


YOU'RE NOT FAT, YOU'RE INFLAMED

THE PERMANENT
WEIGHT LOSS SOLUTION

A top-down view of a person's feet standing on a white digital scale. The scale's display screen, which is a small rectangular window within a circular silver frame, shows the word "INFLAMED!" in a black, digital, all-caps font. The person's feet are positioned on either side of the scale's center. The person is wearing blue denim jeans, visible at the bottom of the frame. The background behind the scale is a light-colored, textured surface with some yellow and orange marbled patterns.

INFLAMED!

Women's HEALTH SECRETS

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brought to you by HEALTH SECRET

You're Not Fat, You're Inflamed The Permanent Weight Loss Solution

by Lori & Jonathan Otto and the Health Secret Team

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INTRODUCTION

Does it seem like no matter what you do, your body can't shake the extra weight? Or that you gain weight for no real reason?

Trying to lose weight can be a frustrating journey, especially when you're doing 'everything right'. And everyone has an opinion about why you are overweight, and what you should do about it!



Every other month there is a new fad diet with the "key"... and it works for some, but not for you. Or it works for a while, but it isn't sustainable because of the price of ingredients, your lifestyle, or because it's not actually healthy for you, long term. And isn't that what you really want — to feel healthy and vibrant, and to enjoy the freedom to live your best life?

Achieving optimal health, becoming your strongest, healthiest, most confident self — and learning how to maintain that for life. That's our focus in this eBook.

Hi, I'm Lori Otto and I know firsthand how difficult it can be to find answers to health challenges. I struggled for YEARS with a long list of ailments. I was hypoglycemic, had anemia, digestive allergies (including IBS, bloating, and pain to the point of being afraid to eat), respiratory and skin allergies... I had adrenal fatigue, brain fog, anxiety, depression, and chronic pain in my joints, shoulders, and back. I was miserable and desperate.

I could not get better or get pregnant, no matter what I did. And I almost lost my marriage. Many days I just wanted to crawl into a hole and give up.

I also experienced years of my body size going up and down like a roller coaster. Even though I worked with a fitness trainer for two years, I couldn't reach my goals.

But as soon as I resolved my health struggles and cleared up the inflammation throughout my body — I reached my fitness goals within two months.

Amazingly, I dropped 4 lbs of weight overnight, which was inflammation, not fat. So what I was not able to resolve in two years of working with a professional trainer, was finally achieved by healing with the root cause of my excess weight — the inflammation.

Happily, everything changed once I found and used the natural remedies that could resolve the core issues underlying my health challenges, so I could finally reclaim my life. I also recently gave birth to a gorgeous, healthy baby boy!

I understand how confusing it can be when it comes to all the conflicting messages about what is healthy and what is bad for you — especially as it relates to weight. I deeply understand the desire to find effective, practical solutions so you can heal, and reclaim YOUR life, too.

I want to thank you for taking the time to download this eBook, which is part of the groundbreaking NEW 9 Episode Docuseries, **Women's Health Secrets**, which my husband, Jonathan Otto, and I have

created. In this life-changing docuseries, you will discover the key natural herbs and ingredients that can help you lose weight, reduce inflammation, balance blood sugar, decrease insulin resistance, remove harmful toxins and parasites from your body, promote healthy digestion, build up immunity, support fertility and reproductive (menstrual) health, boost your energy, improve joint function, reverse neurodegenerative decline, promote optimal brain health and *so much more*.

In this book, we want to share just some of the tips and lifestyle choices that can lead to a rejuvenated, happier and healthier you, in both mind and body... including helping you to release excess weight.

Let's explore the little-known factors that combine to make you gain and keep extra weight, and just a few of the natural solutions you can use to change that.

YOU'VE BEEN LIED TO

For a precious few people, maintaining a healthy weight really is a simple matter of calories in, calories burned (out). You've probably heard it all your life — "Eat within the range of your caloric needs", and you won't gain weight. Or, if you want to lose weight, just "eat fewer calories and burn more" through activity and exercise.

The hard truth is that concept does not work for every person's body. Maybe it does work for you — you lose inches, but it's almost impossible to keep the excess weight off long term — without having to "forever" be calorie counting with precision. That's exhausting and unrealistic. Not to mention, it takes the joy out of eating when you're hungry and stopping when you're full, which is the way our bodies are supposed to naturally function.

Maybe you are one of the many women who have tried diligently counting calories, without results. Or perhaps you are someone who finds that it almost doesn't matter what you eat — even tons of fresh fruit and vegetables — you can't seem to shake the

weight...and in fact, you seem to gain even with just a slice of bread, or a tiny piece of cake. You may even find you are mysteriously "allergic" to things that the world tells you is healthy, like tomatoes or cucumbers.



Trial and error hasn't worked. Your doctor isn't much help, and may even try to prescribe you pills, deciding you have "metabolic syndrome" or insulin resistance. If you've been on those meds, you know how much worse they can make you feel.

It would be easy to give up, or think, "*Why me?*"

If you think that you are alone or unusual in the struggle with weight, you are mistaken. And if you think it's your fault, I've got good news: it's not your fault, and there ARE things you can do to help your body do what it's naturally designed to do — heal itself and maintain a healthy weight.

The best part is, you don't have to "white knuckle" it or starve yourself. It's not about suffering. All you have to do is fully understand the underlying reasons for the excess weight, and heal those root issues.

Before we look at precisely what those root issues could be for you, I want to take a minute to look at why excess weight is such a concern.

THE DANGERS OF EXCESS WEIGHT

There's a better reason to want to be at a healthy, or "optimal weight" than simply achieving an arbitrary "number" or a dress size. Being at a healthy weight definitely feels better, and in all likelihood, it makes you feel better about yourself, and gives you the ability to do more, and live better. However, an even better reason is for your long-term health and longevity.

People who are overweight and obese have an increased risk of developing the following health problems:

- ▶ Cancer
- ▶ High blood pressure
- ▶ Heart disease
- ▶ Heart failure
- ▶ Stroke
- ▶ Type 2 diabetes
- ▶ Fatty liver disease
- ▶ Kidney disease
- ▶ Osteoarthritis
- ▶ Sleep apnea
- ▶ Gout

Pregnancy problems (high blood sugar, high blood pressure, and increased risk for cesarean delivery)

According to some medical experts, even just a few pounds of extra weight can increase the risk of the top killers — heart disease, stroke, and diabetes.

Some experts calculate that thirty pounds of extra weight may increase the risk for heart disease, stroke, and diabetes by 40, 75, and 100%, respec-

tively. In this model, the added risk for breast cancer risk jumps to 110%.



Continuing this model, the estimate is that 55 pounds of excess weight causes the risk of heart disease to jump to 80%, and the risk for both diabetes and breast cancer triples, to more than 300% for each.

Alzheimer's risk is also affected by weight. A Swedish study found that people who were around 30 pounds overweight, who also had high cholesterol and high blood pressure had a 500% increased risk of developing Alzheimer's.

I don't know about you, but I find those estimates scary. That level of extra risk is far too high for my liking. Anything that takes away from your ability to live a long, healthy life with those you love is something to avoid. To me, that makes seeking HEALTH, the best motivator to get rid of extra pounds.

So now that you know why it's so important to take your weight seriously... What is the big secret about being overweight?

THE REAL REASON YOU'RE STRUGGLING WITH UNWANTED WEIGHT GAIN

Here's the thing... yes, eating too many unhealthy foods is, or can become "bad" for you. It's simply not the best fuel for your body, and it affects how well your "engine" runs.

Likewise, daily consumption of unhealthy, sugary, fat-laden, preservative-filled, high-sodium, and over-processed foods doesn't make it easy for your body to *process* the foods and the accompanying toxins well. It starts to become a burden, as your body attempts to protect you from the harmful things you're eating.

In addition, consistent *overeating* doesn't give your body a chance to use all the fuel you are providing. It's more than it needs and too much for it to deal with all at once.

Anything that stops your body from being able to properly, thoroughly, and completely process your food creates a problem. A backlog, if you will.



You see, your body must prioritize. If it's got toxins to deal with, it must deal with those, first, in order to protect you. If there are too many toxins to deal with at one time, or if there is a "block" in your detoxification system barring your body from quickly flushing these toxins out, your body essentially **wraps them up in a safe little package and stores them as fat, to be dealt with at a later time, when it has more energy.**

It does the same thing if there's too much sugar or excess "fuel" to deal with, or if it doesn't know "what" to do with something, like the chemicals that make up artificial sweeteners. Your body packages the excess and the chemicals, and stores it as fat cells for later processing when there's more energy.

This is a wonderfully efficient system. However, too often the "later" needed to deal with and remove these little packages of toxins (the fat), never arrives!

Many times this occurs because of one thing: inflammation. In fact, **the biggest barrier to weight loss and the most common cause of weight gain** is just that — inflammation.

And, unfortunately, more and more stored fat cells will create yet more inflammation. The beautiful system designed to protect you or store your fuel for leaner times (like winter), starts to work against you.

Between taking in toxins via foods you eat or your environment, as well as other factors that we'll discuss in a moment, it's actually pretty easy to get to a state of *chronic* inflammation. This means that your body is always dealing with inflammation of some kind. Modern science is proving what natural medicine has always known: inflammation is at the root of all disease.

Unfortunately, there are a great many ways we can become inflamed and begin this cycle leading to chronic inflammation. But first, it's important you understand why chronic inflammation is detrimental to your health.

You see, when you have an inflammatory response, it's like there's a fire inside your body, which it has to deal with immediately. 9-1-1, five-alarm, all stations at the ready, emergency. **If your body is always in a state of emergency, it can't take care of the basics, like properly absorbing nutrients, or taking care of stored fat and getting rid of that waste.**

Think of it like cooking a meal — if your frying pan is on fire, you are not as worried about the spilled carton of milk on the dining table. Your #1 priority is putting that fire out.

Now imagine as soon as you put that first fire out, another starts. Again, the milk spill is not a priority, but now it's getting a little sticky, and dripping onto the carpet. Still not a priority — must put out the fire. The second fire is now smothered, but yet *another* fire has popped up and it's even bigger! The spilled milk is becoming insignificant at this point. Now a fourth fire... And so it goes with chronic inflammation.

Your body is designed to keep you healthy! But when toxins are present, immunity is compromised, or there is healing to be done from an injury, it's all hands on deck to take care of that. If you have a virus, your body sends out cells to fight the 'invaders'. If you have a cut, your body rushes to heal it and quash any germs that may have gotten inside.

In fact, the healing process *includes* inflammation. A proper inflammatory response is an important part of a healthy body. Inflammation itself is not a bad thing. **Problems arise when inflammation becomes constant.** Your body remains in the 9-1-1 state because its balance (homeostasis) has become compromised.

When your body's balance is compromised, processing foods efficiently not only becomes harder, it can take a back seat to survival.

Yet, it's not all about food. There are other things that can add stress to your body, creating inflammation, or preventing your body from ever being able to truly 'put the fire out'.

Here are some things that can cause this no-win situation, and put your body in a state of alarm that either leads directly to inflammation or makes it very hard for your body to cease being in a state of constant inflammation.

ROOT CAUSES OF INFLAMMATION AND WEIGHT STRUGGLES

Food: We've discussed it above, but it's #1 on the list. The food we eat definitely affects inflammatory response. If we eat junk food that is full of what our body perceives as toxins (or that truly is toxic, like many chemicals!), our immune system will try to protect us by creating an inflammatory response.

If we eat foods that we are sensitive or allergic to, our body will also try to protect us with an inflammatory response. **Intolerances can build up over time, without you even knowing it.**

This is why some people may suddenly find themselves having an intense reaction to foods they previously never had an issue with. Either the tolerance ran out little by little, or other inflammation is taking priority and your body can't protect you as it has before — a bigger fire is taking precedence.

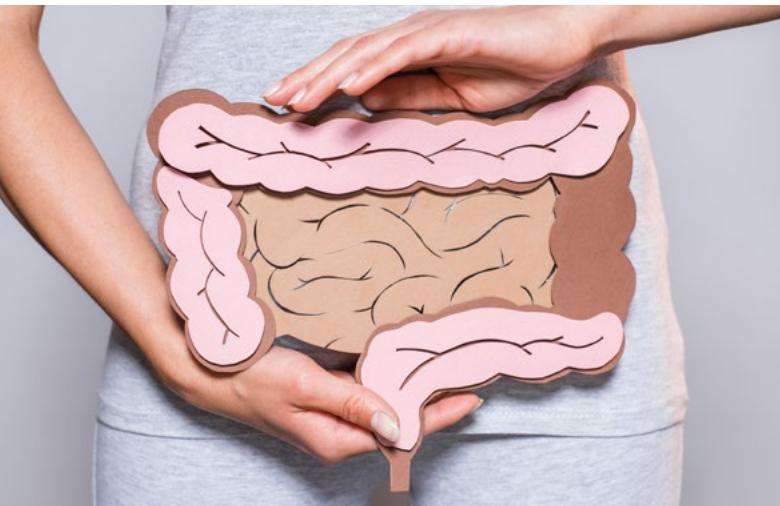


Overweight: As mentioned, fat cells are designed to be fuel that is used when needed, or to protect you from things your body can't deal with right away. Extra fat will mean extra weight. Extra weight creates inflammation.

Several studies around the world have established that increased weight is directly connected to increased "systemic" inflammation. The basic science is that as weight increases, so does the level of C-reactive protein (CRP) — a chemical marker of inflammation (immune response).

The opposite has also been proven: losing weight decreases inflammation. But, as this book explains, inflammation can make it very hard to do that! However, understanding the relationship between weight and inflammation will emphasize how important it is to do so.

Gut Health: Hippocrates, the Father of Medicine, said, "All disease begins in the gut". More than 2000 years later, he's been proven correct! Just as science now accepts that inflammation is at the root of almost all disease, researchers have demonstrated that most inflammation begins with gut health.



Your gut is a delicate ecosystem, containing trillions of microorganisms called microbiota. These microbiota make up your complete community of gut flora, your microbiome. When your microbiome is out of balance, so is your health.

Candida: Your body naturally contains and requires the yeast *Candida albicans* to function. However, certain conditions can create an overgrowth that can become systemic, and be challenging to eliminate. Candida overgrowth is connected to inflammation in at least two ways:

1. **Toxins** released during its life cycle (like waste it excretes) — the more candida, the more toxins and inflammatory response to them
2. **Inflammation** in the gut can weaken the gut lining, leading to leaky gut

Leaky Gut: This condition is just what it sounds like: your gut's integrity has been compromised, and things are 'leaking' through. It's also known as "intestinal hyperpermeability".

Leaky gut is when the lining of your gut has been either weakened, or permeated (holes punched in it), allowing pathogens, and even food and food waste particles through it. This creates an inflammatory response. Inflammation can also lead to leaky gut.

Parasites: As much as you would think that if you had parasites you would 'know'... that's not always the case! In fact, these organisms survive off you, so it's to their advantage that you never discover them. Because of this, they can be quite stealthy, and remain undetected for decades.

While hard to detect, even with modern testing, parasites of all kinds do damage and cause inflammation. They can also puncture your gut lining, causing leaky gut. In any case, parasites are both easy to get and common, but if not eliminated may be contributing to your chronic inflammation and making it hard for you to lose weight.

I personally know that the anti-parasite protocol was an integral part of healing my decades of health mystery and misery.

Hormone Imbalance: As a woman, when you read the word "hormones", you probably think of estrogen and progesterone. These are perceived as the two main "female" hormones.

However, your body has over 50 different hormones, each responsible for playing a part in your body function. The “balance” — optimal levels — of these hormones is crucial to health.

As one doctor explains it, *“Hormones act like traffic signs and signals by telling your body what to do and when, and making sure its machinery runs smoothly and maintains homeostasis, or balance.”*

As with just about every other system or aspect of our body, all of these hormones are designed to work in harmony. Their synergy is vital to your health. As well, hormones are created in multiple areas of your body: your brain, pancreas, gut (microbiome), ovaries — just to name a few!

Probably the most important hormones when it comes to weight loss are insulin and cortisol.

Insulin is the hormone that tells your cells how and when to use sugar, and when to store sugar for later fuel. It stops your blood sugar from getting too high or too low. Inflammation can cause insulin to stop working as it should. This is called “insulin resistance”. While this is a key factor in Type 2 Diabetes, you can have insulin resistance without being diabetic, or even prediabetic.

While inflammation can lead to insulin resistance, chronic insulin resistance creates more inflammation and increases the risk of more serious disease. It also makes it very hard to lose weight.

Cortisol is your “stress” hormone. It’s part of your ‘fight or flight’ response, designed to save your life in times of peril. It does more than that, though. It also manages the way your body utilizes carbohydrates, fats, and proteins; moderates inflammation, regulates blood pressure, increases glucose (blood sugar — for fuel), and controls your sleep cycle.

When cortisol levels are too high, your body stays on alert. Just like your cells and insulin receptors can start to function poorly (or shut off), like they



do with insulin resistance, so can your cortisol receptors.

The way it is supposed to work is your body releases cortisol for a spurt of energy, to handle stress, run or fight, then the levels should drop and you calm down. When the emergency button stays turned on, and cortisol levels do not fall, it can lead to problems like insomnia, anxiety, heart disease, digestive problems, weight gain and... inflammation.

According to Dr. Sheldon Cohen, a researcher at Carnegie Mellon University, “Inflammation is partly regulated by the hormone cortisol. And when cortisol is not allowed to serve this function, inflammation can get out of control.”

Ultimately, a prolonged or exaggerated stress response perpetuates cortisol dysfunction and widespread inflammation. Lowering stress and cortisol levels is very important to decreasing inflammation, and your overall health.

If you feel you may have insulin resistance, that your cortisol may be too high, or that any of your hormones are out of balance, getting tested by a healthcare professional can be helpful.

In the next chapter, we mention several ways to support your hormones. We also discuss this in detail in our brand new 9 Episode Docuseries, **Women’s Health Secrets**. Be sure to keep an eye on your email for your invitation to the world premiere, Monday, November 25, 2019 at 8PM EST.

Thyroid Problems: Technically a thyroid problem is also a hormone problem. Your thyroid makes two main hormones — Triiodothyronine (T3) Thyroxine (T4) — and controls your metabolism. This tiny gland found at the base of your throat works together with your pituitary gland and your hypothalamus, and is responsible for many vital functions. In fact, every cell in your body depends on these hormones to regulate your metabolism.



Sometimes your T3 and T4 levels can be too high, which is hyperthyroidism. Too low T3 and T4 is hypothyroidism. The latter is most often connected to unexplained and difficult-to-shift weight gain. The frustrating part of having a slow thyroid is you can test normal, but still be having symptoms. Some medical experts estimate that 10% of women have low-level thyroid deficiency, most without being aware.

A slow metabolism can lead to weight gain, and weight gain to more inflammation. Likewise, inflammation can cause thyroid dysfunction. Hashimoto's is an autoimmune disorder where your body attacks your thyroid. It's thought to be caused by, and creates more inflammation. One of the results of this inflammation is hypothyroidism. Supporting thyroid health and decreasing inflammation is important to weight loss and hormone balance as a whole.

Other things that can contribute to inflammation and weight struggles include nutrient deficiency, insufficient sleep, free radical damage, not enough omega-3, chronic stress, a sedentary lifestyle, smoking, sugar, saturated fats, trans fats, excess omega-6, refined carbohydrates, gluten, and artificial sweeteners, like aspartame.

NATURAL SOLUTIONS FOR WEIGHT LOSS

The overarching goal to resolve barriers to losing excess weight and preventing its gain is to decrease and resolve inflammation. Along with this, and most times *part* of this process you need to focus on:

- ▶ Supporting your hormone balance
- ▶ Aiding digestion and absorption
- ▶ Boosting energy
- ▶ Supporting healthy detoxification pathways
- ▶ Enjoying healthy exercise and activity (movement)
- ▶ Eliminating toxins (stop consuming, change environment, detox protocols)
- ▶ Doing regular anti-parasite protocols

Below are some ways you can do all of these things, and ease your path to achieving and maintaining a healthy weight!

FOODS

When it comes to diet, the best thing you can do for your body, whether you want to lose weight or not, is to stop eating processed foods, and foods full of sugars and unhealthy fats.

There are foods that increase inflammation, and foods that combat it. Your body may have specific dietary needs, and you may need to detox or get rid of parasites before some food sensitivities will cease; but in general, here are foods to avoid, and foods to emphasize in order to beat inflammation.

FOODS TO AVOID

Avoid or limit these foods as much as possible:

- ▶ All wheat products (including organic)
- ▶ Refined carbohydrates (white bread and pastries)
- ▶ French fries and other fried foods
- ▶ Soda and other sugar-sweetened beverages
- ▶ Red meat (burgers, steaks)



- ▶ Processed meat (hot dogs, sausage)
- ▶ Margarine, shortening, and lard
- ▶ Artificial sweeteners

Anti-inflammatory Foods

- ▶ Avocados
- ▶ Fermented veggies
- ▶ Berries
- ▶ Green / white tea
- ▶ Cruciferous greens



- ▶ Broccoli
- ▶ Mushrooms
- ▶ Turmeric

- ▶ Ginger
- ▶ Dark chocolate or (non-dutched) cocoa
- ▶ Seeds: hemp, chia, flax
- ▶ Garlic



- ▶ Nuts: almonds and walnuts
- ▶ Fatty fish: salmon, mackerel, tuna, and sardines

Sweeteners

Artificial sweeteners like aspartame can actually SLOW your metabolism. Your body just doesn't know how to metabolize them. Too much sugar is a problem, especially if you have diabetes, but at least it's natural and your body knows how to process it.



Case in point, in *Women's Health Secrets* we talk about a woman who switched to diet soda and gained weight. Nothing else in her diet changed! In this docuseries we also discuss potential problems that sugar alcohols can present, as well.

RECIPES

Here are three delicious recipes that work towards obtaining and maintaining a healthy weight.

INFLAMMATION RELIEF JUICE

Sometimes you just need a little help to get you back on track on your healing journey. Turmeric and ginger are great aids in digestion as well as inflammation.

Ingredients:

- ▶ 3-inch piece of fresh turmeric root
- ▶ 3-inch piece of fresh ginger root
- ▶ 1 lime, peeled
- ▶ 3 carrots
- ▶ 1 orange, peeled
- ▶ 2 individual stalks of celery

Instructions:

Add all ingredients to an electric juicer and pour fresh juice over ice and enjoy. For an extra dose of omega-3s (and to assist absorption), top with chia or flax seeds, or even a splash of avocado oil.



BUTTERNUT SQUASH SOUP

Around the dinner table or beside the fireplace, this soup packs some great health benefits. Butternut squash contains potassium and carotenoids and can fit into a wide range of meals.

Instructions:

- ▶ 1 medium butternut squash, peeled and cubed
- ▶ 1 small apple, cubed
- ▶ 1 small onion, diced
- ▶ 1 garlic clove, minced
- ▶ 1-inch piece of ginger, minced
- ▶ 2 cups of vegetable stock
- ▶ Fresh thyme
- ▶ 1 tsp turmeric
- ▶ Extra virgin olive oil
- ▶ Salt and pepper to taste

Instructions:

Preheat oven to 375° F.

Place all the veggies and the apple in a bowl — toss in fresh thyme, turmeric, and olive oil.

Roast for 25-30 minutes until tender and golden brown then place roasted vegetables into a blender with the veggie stock. Blend until smooth.

Add salt and pepper as needed. Top with sautéed kale and gluten-free bread (optional).

SWEET POTATO NOODLE BOWL

Spiralized sweet potato noodles with sautéed kale, turmeric, and roasted mushrooms is serious goodness in a bowl loaded with protein and B vitamins. It also gives you a delicious dose of gut-healthy fiber and soluble fiber, and anti-inflammatory turmeric.



Ingredients:

- ▶ Sweet potatoes (spiralized)
- ▶ 1 tbsp olive oil
- ▶ ½ tsp organic turmeric
- ▶ 1 yellow onion, chopped
- ▶ 2 cloves garlic, minced
- ▶ Kale
- ▶ 1/2 cup of cooked beans (your choice)
- ▶ 1/4 cup of vegetable stock
- ▶ Coconut aminos
- ▶ Cilantro
- ▶ Avocado
- ▶ Mushrooms
- ▶ Sesame seeds

Instructions:

Peel and spiralize sweet potatoes to create “noodles”.

Heat coconut oil in a skillet, cook onion, turmeric and garlic until soft and fragrant — about 3 minutes.

Add sweet potato noodles and kale to skillet and sauté to soften. Add veggie stock, coconut aminos, and beans.

Lower the heat and cover for 10 minutes.

Adjust any seasoning to taste, and serve warm with fresh cilantro, sautéed mushrooms, avocado, and sesame seeds.

These are just a taste of the delicious ways you can help your body to heal inflammation, and promote a healthy weight and weight loss.

For more information and ideas, tune in with us for the global premiere of **Women’s Health Secrets**, Monday, November 25, 2019 at 8PM EST.

EXERCISES

Are you one of the women who find exercise does not help you lose weight? In **Women’s Health Secrets**, we discuss how exercise can actually cause MORE inflammation... leading to gain. It’s definitely not a guarantee of losing weight.

Oftentimes, we think that being on the elliptical for an hour or two, going to five exercise classes a day, or pounding the pavement running marathons is the right kind of exercise for weight loss. That’s because we get stuck in that calorie-counting mindset. It burns a lot of calories, but if it’s causing inflammation in your body you could actually gain weight from it, which is the opposite of what you’re trying to do.

Here are two little-known secrets about exercise: keeping your heart rate elevated for long periods actually creates inflammation. Exercising too much

compounds inflammation, and doesn't allow your body to rest and repair.

Instead, you want to do the types of exercise that support your metabolism. For that, one thing that is very successful is to focus on HIIT -- "high-intensity interval training" workouts. (Sometimes called "tabata".)



These types of exercise are ideal for many reasons:

- ▶ They don't require great lengths of time. Even 5-10 minutes is effective.
- ▶ You can do them at home. You don't even have to go to a gym.
- ▶ You don't have to run.
- ▶ You don't need fancy machines.
- ▶ You can do them even with injuries or limitations
- ▶ They are unlikely to cause inflammation

You can even start at five minutes, and work your way up to 10-15 minutes, just a few times a week. Start with one minute, if you have to!

Stretching and yoga are also great ways to support your body with movement, for mobility and decreasing inflammation.

Our new docuseries, **Women's Health Secrets** will touch on some of these exercises, too.

VITAL SUPPLEMENTS

The following supplements support weight loss on multiple levels — decreasing inflammation, lowering cortisol, balancing blood sugars, increasing insulin efficiency, healing and restoring your gut, eliminating parasites, detoxifying and purifying your digestive system and your whole body, and balancing hormones.

TURMERIC & GINGER

These two spices are the 'kings' of anti-inflammatories.

Curcumin is the highly anti-inflammatory extract that comes from the turmeric root and powder. Some will use these terms interchangeably, but it's important to know the difference. If you are looking for the most direct medicinal value, you want to use a really good curcumin extract.

Curcumin possesses powerful anti-inflammatory properties. Just one of the ways it does this is by preventing the brain from receiving signals from NF-kb, a molecule that is central to immune and cellular response.

Curcumin has actually been **found to have as much anti-inflammatory effect as several popular NSAIDs, including aspirin, ibuprofen, and naproxen, with no side effects.**

This powerful anti-inflammatory has also been shown to **restore cortisol balance and return adrenal glands to normal function.** Studies on mice demonstrate that curcumin **decreases the energy restricting and oxidative effects of stress.**

Curcumin also has extremely **high antioxidant value**, which of course **helps your body free itself from free radicals that are known to create inflammation and be part of autoimmune responses.**

A 2015 study showed a twice-daily supplement of curcumin increased weight loss (overall fat and belly fat loss) by up to 5%.

Curcumin works so effectively as an anti-inflammatory due to its supreme antioxidant properties. It is very efficient in helping your body rid itself of cell-damaging free radicals, and in reducing oxidative stress.

That's noteworthy because antioxidants reduce oxidative stress, which, in turn, reduces inflammation. But there is another spice, that when used together with turmeric, makes it even more powerful — ginger.

Ginger and turmeric are cousins. No surprise then that this flavorful spice shares several characteristics. For one, ginger has also been a central part of ancient healing practices for thousands of years.

Also in common with turmeric, ginger is proven to reduce oxidative stress and has well-known anti-inflammatory abilities. In fact, in folk medicine, ginger has been long-used to treat inflammation and conditions caused by inflammation, like autoimmune diseases.

Scientists are finding ginger can help inflammatory conditions such as dementia and Alzheimer's. Also, just like its cousin turmeric, researchers are demonstrating time and again that ginger can decrease chronic inflammation. It does this by inhibiting several key factors in both the inflammatory and immune processes. Ginger has also been observed to decrease the stress hormone, cortisol.

Not surprisingly, the combination of turmeric (curcumin) and ginger has proven even more powerful than taking either alone.

One important thing to note about getting the most out of turmeric (curcumin) and ginger — they can be hard to absorb. That is one reason why in cooking, combining them with healthy oils and fats is beneficial.

Another trick is to harness the power of black pepper, which helps absorption and has its own anti-inflammatory properties and health benefits. With cooking it's easy to add black pepper to your dish,

and in supplementation, look for a formula that contains piperine (black pepper extract), or even better, BioPerine® — a super form of piperine extract.

ASHWAGANDHA

Ashwagandha is a staple in ancient Ayurvedic practice. It's known for improving sleep, boosting concentration, memory, and cognitive function; relieving both stress and anxiety, increasing energy levels, and improving concentration.



Research has demonstrated that this adaptogen has multiple healing properties including possessing anti-cancer, antioxidant, anti-inflammatory, and anti-tumor properties. Ashwagandha has also been found to have positive influences over endocrine and central nervous systems.

Other health benefits of ashwagandha confirmed through research include:

- ▶ Lowers blood sugar levels
- ▶ Reduces cortisol levels
- ▶ Helps with severe depression
- ▶ Supports fertility
- ▶ Increases antioxidants
- ▶ Increases muscle mass and strength
- ▶ Decreases inflammation

- ▶ Helps fight infection
- ▶ Reduces cholesterol and triglyceride levels
- ▶ Promotes antioxidant activity and reduces free radical damage
- ▶ Reduces oxidative stress
- ▶ Helps induce programmed death of cancer cells

PRECAUTIONS: People with autoimmune diseases such as rheumatoid arthritis, lupus, Hashimoto’s thyroiditis, and Type 1 diabetes should be cautious with ashwagandha. Consult your healthcare professional. Additionally, caution is needed if you are taking medication for thyroid disease, as ashwagandha may increase thyroid hormone levels in some people — A case where the natural healing that occurs lowers the need for thyroid supplementation, potentially causing an *overabundance* of thyroid hormones. A natural healthcare practitioner should be able to guide you.

BERBERINE

Berberine is a natural chemical that is found in some 450 plants, including goldenseal, European barberry, and tree turmeric.



This plant extract has been a staple in Chinese and other traditional medical practices. In recent decades, berberine has been studied for its many health benefits.

These include:

- ▶ Improving heart and cardiovascular health and function
- ▶ Lowering blood pressure (decreasing hypertension)
- ▶ Balancing blood sugar
- ▶ Curbing insulin resistance
- ▶ Regulating metabolism
- ▶ Boosting antibacterial and anti-inflammatory properties
- ▶ Supporting bone health
- ▶ Helping rebalance gut flora
- ▶ Providing anti-cancer properties
- ▶ Reducing fat build-up in the liver

When compared to lifestyle changes alone, berberine was found to be as effective in lowering blood sugar levels, lipid levels, and decreasing hypertension as common-prescribed medications for that purpose. The upsides were decreased cost (the herb is cheaper than common medicines) and lack of serious side effects.

A 2008 study demonstrated that berberine combined with cinnamon extract had better “anti-diabetic” effects than a leading medicine for people with elevated blood sugar, or Type 2 diabetes.

In another study, 1 gram of berberine per day lowered fasting blood sugar by 20% and also improved levels of blood lipids, like cholesterol and triglycerides.

Other studies suggest berberine helps with weight loss, and can improve symptoms and markers of metabolic syndrome.

PRECAUTIONS: Berberine can decrease the speed the liver breaks down some medications. You should also take precautions if you are taking medications to lower your cholesterol or blood pressure.

DIGESTIVE ENZYMES

If you are not digesting and absorbing nutrients, your body is not getting enough or the right “fuel” to function well, let alone heal. If your body is dealing with inflammation, it may not be digesting efficiently.

Supplementing with digestive enzymes can reduce the burden on your digestive organs — the stomach, pancreas, liver, gallbladder and small intestine — by making foods easier to digest. They do this by helping your body to break down harder-to-digest proteins, starches, and fats.

Sometimes your body does not produce adequate amounts of the many enzymes required for proper digestion. Supplementing with quality enzymes can correct this.

Signs that you might benefit from taking digestive enzymes include the following symptoms:

- ▶ Food cravings
- ▶ Thyroid problems
- ▶ Hormone imbalances
- ▶ Severe PMS
- ▶ Acid reflux, heartburn, GERD
- ▶ Bloating
- ▶ Flatulence
- ▶ Diarrhea
- ▶ Losing hair
- ▶ Brain fog
- ▶ Fatigue
- ▶ Joint pain and arthritis
- ▶ Dull or dry skin
- ▶ Insomnia
- ▶ Depression
- ▶ Irritability and mood swings
- ▶ Migraines and headaches

MIMOSA PUDICA SEED



This plant is also known as the “shy plant” and has been used by Ayurvedic practitioners for thousands of years. It’s been used to treat a wide variety of conditions, and research has shown that it has many medicinal properties. Among these, mimosa pudica holds the following benefits:

- ▶ Antiparasitic
- ▶ Anti-inflammatory
- ▶ Anti-microbial
- ▶ Antipyretic (lowers fever)
- ▶ Antidiarrheal
- ▶ Pain relief
- ▶ Lowers blood sugar
- ▶ Lowers blood pressure
- ▶ Helps purify blood
- ▶ Helps menstrual cramps
- ▶ Supports uterine health
- ▶ Supports depression
- ▶ Helps hemorrhoids
- ▶ Treats eczema and psoriasis (topically)
- ▶ Acts as a diuretic

- ▶ Helps ulcers
- ▶ Promotes liver healing
- ▶ Assists with detox
- ▶ Promotes gut (microbiome) health
- ▶ Helps sciatic nerve regeneration

This plant will actually paralyze parasites, so your body can purge them. In fact, two separate studies concluded that mimosa pudica is as effective as the leading anti-parasite medication.

Mimosa pudica acts as a powerful internal “scrubber”. It will work its way through the intestinal walls, pulling out parasites, toxins, heavy metals, biofilms, and other unwanted elements to provide immune and digestive support.

This plant was a stand-out component of my healing protocol, and in getting rid of parasites that were ravaging my body without me knowing!

Other valuable herbs for removing parasites are wormwood and black walnut hull (juglone).

BLACK WALNUT HULL



Black walnut is a well-known natural medicine. It contains high amounts of the phytochemical juglone, which has strong antifungal properties that science has demonstrated to be as powerful as pharmaceutical antifungal agents (such as clotrimazole and tolnaftate). Juglone has also been seen to

reduce tumor growths, kills certain cancer cells, and can help kill the bacteria *Helicobacter pylori*, which has been connected to stomach ulcers and other digestive ailments.

Extracts of black walnut hull have both antibacterial and antioxidant properties. In fact, the tannins in the hull have been observed to kill *Staphylococcus aureus*, *Listeria*, *Salmonella*, and *E. coli*.

Other chemical components — such as antioxidants, polyphenols and monounsaturated fatty acids, folate, melatonin, and phytosterols — are thought to be responsible for black walnut hull demonstrating the ability to prevent and treat several types of conditions. These include cancer, diabetes, and neurodegenerative diseases, chronic constipation, and hemorrhoids.

One of black walnut’s most famous medicinal uses is for parasite treatment. Science has shown it is effective for giardia, ringworm, tapeworm, pin (thread) worm, and other intestinal parasites. In fact, while safe for humans, black walnut hull is often used as a natural pesticide.

WORMWOOD

Wormwood is actually a cousin of the daisy family. As a known, natural antiparasitic herb, it’s commonly paired with black walnut hull to eliminate intestinal worms, especially pinworms and roundworms.

Wormwood is also used to treat anorexia, Crohn’s disease, SIBO, insomnia, anemia, lack of appetite, flatulence, stomachache, and indigestion. It’s also antibacterial and antimicrobial, proving effective to fight *Candida* overgrowths.

OMEGA-3

Omega-3 fatty acids — especially DHA and EPA — are essential to health, healing, and longevity. It’s something your body needs to function at the basic level and must be *consumed* because your body cannot manufacture it. Sadly, many people are deficient in this essential nutrient.

Fish oil is an excellent source of DHA and EPA. Science has studied and shown that omega-3 helps:

- ▶ Decrease inflammation
- ▶ Heart health and function
- ▶ Cardiovascular health and function
- ▶ Protect the heart
- ▶ Protect your cardiovascular system
- ▶ Brain function and longevity
- ▶ Erectile dysfunction
- ▶ Lower Depression, Anxiety & Stress
- ▶ Lower cortisol
- ▶ Support Mental illness
- ▶ Improve Metabolism
- ▶ Premenstrual Syndrome (PMS)
- ▶ Prevent and support Alzheimer's
- ▶ Prevent and support dementia
- ▶ Lower oxidative stress
- ▶ Support healthy immunity
- ▶ Balance blood sugar
- ▶ Prevent tumor proliferation
- ▶ Prevent Cancer
- ▶ Support hormone balance

Note: During pregnancy and after childbirth women should be especially aware of the need to consume enough omega-3.

PROBIOTICS & PREBIOTICS

Hopefully, you are already aware of the importance that probiotics and prebiotics play in your quest to heal your gut (microbiome). In addition, these building blocks for a balanced gut and diversity in gut flora can help naturally support you in healing autoimmune disease, inflammation, depression, anxiety, hormone balance, and more.

Here are some important, general facts:

Your gut contains trillions and trillions of organisms that are not only part of your digestive system but contribute to mood, hormone balance, and even brain function. This environment is called your microbiome. The organisms are known collectively as *microbiota*.

The symbiotic balance of these organisms in your microbiome is essential to overall health, but in particular a healthy immune response, and inflammation.



“Probiotics” is the term used for a variety of beneficial bacteria that are essential for a healthy set of microbiota and microbiome.

Prebiotics are fundamentally food for your microbiota. They often come in the form of soluble fiber and resistant starches that encourage a healthy balance in your microbiome, by feeding the probiotics.

While many people know that getting good probiotics is important, they often overlook the value of prebiotics. Optimal health is achieved with a balance of both.

Why is this balance of probiotics and prebiotics so vital? There are so many answers to that question!

However, in the context of autoimmune disease and inflammation, here are just a few ways a balanced microbiome can help:



70% of your immune cells are found in your microbiome.

Your microbiota are at the core of immune response, and thus any deviation from a healthy response, such as in the case of autoimmune disease.

A gut that is not functioning optimally may not absorb Vitamin K, or other vital nutrients.

An inflamed gut often leads to gut permeability, or “leaky gut”, now thought to be at the root of several autoimmune diseases.

Your gut has been found to directly influence anxiety levels.

Both probiotics and prebiotics help reduce cortisol.

Researchers have observed that Alzheimer’s patients frequently demonstrate unhealthy microbiota patterns.

As long as 100 years ago, doctors believed an unhealthy gut led to chronic infection, stress, and inflammation.

A 2015 study showed *Lactobacillus acidophilus* could reduce gut inflammation. Probiotics are known to quicken healing in gastrointestinal infections, as well as the cold or flu, decrease blood pressure, provide relief from ulcerative colitis, IBS, and Crohn’s disease.

The Arthritis Foundation list probiotics as “crucial” to both health and supporting a life with arthritis.

We really could go on for pages and pages about both probiotics and prebiotics. After all, “probiotic” means “for life”, or “pro” life. Keeping your microbiome filled with happy, and balanced microbiota is the foundation of all healing.

So how do you do that?

The easiest and surest way to keep your microbiome happy is to eat a healthy, diverse and high fiber diet. But if you are out of balance, you may have to increase the balance of ‘good’ bacteria.

In fact, experts recommend daily supplementation with really good prebiotics and probiotics.

One challenge consumers face is that most probiotics sold in foods come from dairy, which is often a trigger for yet more inflammation and/or autoimmune issues. These types of foods are also notorious for having far fewer probiotics in them than advertised.

Unfortunately the same applies to many store-bought probiotics, as well. Even with the more expensive, refrigerated probiotics, you have no way of knowing how many live bacteria are present, simply because there are so many environmental factors in transit, storage and stocking shelves that can compromise (or completely kill) them!

A plant-based probiotic is more stable and doesn't need refrigeration.

You'll be looking for a variety of organisms, including: *Lactobacillus plantarum*, *Lactobacillus paracasei*, *Lactobacillus acidophilus*, marine polysaccharides, fructooligosaccharide (FOS), and *Bifidobacterium lactis*.

Prebiotics are much more stable. They easily survive the long journey from your mouth to your intestines. Probiotics are more of a challenge in this way, so finding a formula that has a high number of bacteria (often called CFUs, for Colony Forming Units) and that offers some kind of capsule protection is ideal. The number of CFUs will ensure you get the most 'soldiers in the field' as it were, and a capsule that has a shielding that will allow it to travel to your gut will make sure they arrive ready to make a home in your microbiome.

Get your microbiota in balance, keep them happy and healthy with continued supplementation and a top-notch diet, and you can witness the antianxiety, antistress, autoimmune and inflammation support and more yourself.

FULVICS (FULVIC AND HUMIC ACID)

Fulvic and humic acids are electrolytes created by microorganisms in the soil or aquatic environments, that enable nutrients and minerals to be assimilated by plants. They are water soluble, and function in all pH conditions, namely: acidic, neutral and alkaline.

As an electrolyte, fulvics have the ability to balance and energize biological matter. Studies have demonstrated that electrolytes, as conductors of electricity, have the power to restore life. In contrast, as we grow older, our own biological electric potential decreases. Some experts believe that when we harness the power of fulvics we restore balance to cell life, the electrical potential returns, in turn prolonging the life of the cells and the organism they reside in.

As we've discussed previously, optimum health comes from balance, and absorption is the key. You can eat the most nutritious diet in the world but unless your cells can use the nutrients, it is somewhat self-defeating.



Fulvics assists the body in absorbing nutrients into the cells, even determining which minerals to assimilate, and which not, for optimum cellular balance.

Several degenerative diseases have been paired with silica deficiency. Fulvic acid has the ability to easily dissolve silica, being an excellent catalyst for cells to absorb this nutrient.

In some ways, fulvics are a form of probiotic and prebiotic in one, in that they promote a healthy gut balance. They do this in several ways.

Fulvics are powerful antioxidants that rid your body of oxidative stress that comes from free radicals.

Fulvics are not just antioxidants, they are free radical scavengers that protect your cells from the damage of free radicals.

They are a source of detoxifying enzymes called superoxide dismutases (SODs)

Oxidative stress from free radicals is indicative of several autoimmune diseases, and also Alzheimer's, in particular.

Good nutrition helps inflammation, and helps your gut stay healthy. Fulvics help your body absorb the right nutrients and even assist cells in knowing which and what level of nutrients are needed.

Fulvics dissolve silica, an essential nutrient that also binds toxins and helps remove them from the body.

In general, fulvics are chelators, binding toxic metals and ushering them out of your body and harm's way.

Fulvics help prevent leaky gut by way of stopping gut permeability. This, in turn, helps to detoxify your body, decrease immune response and lower inflammation. Leaky gut has been associated as a foundation of autoimmune disease.

Fulvics can also help with Alzheimer's. Nearly all experts agree inflammation is a key component to this condition. Fulvics have been seen to not only prevent the plaques and tangles associated with this devastating disease but to actually *untangle* them.

It's clear that fulvics are beneficial for overall health, as well as being great allies in supporting healing inflammation, autoimmune diseases, and your gut.

Other very valuable and effective natural supplements for women to consider are:

- ▶ Rhodiola
- ▶ Milk Thistle (Silymarin)
- ▶ Vitamin D3
- ▶ Cordyceps (Glutathione)
- ▶ Dandelion Root
- ▶ White Mulberry
- ▶ Triphala
- ▶ Yucca root
- ▶ Vitamin K2

FINAL WORDS

The single best tip I can share with you for permanent weight loss: Be kind to yourself.



If, like millions of women, you've spent years dieting to lose weight...STOP. Diets don't work. **Focus on making your body healthy, not skinny.**

Start with a 'clean slate' by detoxing your body and eliminating anything that could be slowing down your metabolism. **Flush out the heavy metals, parasites, and other accumulated wastes slowing down your system.**

Then, start eating whole foods and cutting out processed foods laden with fat and sugar.

Remember, this is a process. There are no 'magic diets' that will suddenly make you thin. But there are real, effective, and permanent solutions to regaining your health, such as those that we've discussed here.

For more in-depth information on permanent weight loss, curbing inflammation and natural solutions for all other top concerns for women, don't miss our brand new, groundbreaking 9 Episode Docuseries, **Women's Health Secrets.**

Find out more at:

www.womenshealthvideoseries.com

ABOUT LORI & JONATHAN OTTO

Lori Otto is a natural medicine advocate and investigative journalist who, along with her husband Jonathan, has traveled around the world uncovering little-known natural health secrets from renowned doctors, researchers, and health experts.

For many years, Lori was in a losing battle with her body. Nothing worked. No medicine helped. Doctors could not heal her and said much of it was “in her head”. By turning to natural remedies and supplements, she successfully overcame hypoglycemia, anemia, digestive allergies — including IBS, bloating, and pain to the point of being afraid to eat — significant respiratory and skin allergies, adrenal fatigue, brain fog, and joint pain, and was able to cease her prescriptions for anxiety and depression. Lori credits this dramatic healing to a foundational anti-parasitic detox combined with gut healing and restoration that allowed her renewed intake of healthy nutrients to be absorbed properly.

Before her own severe health issues were corrected, she was a devotee of standard medical care and, in her own words was “*very skeptical*” towards natural medicine. Through her travels and her husband’s earlier work, she observed countless testimonials of healing success achieved through natural remedies. “*I could no longer deny the power behind natural medicine and its incredible results.*”

Lori had struggled to get pregnant but is now the proud mother of a healthy baby boy, Asher. Throughout her healing journey, she studied all she could about pregnancy and labor, and this learning experience inspired her to create the groundbreaking 9 Episode Docuseries, ***Women’s Health Secrets***. Her goal is to educate and empower other women, offering them hope and healing.

Jonathan Otto is an investigative journalist, humanitarian, and award-winning documentary filmmaker. His life narrative is characterized by his unceasing desire to uncover truth and alleviate suffering in the world. He volunteers his own time overseas, especially in Africa where he has sometimes faced life-threatening situations, and for which he continually draws finances from his own pocket, whenever necessary.

Jonathan has turned his attention to seeking truth and exposing error in the areas of health and wellness. This has led him to create and collaborate as an editor and producer on many health films and projects, such as the docuseries, *The Truth About Cancer* and *The Truth About Vaccines* with Ty Bollinger, and *Diet Against Disease* with Dr. Joseph Mercola

In recent years, Jonathan has created and produced his own self-hosted docuseries, *Depression, Anxiety & Dementia Secrets*, *Autoimmune Secrets*, and *Natural Medicine Secrets*. These docuseries represent his unceasing global quest to find truth, gathering stories and protocols from world-renowned health experts and their patients.

It’s been Jonathan’s supreme pleasure to collaborate with and support his beautiful wife, and mother of their young son, Lori Otto.



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