

# Chapter 12:

## Your Health: How Good a Zerona™ Candidate Are You?

Almost everybody is a good candidate for Zerona™ treatments, but there are a few exceptions and special situations. We always ask for your medical history before you join the program. It is very important that we know past and current



medical problems that may affect your metabolism, which is an essential element in our program.

Let's quickly discuss some of the specific reasons Zerona™ may not work as well for you. Then, we will look at the digestive system as a whole. People who shouldn't get Zerona™ laser treatments

include:

- **Pregnant or lactating women.** While no studies have shown laser treatments will affect the child or mother, it is recommended that it not be used; one reason being that fat is important for fetal development and nutrition.
- **Pacemaker patients.** Again, there is no evidence that a pacemaker would be affected by laser treatments, but it is recommended that the laser should not be used over a pacemaker or its lead wires.
- **Diabetes or Thyroid Disorders.** These diseases can affect your metabolism and, therefore, make this program less effective. We will discuss this further because it is a major factor of which to be aware.

- **Special Needs.** If you are disabled or have special needs, we will work with you to see if this program is right for you.

## The Importance of the Digestive Process

I think you will find this overview of digestion valuable in understanding how your systems, glands and organs interact to move your food through your body. Your success on the Zerona™ program can be affected by problems with any of these systems.

Since your food/calorie intake affects your weight, the process of digestion is critical to success in our program. An estimated 100 million Americans have some form of digestive disease and more are hospitalized due to digestive tract and colon disorders than for any other group of disorders.



There are more systems than your digestive system that work together in the overall digestive process.

**Immune System:** This system screens contents of the intestinal tract and intestinal lining, a remarkable 200 square meters in size. The immune system will recognize and absorb nutrients while fighting against toxins, antigens, bacteria, viruses and other disease-causing elements.

**Nervous System:** One of the most important systems in your body, the nervous system is your body's control system. The *autonomic nervous system* regulates involuntary action, such as heart beat and digestion.

**Muscular System.** Your body has voluntary muscles that you consciously control and involuntary muscles that work within our systems without our being aware of them. Involuntary muscles in our stomach and intestines (*smooth muscles*) are controlled automatically by the nervous system and hormones.

**Lymphatic System.** We've discussed the importance of this system is helping the digestive system and the Zerona™ program. In addition to being a defense system in our body, the system's network of vessels helps circulate body fluids and carry excess fluid away from the spaces between cells (including the emulsified fat from your laser treatments) to your bloodstream.

**Endocrine System.** The endocrine system is made up of a group of glands that produce the body's hormones. *Hormones* are chemicals that control body functions, such as metabolism, growth, and sexual development. *Insulin* is an important hormone that helps control your metabolism. Problems with producing this hormone through the thyroid gland can cause weight gains and slow the metabolism. This may definitely affect the success of any Zerona™ laser treatments.

**Digestive System.** As you can see, the digestive system is only one part of the whole digestive process, but obviously a very important one. The digestive system is made up of organs that break down food into protein, vitamins, minerals, carbohydrates, and fats, which the body needs for energy, growth, and repair. From the stomach, the food travels into the small intestine where your food is broken down into nutrients that can enter the bloodstream. The excess food that the body doesn't need or can't digest is turned into waste and is eliminated from the body.

## Constipation



Digestive impairment can show up as gas, bloating, constipation, diarrhea and various infections such as dysbiosis, parasites, tapeworms. Before we start you on our program, we have to ensure that these issues are addressed.

Constipation, when evacuation is difficult and infrequent, is probably one of the biggest problems we see in our incoming patients. It's so important that I will not accept a patient for my Zerona™ laser program until they get things moving properly. It is surprising how many people do not understand the importance of keeping your digestive and elimination processes moving

along in good order.

Simply put, if you eat three meals a day you should have three bowel movements a day. If you are not having at least two bowel movements a day you are constipated. If your digestive system is backed up, your lymphatic system cannot work as effectively to transport the emulsified fat from the laser treatments to the bloodstream.

If you are having this problem when you come in, I will recommend some measures to help your digestive process, such as:

- A cleanse with many servings of raw fruits and vegetables; more fiber
- Hydration
- Massages
- Exercise such as walking

- No caffeine or other diuretics (unless prescribed by your doctor for a health condition)

I can also recommend a do-it-yourself procedure to help your digestive process and increase your Zerona™ results. This is through stimulation and massage of your *ileocecal valve*, the valve/sphincter muscle that allows your digested food to move from the small intestines to the large intestines (colon).

Stimulation of this structure can help get things moving *plus* massage of your intestines will also aid in getting things moving. We discussed this procedure briefly in our chapter on massage. If you do it daily, it will strengthen your intestine walls and also loosen all the built-up excrement that is lining the walls of your intestine. This is a great trick to break you from constipation.

Try this every day for just a few minutes:

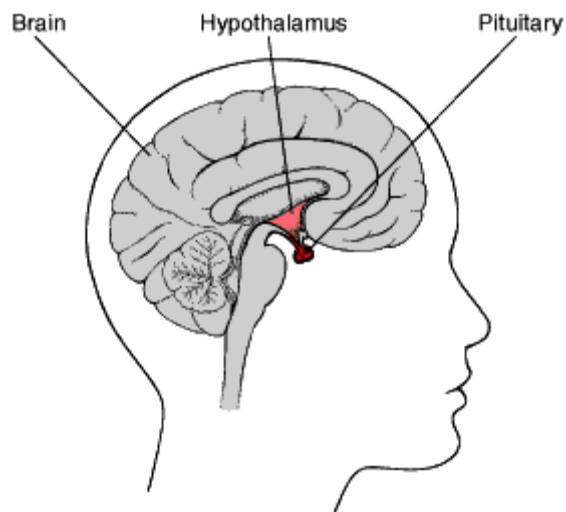
- Lie down on your back.
- Put your overlapped hands/fingers on the right lower right side of your abdomen (just above the boney bump of your pelvis or Anterior Superior Iliac Spine or ASIS – what many of us mistakenly describe as the hip bone that sticks up when you lie on your back). It's a good idea to use massage oil for this.
- With small circular (2 to 3 inch diameter) motions and good pressure (you will increase your pressure over days of doing this) – stay in this spot for one minute.
- Then slowly start moving up your abdomen to your rib cage. You are going to be following the course of your large intestines (your ascending colon).
- Now for the transverse colon; from your lower right rib cage, go to your left lower rib cage. Be sure to keep the same pressure that you started with and maintain small circles.
- Now for the descending colon; from your left rib cage now move down to your left front boney pelvis bump (or ASIS).

- Now for the Sigmoid colon; from your left ASIS massage diagonally down to your pubic bone.
- This should take about three minutes or so.

This may be a little sore in some spots, which usually means you are loosening material to get it moving. This self massage in combination with more fiber and good hydration can make you feel better and get better results from our program.

## Thyroid Problems

When people say they have a gland problem that makes it hard for them to lose weight, they are usually talking about the thyroid gland and perhaps the pituitary gland. The thyroid gland, located on the front part of the neck below the thyroid cartilage (Adam's apple), produces *thyroid hormones*, which regulate body metabolism and are important in regulating body energy, the body's use of other hormones and vitamins, and the growth and maturation of body tissues.



Defects in the regulatory pathways in the pituitary gland may result in either production of too much (*hyperthyroidism*) or too little (*hypothyroidism*) hormone. Many of us think we might enjoy a little hyperthyroidism to perk up our metabolism and help us lose weight. Unfortunately, we don't have conscious control over this and it can cause other health problems, such as heart disease, bone loss or problems during pregnancy.

If the thyroid is causing a problem losing weight, you probably have hypothyroidism, which slows your metabolism. This affects women more than men and can become more of a problem for the elderly. It also can cause heart disease or problems in pregnancy.

Your brain's hypothalamus releases the thyrotropin-releasing hormone (TRH). The TRH travels through the pituitary stalk to the pituitary gland, also in the brain, which then releases the thyroid-stimulating hormone (TSH) into the blood. The TSH travels to the thyroid gland, which produces thyroid hormones (L-thyroxine or T4 and triiodothyronine or T3).

## Blood Sugar Levels

The amount of blood sugar or glucose level we have in our bodies is regulated similarly to the thyroid hormone, except this involves the pancreas. *Hyperglycemia* results when blood sugar is too high and *hypoglycemia* when blood sugar is low. The glucose level is the primary source of energy for the brain, muscles, and other essential cells, acting with different hormones, such as insulin (which lowers the blood sugar level) and other chemicals which raise blood sugar (such as glucagon, growth hormone, and epinephrine).

The pancreas (located close to the stomach) produces both beta cells, which make *insulin*, and alpha cells, which make *glucagon*. Insulin helps us in the absorption of glucose to be stored in the liver and other places to be used for metabolism or storage. Glucagon increases glucose by breaking down stored glucose from starch and releasing it from the liver to the bloodstream.

Other hormones that can affect the glucose balance include epinephrine (adrenalin), which can elevate glucose by making it available when you are under stress. When this mechanism is not working properly, hypoglycemia can result. Other hormones also help in raising the level of blood glucose, including cortisol made by the adrenal gland and growth hormone made by the pituitary gland.

There are medicines to help people with hypoglycemia, but you can help yourself to prevent it through a nutritious and regular diet. It is important to eat on time and never miss meals, balance what is eaten compared to the

amount of exercise, avoid drinking too much alcohol and be sure to eat an adequate amount of food.

## Insulin Resistance

Some people are resistant to insulin, the important hormone from the pancreas that helps control metabolism. Thought to be hereditary, insulin resistance (IR) is a condition in which the cells of the body become resistant to the effects of insulin, requiring higher levels of insulin to be used. Some possible causes, or when IR presents itself, include metabolic syndrome (a cluster of metabolic risk factors), obesity, pregnancy, infection or severe illness, stress and steroid use.

## Type II Diabetes

Diabetes is a serious health condition caused by insulin imbalance, and directly affects your metabolism. People with Type II Diabetes are prone to weight gain and have high levels of insulin circulating in their bloodstream because their cells have become resistant to its effect. High insulin levels promote fat storage and inhibit fat metabolism.

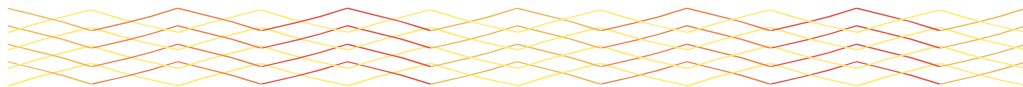


Although medication can help this condition, watching your diet is the primary way to deflect the effects. One of the main things to watch is your reliance on simple carbohydrates, such as white breads, white pastas, candies and processed foods with high fructose corn syrup.

To keep your blood sugar steady and insulin balanced, it is better to eat more food with complex carbohydrates, which are harder for the body to break down and keep your blood sugar levels even. Switch to food with whole grains such as whole wheat and brown rice. In addition, eat a balanced diet in which all your

meals include most of the food groups. Also, modify the amount of sugar in your diet.

You can see how important the digestive systems and the diseases and disorders that affect it are so important. We must record this information about you and work with you to be sure you will get the best benefits from your Zerona treatment.



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