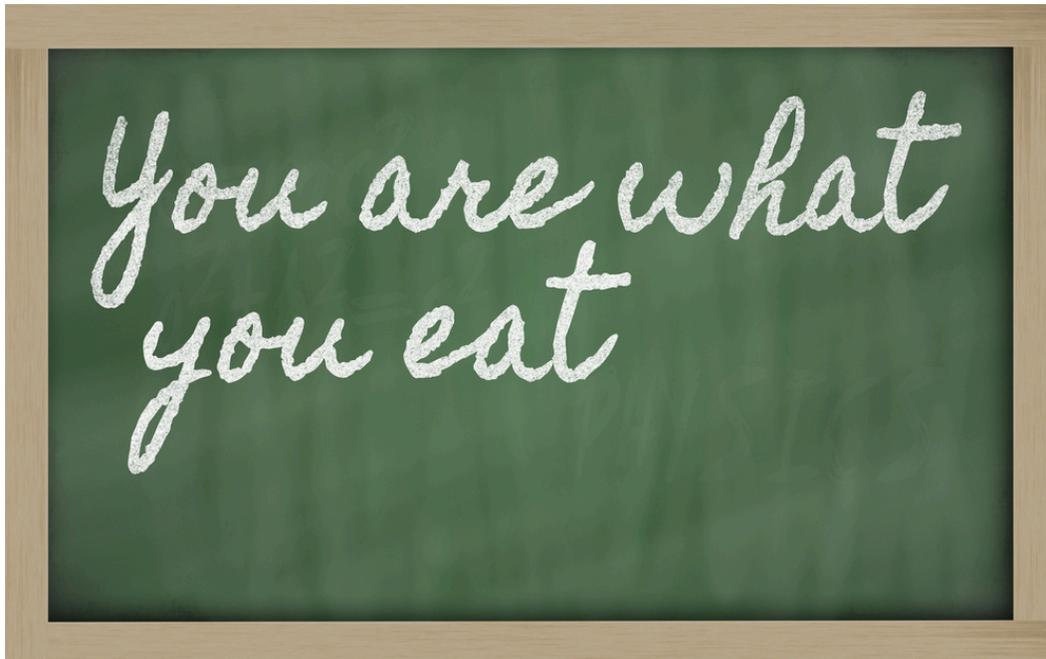
Module 1: is an introduction to **the 20 weight loss hormones** that affect weight and how to optimize them naturally.

I begin this module by having you do an exercise that will forever change the way you see yourself and your inability to lose weight and keep it off.

I walk you step by step through this exercise on how to look at yourself in the mirror- the way a doctor would look at you- and see the connection between certain signs and symptoms and the hormones that may be causing the problem.

This module lays the foundation for the rest of the course. Through the over 6 hours of audio in the 6 CDs you will receive, I walk you through this information in an easy to understand way that you can put into action right away to achieve long lasting weight loss.

You may have had some success with short term weight loss in the past by using various methods but what I teach in this course is how to achieve long lasting weight loss and it all begins with learning how to optimize the 20 weight loss hormones you make naturally.



Module 2: is all about **nutrition** and how you can optimize the 20 weight loss hormones through what you choose to eat and drink.

In this module, I will teach you ten easy strategies you can use to decrease your appetite naturally. This is truly the first step to achieving long lasting weight loss. If you walk around hungry all the time and experience low energy levels throughout the day, you will finally learn why that happens and how to prevent it from ever happening again. The key is the weight loss hormones and how to decrease your appetite so that you feel full and have high energy levels while you lose weight and keep it off for good.



Module 3: is all about **supplements** and specifically about the top 15 supplements that optimize the 20 weight loss hormones.

If you have ever wondered which supplements really work for weight loss, this module provides the answer. In this module, I will show you how to look at supplements in a whole new way so that you don't become a victim of the miracle supplement cure that you often see advertised.

I will walk you step by step through the different supplements that have been shown to safely and effectively work to support the function of the weight loss hormones for long lasting weight loss.



Module 4: is about **exercise** and how to use a very important effective and efficient strategy- that can be used with any form of exercise to turn on your weight loss hormones for up to 24 hours after you finish your workout.

This one strategy alone will save you countless hours of repetitive exercise that although it may burn calories- does not fully optimize the weight loss hormones for continued body fat burning for hours afterwards.

You will also learn once and for all how to fuel your body before and after you workout to optimize the weight loss hormones and decrease your appetite.



Module 5: covers **advanced hormone optimization**. I will introduce you to other more advanced strategies and methods that I use with my own patients in Atlanta and Miami. This module covers the symptoms that are common when hormones are not optimal despite following all of the recommendations to optimize them naturally. This can happen as we age and certain hormones begin to decline. Knowing that more advanced treatment options are available is important although this course will allow you to achieve so much on your own and that is the first step

The Audios



Your program comes with **6 audio CDs- one for each module-** and includes a **Bonus Quick Start CD** that introduces you to the course and how to obtain the most from it as soon as possible. You can listen to the CDs in your car, at home, while you travel...wherever you learn best.

These audio CDs go through each module in your course manual.

They are high quality audios in which I personally walk you through the information in an easy to understand conversation.

I've also included transcripts of all of the audios so that you can refer to the information while you listen and take notes.

MY PERSONAL GUARANTEE:



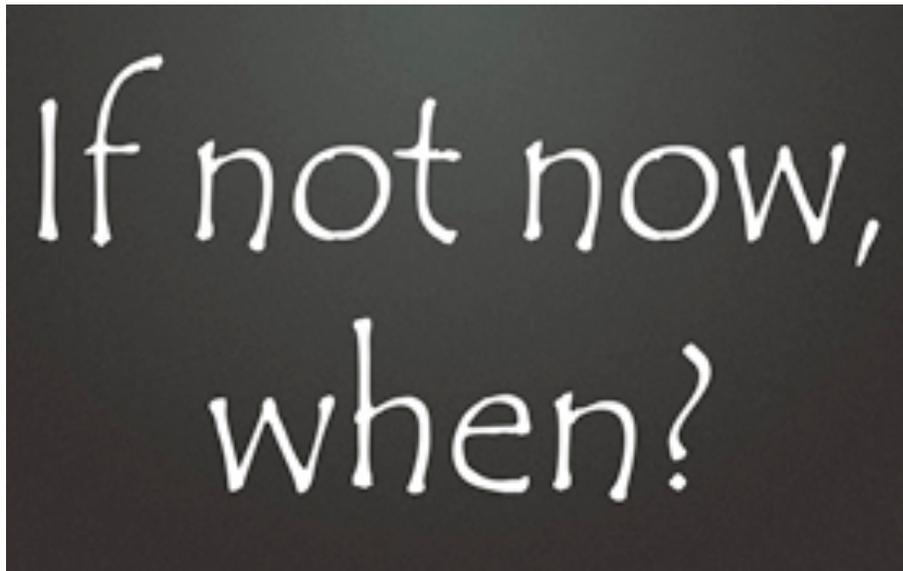
I guarantee the absolute quality of this course- of every module and every CD audio- in the Optimal Hormone Weight Loss System™ will exceed your every expectation.

All of the materials have been prepared with the greatest of care to ensure you learn quickly and easily this missing piece of the puzzle for achieving long lasting weight loss.

If you're not 100% satisfied with this product, just contact me by e-mail at :

drcasas@optimalhormoneweightloss.com

to let me know. The Optimal Hormone Weight Loss System™ comes with my **30-day credit-refund guarantee**-full credit to use on any future product that I produce when you return the product in it's original condition within 30 days of your date of purchase. That's my promise.



So, if you:

- **have been looking for an opportunity to learn about the missing piece of the weight loss puzzle**
- **finally find an answer to the question regarding why you are not owning your weight loss**
- **finally find a solution that uses the latest strategies, tools and breakthroughs to achieve long lasting weight loss**

Then grab your copy now at the special introductory price!

Many of you have been asking for a course like this for quite some time, and I'm so excited to finally be able to share my scientifically based and proven system with you.

Wishing you all the weight loss you deserve,

Ana Casas M.D.

Visit: www.optimalhormoneweightloss.com