

# CONTROL. Want To Be Able To Gain or Lose Weight At Will?

## YOU CAN!

I never thought it was possible, but it is! Want to know the secret?

Diets don't work! You need to control your metabolism.

The good news is that you must eat often to jump start your metabolism. Diets slow your metabolism down. In fact, dieting slows down all organ function which is why you are lethargic and in a fog when dieting. You are not functioning at 100%! Don't diet!... change your diet! You need to EAT to lose weight. You do this by giving yourself the right fuel.

Does your car run on diesel fuel? How about kerosene? The answer may surprise you! Your car will run on the wrong fuel, but it won't run efficiently or properly! It may even break down a lot or get sick. Your body is also a machine and needs the correct fuel to run properly, but just like gas, there are different grades of fuel for your body. Think of your body as a high priced luxury sedan. Like the car, your body requires premium unleaded fuel. Complex carbohydrates are the premium unleaded fuel your body is looking for. Simple Carbohydrates are not. What is the difference?

Imagine a fire in a fireplace that is dwindling. If you take a piece of newspaper, roll it up and throw it into the fire... bamm! A huge burst of flame. However, the flame extinguishes itself rather quickly. This is an example of how a simple carbohydrate works in your body. It is that donut that gives you that quick burst of energy, but has your blood sugar crashing twenty minutes later. On the flip side, if you were to throw a big log on that dwindling fire, you do not get that big burst of flame (or energy), but the flame lasts for a much longer time. This is an example of a complex carbohydrate. The right fuel will level off your blood sugar preventing you from peaking and crashing several times throughout the day. We are a nation of gluten, sugar and toxin eaters. It sickens me to see a line backed up onto HWY 35 of people waiting to break their fast with coffee and donuts. Gluten, sugar and toxins! Breakfast is the opportunity to start your day and your metabolism off on the right foot.

## TOO MUCH FUEL?

Does your car have a reserve fuel tank? It does, and so does your body! Our bodies

were made to survive in the days of the Cavemen. During this time, man did not always have food. Therefore, when we consume more food than our body needs for immediate energy, our body stores it as fat. We reserve our food in case of emergency. We need to decrease portion size.

## RULES TO LIVE BY

1) Where did your food come from? Did it grow on a tree or in the ground? Did it exist in Caveman days? Or was it manufactured in a factory? If it came from a natural source then it is probably ok. There is no such thing as a Dorito tree!

2) When shopping in the grocery store, shop the outside perimeter first. This is where you will find all the fruits and veggies, meats, dairy and grains. Everything in the middle of the store is processed and from a factory.

3) Drink half your weight in number of ounces of water per day. If you are not currently doing this then chances are you are dehydrated and this alone will help you lose 5-7 pounds in 7-10 days.

4) Eat organic foods. (Check out the matrix.com)

5) Use a food log. You won't believe what you eat. Remember... if you bite it, write it!

6) Workout with a friend. You will be less likely to blow off your workout if it means you are blowing off your friend too!

## WHY?

Why does Garden State Spine & Pain Institute care about getting you in shape in 2009? We address musculoskeletal complaints!! It is personal, that is why!

I was 40 lbs overweight. I never went to the gym, and despised people who did! I really thought that it was a genetic curse, and I was destined to be fat, so why fight it? But, as a doctor, I was getting uncomfortable in my own skin and wasn't practicing what I was preaching, so I started to fuel my body with premium unleaded fuel and something happened. My body began functioning like a well oiled machine and my metabolism was kicking! All of a sudden I had tons of energy and I WANTED to exercise. Exercise is addictive. It is now three years later, I work out 5 to 6 days a

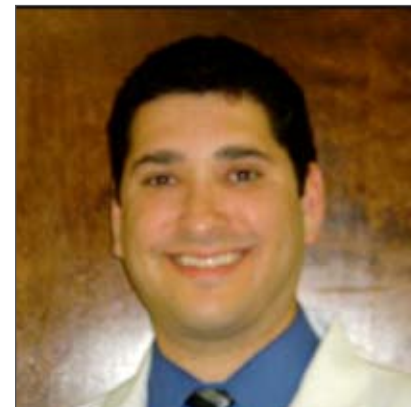
week, and am able to eat what I want. I watch what I eat, but never deny myself anything.

Now, I want to help other people break through the plateau. I see people in the gym who work out hard, but have limited results. I don't say anything, I mind my own business, but what I really want to do is scream at the top of my lungs, "I can help you!" It is the combination of diet AND exercise that gets results! Oh yes, the doctors and staff at Garden State Spine & Pain Institute believe in HEALTH CARE, NOT SICK CARE, which begins with nutrition and exercise. After we get you out of pain, we will help you lose weight, get in shape and feel great. We are all health conscious, all of us! We even run health challenges where doctors, staff, and patients compete in a biggest loser type competition. There are no more excuses! Take charge of your metabolism. We are here to help you gain control!

For more information on how your metabolism works or specifics about Carbohydrates, Fats, Protein, Proper water consumption, Exercise & Detoxification... sign up and attend our free "5 Secrets to Weight Loss" lecture.

For dates and times, call our office at 732-660-1113. ■

*We ARE the Doctors  
You've been Aching for!*



DR. RAJ GUPTA BEFORE



DR. RAJ GUPTA AFTER

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