



## Weight Loss the Wyatt Way

Maintaining a Healthy Weight All Year Long, Every Year

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Obesity is a problem, literally of gargantuan proportion in Western societies. According to a 2014 report in the *Journal of the American Medical Association*, more than one-third (34.9% or 78.6 million) of U.S. adults are classified as obese.<sup>1</sup> Equally dismal is that young people have an obesity rate of 16.9%. According to the Centers for Disease Control & Prevention, obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, which we know to be some of the primary causes of preventable death.<sup>2</sup> Additionally, obesity is costly; the estimated annual medical cost of obesity in the U.S. was \$147 billion dollars in 2008, and the medical costs for obese individuals were \$1,429 higher than individuals of normal weight.<sup>3</sup> Obesity is a major risk factor for type 2 diabetes and this disease has skyrocketed in the last few decades, with serious complications including blindness, stroke, kidney failure, limb amputation, and premature death. New research suggests that significant weight loss can reverse type 2 diabetes in obese people; by eliminating excess fat from the pancreas, the pancreas can return to normal function.<sup>4</sup>

I believe that people truly understand the health and financial risks of being obese or overweight, as evidenced by the nearly fifty million Americans who are on a weight reduction diet at any given time. Yet, Americans are becoming fatter and fatter, so this tells me that either traditional weight loss programs are not working or people are unable to remain committed to their weight loss goals.

### It's All About LBM

Most weight loss diets focus on calorie restriction, and health professionals agree that this doesn't work in the long-term. Instead, increasing lean body mass (LBM) should be the goal. When LBM increases, so does metabolism which in turn, changes body morphology. Increased muscle tissue

#### TYPE 2 DIABETES FACTS

**Prevalence of in Adults:** In 2012, 29.1 million Americans, or 9.3% of the population, had diabetes. 21.0 million people were diagnosed, and 8.1 million were undiagnosed.

**Prevalence in Seniors:** The percentage of Americans age 65 and older remains high, at 25.9%, or 11.8 million seniors (diagnosed and undiagnosed).

**New Cases of Diabetes:** In 2012, there were 1.7 million new diagnoses per year; in 2010 it was 1.9 million.

**New Cases of Pre-diabetes:** (impaired glucose tolerance): In 2012, 86 million Americans age 20 and older had prediabetes, a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. This is up from 79 million in 2010.

**Deaths:** Diabetes remains the 7th leading cause of death in the United States.

SOURCE: *National Diabetes Statistics Report, 2014* (released June 10, 2014)

burns more calories at rest, and assuming no increase in caloric consumption, that muffin top or pot belly will gradually decrease and you'll have a more toned appearance as metabolism increases.

Many diets incorporate some of this theory, but a revolutionary new trend for successful weight management is incorporating bovine colostrum with liposomal delivery into an existing sensible nutrition and exercise regimen. And by a sensible exercise regimen, I mean moving the body's large muscle groups for at least 60 minutes nearly every day of the week.

Decades of research in athletes has shown that colostrum supplementation has benefits in terms of increased stamina, performance, blood glucose balance, and increased LBM. The well-tuned body of an athlete is not only desired in youth but all throughout the human lifespan. Because growth hormone (GH) is essential to stimulate growth and repair of muscle and bone tissue, it's considered the anti-aging hormone. Unfortunately, this elusive fountain of youth steadily declines after the mid-20s, and there are only two legal means of increasing GH in the body naturally. Supplementing a moderate exercise regimen with powdered colostrum is far more practical than engaging in weight-lifting an hour or two every single day of the week. And, the good news is that more recent research has shown that a dose of just 20 grams/day was necessary for the growth hormones to exert their fat-burning action.<sup>5</sup> Due to significant developments in colostrum processing, results can be achieved at one-third the dose used in earlier studies.

### **Growth Hormones are Key**

The true growth hormone is IgF-1 (insulin-like growth factor) which is found naturally in colostrum and stimulates the activity in the human body otherwise attributed to GH. IgF-1 is the only natural hormone capable of independently promoting muscle growth and favors adipose (fat) stores over glucose as a fuel source.<sup>6</sup> Colostrum with liposomal delivery (LD) contains the bio-identical IgF-1 and GH as in human colostrum, so there are no side effects, and certainly no liver or kidney damage, cancer, or mood swings as with injectable synthetic growth hormone.

To achieve the weight loss (and athletic and anti-aging) benefits of colostrum, physical activity is essential. During exercise, the muscle cells are "damaged" and the during the recovery period, the body repairs the cells and replicates new ones to make the muscle stronger and bigger. Younger athletes are able to recover quicker, have less pain following workouts, and build more muscle because their levels of IgF-1 and GH are substantially higher than in older athletes. This is why colostrum with liposomal delivery is so important as a supplement,

once the body's natural production of IgF-1 and GH begins tapering off.

### **Strive for Anabolism**

Conventional dieting with caloric restriction results in catabolism between meals which is self-defeating. Colostrum promotes anabolism, utilization of stored fat for fuel, and helps balance blood sugar levels so that cravings are decreased and mood swings are minimized. Even without dieting, blood sugar levels drop about two hours after a meal, and the body enters a catabolic state where it begins using the protein in muscle tissue for fuel. A diet high in protein and colostrum keeps the body in an anabolic state, thereby preserving existing muscle tissue and promoting growth of new muscle tissue.

### **Colostrum Helps People with Type 2 Diabetes**

Bovine colostrum's ability to maintain balanced blood glucose levels can have a significant impact on people with diabetes or those who are at risk for developing the disease, in terms of improving glucose tolerance, boosting insulin sensitivity and even reducing the risk of Type 2 diabetes.<sup>7</sup> Research shows that bovine colostrum can decrease levels of blood glucose and ketones, as well as reduce cholesterol and triglycerides, all of which may cause complications in Type 2 diabetic patients.<sup>8</sup>

### **Don't Forget the Leptin**

Another benefit of bovine colostrum is that it contains large quantities of leptin, the hormone that regulates appetite, food intake, and ultimately, body weight, by affecting the size of the body's adipose stores.<sup>9</sup> Leptin binds to receptor cells in the hypothalamus which in turn, leads to the down regulation of cells that increase appetite. A large quantity of circulating leptin suppresses appetite, causing fewer calories to be consumed. This is great for weight loss, however, when a person loses a certain amount of body fat, leptin levels decrease, such that appetite is stimulated again and more calories are consumed. Supplementing with colostrum is ideal for maintaining elevated levels, thereby keeping the appetite suppressed while body fat melts off.

## Why is Liposomal Delivery So Important?

Bovine colostrum for weight control is essentially worthless if the active components have been destroyed during the manufacturing process. Not only must it contain high levels of the active growth hormones, such as IgF-1 and GH, but these substances must be able to reach the target cells with no compromise in bioactivity. Therefore, the quality and in turn, the effectiveness of any colostrum supplement depends on four factors – the colostrum source, the processing methods, testing and verification of active components, and a liposomal delivery (LD) system.<sup>10</sup> Colostrum should be sourced from pasture-fed dairy cows that are certified to be healthy, BST, BSE, and antibiotic-free and gently processed using flash pasteurization and low heat drying. A phospholipid coating, such as liposomal delivery, protects the colostrum from digestion and ensures that it can deliver the active components in colostrum to the body's cells – right where they're needed. Raw fresh colostrum has a liposomal surrounding of the active, sensitive molecules and so, we know that this is critical for processed supplements.

Trainers, physicians, and other health professionals who recommend colostrum supplements to athletes and patients wanting to lose weight understand the value of a high quality, efficacious product if they expect to see results.

## What is the goal and objectives of the Wyatt Way and who can benefit?

### GOAL:

This weight loss program is designed for people who are overweight/obese or already have metabolic syndrome, pre-diabetes, or diabetes. Body builders can also benefit.

### OBJECTIVES:

- ✓ Increase metabolism
- ✓ Decrease stored fat
- ✓ Increase lean body mass
- ✓ Detox the body
- ✓ Eliminate inflammation
- ✓ Decrease pain



## The Wyatt Way

### KEY TENETS:

- ✓ Colostrum with Liposomal Delivery is absolutely critical to the program. Not all colostrum on the market can produce the results that Colostrum with Liposomal Delivery can. Liposomal Delivery makes the bioactive components in colostrum up to 1500% more available to the body's cells.
- ✓ In addition to colostrum, the human body needs: vitamin K-2, vitamin D, vitamin C (with Liposomal Delivery), and chelated minerals.
- ✓ Meals should focus primarily on consuming about 40 grams of high-quality protein daily, equally divided between breakfast and lunch. Little or no protein should be consumed in the PM meal.
- ✓ Avoid meats from livestock that was raised with antibiotics or hormones; opt for grass-fed or pastured meats.
- ✓ Avoid processed foods, white flour, white sugar, pasta, and potatoes; consume only complex carbohydrates and whole grains.
- ✓ Consume alcohol in moderation or not at all.
- ✓ Sixty minutes of exercise (using large muscle groups) on most days of the week is necessary to damage/repair/rebuild muscle tissue; trained muscles are more efficient at utilizing glucose and bigger muscles utilize more stored fat for energy.
- ✓ Weight-bearing exercise a few times a week will enhance results and build muscle quicker.
- ✓ Daily use of Colostrum with Liposomal Delivery is required for maintenance of health benefits. If you stop taking colostrum, the results achieved will fade away.

## THE WYATT WAY PROTOCOL

**Upon Waking and 30 Minutes Before Breakfast:** 1 Tablespoon Colostrum with Liposomal Delivery mixed with 8 ounces water.

**Breakfast:** 20 grams of high-quality protein (either a grass-fed protein source or whey protein isolates\* shake) + your choice of fruits, greens, and/or complex carbohydrates (whole-grains only).

**Mid-Morning or Two Hours After Breakfast:** 1 Tablespoon Colostrum with Liposomal Delivery mixed with 8 ounces water.

**Lunch:** 20 grams of high-quality protein (either a grass-fed protein source or whey protein isolates\* shake) + your choice of fruits, greens, and/or complex carbohydrates (whole-grains only).

**Mid Afternoon or Two Hours After Lunch:** 1 Tablespoon Colostrum with Liposomal Delivery mixed with 8 ounces water.

**Dinner:** Raw fresh vegetables should comprise the majority of foods consumed (none or very little protein)

**Before Bedtime:** 1 Tablespoon Colostrum with Liposomal Delivery mixed with 8 ounces water.

\*If you are allergic to the caseins in whey protein, you can substitute soy protein.

NOTE: Colostrum with Liposomal Delivery may be made into a shake with water, ice and Stevia or unsweetened cocoa powder. Do not combine colostrum in a whey protein shake.

**FOR ACCELERATED WEIGHT LOSS:** Skip breakfast and utilize lunch as your primary meal. As long as you take Colostrum with Liposomal Delivery every 3-4 hours, you will curb your hunger and maintain leptin levels, which suppresses appetite.

**When You Achieve Your Weight Loss Goal** Celebrate. But don't make the mistake of stopping the colostrum. The aging process doesn't take a break, so the body needs colostrum every day to maintain the growth factors that taper off naturally with age.

For additional information about living a healthy life with bovine colostrum, visit [www.CenterForNutritionalResearch.org](http://www.CenterForNutritionalResearch.org).

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*These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease.*

*The FDA requires that colostrum be labeled as "containing milk proteins" because it is manufactured in a facility which processes products that come from dairy cows. Colostrum is not milk. If ingestion of dairy products results in severe anaphylaxis, you should avoid all dairy, including colostrum and/or supplements derived from colostrum.*