

The Weight Loss Solution

3 All Natural Ways to Lose Weight and Keep it Off

Dr. Bonnie Nedrow, ND.



*Become Your Best Self,
So You Can Give Your Greatest Gift*

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Have you struggled with weight loss?

Have you lost the same 20 pounds over and over, just to find it comes back?

Have you given up on ever being fit?

Have you lost hope?



You probably found your way to Dr. Bonnie Nedrow because you have answered yes to at least one of those questions. And, I am guessing you have tried to lose weight in the past in an array of programs and special diets, only to find the weight coming back, and then some. Carrying extra weight is exhausting. It keeps you from doing things you want to do. Being overweight can cause career obstacles, create social challenges, and comes with a whole array of uncomfortable symptoms.

My Story

I have worked diligently my whole adult life to keep my weight in check. In fact, every day for the past 40 years, I have spent time thinking about my weight and how I could become more fit. Most of those years I was pretty successful. It took time, commitment, and discipline, but it was doable. As long as I was on my game, I kept my weight in check; until peri-menopause.

Boy, was that a wake-up call! I actually thought I was doing really great with my health maintenance plan. I ate organic whole foods, I exercised several days a week, and I completed a month long cleanse twice a year. That formula worked up until my early-40s. Despite all the self-care I was investing, I still gained about 3 pounds every year.

That doesn't sound like a lot, but 10 years later I realized I had an extra 30 pounds, and that most of it was belly fat. After managing my weight most of my adult life, I realized that if I was blessed with longevity, I would be obese for most of my elder years. As a doctor, I had no illusions that it would be just the weight; it would also mean inflammation, chronic disease, and pain.

What I am about to share is really important. For me personally, and for hundreds of my clients, I am about to outline a program that is a real game changer. It took me about six months to lose those 30 extra pounds, about a pound per week. Most importantly, I lost that weight almost four years ago and have not gained it back. Despite menopause, I have remained fit. Even more amazing for me personally, is that I no longer struggle with blood sugar crashes and the accompanying mood swings. I have achieved metabolic flexibility. Keto-Cleanse is an awesome new tool to reach and maintain ideal body composition. And, I get to experience the joy of sharing this amazing tool with my clients.

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1

Reduce Foods Containing Sugar

Sugar may be the most toxic and addictive substance we consume. Hidden sugar is the worst, because we are eating a food we don't even think of as a sweet treat, such as ketchup or salad dressing. The more sugar we eat, the more we crave, and the worse we feel. One simple way to reduce sugar in your diet is to avoid packaged foods, most of which contain hidden sugar. Every time you reach for a food with added sugar, ask yourself if there is a whole food, sugar-free alternative. Here are some fairly easy examples:

1. Replace store-bought salad dressing with home-made; pretty much all pre-made dressings have added sugar. Here is my easy vinaigrette.
 - **INGREDIENTS:** vinegar of choice, organic olive oil or organic toasted sesame oil, flavor of choice such as mustard, unsweetened horseradish, salt and pepper, lemon juice, paprika, nutmeg, cumin
 - Mix 1 part vinegar with 2 parts oil, add flavor of choice, shake well, dress your salad
2. Replace morning pastry with fruit and cheese or multi-grain toast and nut butter. Not only do pastries have sugar, they are also low in protein, making you start craving sugar early in the day. Try these alternatives to reduce sugar cravings.
 - Half-cup raspberries with half-cup organic cultured cottage cheese
 - Multi-grain bread with seeds (should be dense not "fluffy") with 2 Tbsp. almond butter
3. Instead of a candy bar, or sweet protein bar as a snack, try one of these.
 - Half an avocado with sliced red bell pepper and 2 stalks of celery
 - Half an apple with 2 tbsp. sunflower seed butter
 - Hummus or sunflower seed pate' with fresh veggies



2

Move Every Day

What keeps you from regular exercise? We can often get hung-up with the term "exercise" as being a trip to the gym, a long bike-ride, or a run in the park. All of those are great ideas, and if you are doing them several times a week, keep it up, you're doing great! If you are not, don't sweat it, but do get moving. Don't get stuck on the couch just because you only have 20 minutes. If formal exercise is not your style, or you just can't fit it into your schedule, try out one of these options to assure you are moving your body daily.

- Invite your loved one for an after dinner stroll; a good way to move AND get some screen-free time with someone you want to talk to.
- Put on music and dance for ten minutes, great when you have small kids at home.
- Consider commuting to work by foot or bike, if that's not an option, park a few blocks from work.
- Go for a walk at your lunch hour, if there is no good place to walk, look for creative alternatives such as going up and down the stairs in your building.
- If you work at a desk, stand up every hour to stretch and march in place. Co-workers may find it strange at first, but you could be the one to start a new trend!

3

Is Keto-Cleanse Right For You?

Keto-adaptation is one of the best-kept health secrets I know. When I first heard about keto-adapting, I thought of the *Atkin's Diet*. As a naturopathic doctor who understands the health benefits of vegetables, a high-fat, high-protein, low vegetable diet just didn't sound healthy. Staying on the diet for years to lose weight, and then to keep the weight off, sounded horrible.

When I discovered how many fat-soluble chemicals are stored in fat in our bodies I really got worried. If people

lose weight, these chemicals will end up in the blood stream and make people seriously sick. Did I really want to help people burn fat quickly? Would I end up helping them become skinny sick people?

Also, I didn't really see consistent results. One person would easily lose weight on the diet, while another would not lose any weight at all. If a low-carb diet was such a great idea, why didn't it work for more people? And why did so many people gain all the weight back, and often MORE, once they stopped the diet?



Keto-Cleanse Patient Testimonial

"My husband's and my stories are completely different. I always felt lucky to have a tremendous metabolism. Until peri-menopause hit, and then I felt very unlucky. I quickly gained 30+ pounds and suddenly had a fat stomach. My adrenals gave out; I always felt low energy and fatigue. My husband is a two-time cancer survivor, he gained weight from the drugs to treat his cancer. Most of his 40+-weight gain was in his belly. In the last 5 years we both have tried many different approaches and treatments. From IV drips, to HCG diet, to cleanses, to fat freezing. Nothing seemed to work or was sustainable. We spent tens of thousands of dollars and were so unhappy with the results, or should I say lack thereof.

"When I was introduced to Dr. Bonnie Nedrow and told of keto-adapting it sounded intriguing. I immediately purchased her Keto-Cleanse E-book and read it in an hour. Then I signed up for Keto-Boot Camp and told my husband I would coach him as I went through it. I was really excited to see if I had discovered something that would finally work. I liked the idea that we just need to teach our bodies to burn fat. I also liked the idea of adapting only once, in just 8-12 weeks.

"I adapted fairly quickly, maybe because I had the time to follow the program to the letter. However, I am most impressed with my working husband who was not far behind. He works for a large winery and is constantly traveling and then attending work dinners with his wine! We are now able to use keto-adaptation as a tool to lose weight and more specifically lose fat! We could not be more thrilled with the results. In 3 months I have lost 15 pounds and 5% body fat while increasing my muscle mass by 2%. My husband has lost 25 pounds and also 5% body fat with no loss of muscle. We could not be happier, and we are not done. We feel we can reach our body composition goals in 3 more months. It is completely sustainable and we never feel deprived or like we are dieting. We both feel so grateful; it has changed our lives for the better."

Dondi Jones
April, 2017 — Santa Rosa, CA

Game Changers That Sold Me On Keto-Adaptation

Measure Blood Ketones

Why do I think it is so important to measure blood ketones instead of measuring ketones in the breath or in the urine? Well, you are about to find out what a science geek I really am. When I run a program for my clients, I want it to be both logical and scientific. What I found out is that the ketone called *beta-hydroxy-butyrate* (BHB), can't be tested in either urine or breath, but can be measured in blood.



Why is that so important? BHB is the only ketone, and indeed the only fat, to cross the blood-brain barrier. If we want our brain to function when blood sugar gets low, we need an alternative fuel that will cross that selective barrier. If you don't eat enough carbohydrates to run your brain, your keto-adapted brain will burn fat! But only in the form of BHB, which is only found on a blood test.

Detoxify

For nearly 20 years, I have helped my patients cleanse. I have observed a connection between toxic load and weight loss. For many of my clients, weight loss is only successful when combined with detox. I had assumed better organ function was the reason. Perhaps in part, but I discovered an even better reason.

I realized that people who didn't lose weight unless they detoxed had really smart bodies. Fat loss leads to the release of fat-soluble chemicals

into the blood stream. From the blood stream, chemicals can move to delicate tissues such as our brain and other organs, causing a lot of damage.

Think of it this way; your body is smart to hold onto fat as a

storage bin for fat-soluble chemicals. By staying fat, people protect their body from toxins; keeping those chemicals tucked away in storage decreases the harm they may otherwise cause. Get rid of the fat storage bins, and you need to get rid of those chemicals. Now I know that weight loss also means we have to detox for lasting and safe success.

Rotation Diet

I'm sure you have read that fat is good, or bad; fat is better or worse than carbs; a low-fat diet is heart healthy; a high-fat Paleo diet is anti-inflammatory; a vegetarian diet is the healthiest choice; and on-and-on. What diet is best? And why?

I have read those books and articles too, and have helped thousands of people over the years with an array of diets. My conclusion? Every special diet is good for some people, some of the time. No special diet is good for all the people all of the time.

Metabolic flexibility on the other hand, is good for everyone always. It is the ability to easily and effortlessly burn either carbohydrates or fats for energy. If you aren't metabolically flexible, you need to eat carbs for energy; when you eat more than you burn, you store fat; when you can't burn that fat, you get fat.

Here's how I can help you achieve metabolic flexibility.

1. Complete a 21-day cleanse
2. Commit to Keto-Boot Camp
3. Discover, with my help, your ideal rotation diet

Your personal rotation diet is designed to meet your metabolism and to help you achieve your health goals. It is sustainable and has a great variety of food choices. You will effortlessly shift your metabolism from carb-burning to fat-burning and back. In short, you will become master of your metabolism!

Read My Metabolic Flexibility Book

- Discover how you can, and why you should, eat a diet high in vegetables and organic fats when you keto-adapt.
- Learn how to lower your body burden of chemicals while you lose weight.
- Create a personal health tool to achieve and maintain wellness for the rest of your life.

Join The Metabolic Membership

- Get the support you need.
- Join a community of like-minded people seeking optimal wellness.



Jane's Story

Jane first started naturopathic care with me seven years ago at age 38. Her concerns at that time were irregular menses with extreme pre-menstrual mood swings, migraines several times a month, and cyclic acne. Jane was about 45 pounds overweight. She had tried the HCG diet the year before I met her. She reported that she easily lost 22 pounds but that all of her other symptoms got much worse.

The first thing I suggested for Jane was a 28-day cleanse. I recommended a whole-food, organic, vegan diet, herbs and supplements, sauna, dry skin brushing, and colon hydrotherapy. Jane did really well on the cleanse, she lost 6 pounds that month, had a 50% improvement in her acne and was completely free of migraines.

Over the next four years, she completed several more cleanses; her acne, headaches and migraines were a thing of the past. She ate much better, used herbal formulas for her cycle, and had a decent exercise program. All in all she felt great, however she was never able to lose the weight. She fluctuated between 30 and 50 pounds overweight, losing with each cleanse and intensive exercise program, but then gaining it back.

Three years ago I introduced her to Keto-Cleanse. She didn't lose much weight during adaptation, but I reassured her not to worry; as soon as she was keto-adapted we would manipulate her new metabolic flexibility to help her burn fat.

Jane saw me for coaching sessions once a month for a year after she keto-adapted. I helped Jane design a rotation diet and apply what she had learned about detox and metabolic flexibility. She lost an average of a pound per week over the next eight months, at which time she achieved all her health goals, including reaching her ideal weight and body composition. That was two years ago. She has continued her rotation diet and has easily maintained her weight within 5 pounds of her set point. She finds the program very sustainable — a way of life not a diet.



F.A.Q.'s (Frequently Asked Questions)

Q. Will I ever be able to eat treats again, such as ice cream and garlic bread?

A. Once you have completed Keto Boot-Camp, you will occasionally be able to eat refined foods and desserts. As long as you don't eat refined sugar more than once a week, you should never again suffer from intense sugar cravings.

Q. How long will it take for me to lose the excess weight?

A. That is a difficult question to answer because of all the individual variables, including how much weight you want to lose. I recommend you commit to the program for a full year. I know that sounds like a long time and a big commitment, but just think how many years it took to gain the weight in the first place.

Q. It sounds expensive, is the program affordable?

A. The program will cost money and time. But what besides your health is worth that kind of investment? When people feel their best, they also have the greatest opportunity to make a good living. When people are sick, whatever savings they have tends to go towards expensive health care. Invest in your health to achieve the edge to make and save money while feeling and looking your best.

Q. Isn't ketoacidosis really dangerous and can't that happen on a ketogenic diet?

A. Yes ketoacidosis is a dangerous state where ketones get so high in your blood that you can go into a coma. However, only insulin dependent diabetics are at risk for ketoacidosis. People who are not taking insulin do not have that risk.

Q. Can I drink alcohol when I am in Keto Boot-Camp?

A. No, alcohol is not allowed while you are adapting and should be significantly limited as long as you want to lose weight. Once you are keto-adapted, you can have alcohol in moderation and still maintain your metabolic flexibility.

Q. Will I be able to work during Keto Boot-Camp?

A. Absolutely! There may be times during Keto Boot-Camp when your thinking feels a bit weird as your brain adapts to burning fat. This can be challenging at times but it does not tend to affect job performance and only lasts a couple of weeks.

Q. I see many other ketogenic programs that look a lot less expensive. Why should I sign up with you?

A. That brings us back to the big three game-changing differences in this program. This program allows for scientifically based customization, it incorporates detoxification for safe and lasting results, and most importantly, it relies on metabolic flexibility instead of rigid dietary adherence for long term success.



Weight Loss Solution

Congratulations on taking the time to prioritize your self-care.

I don't know of a better investment. By reading this report you have access to some simple and yet powerful health tips. Apply them to your daily life and you will begin to see the difference.

Want more support?

- Sign up for Dr. Bonnie's Metabolic Membership.
- If you want 1-1 support and live in Oregon or California, email info@drbonnienedrow.com to set up a free 15-minute discovery call.
- Look for special offers in Dr. Bonnie's monthly Newsletter coming your way soon.



Dr. Bonnie Nedrow has led hundreds of clients through her 28-day Seasonal Cleanse and her Keto-Cleanse Boot Camp. She lectures nationally to her peers on Reproductive Health & Environmental Medicine. She has 20 years experience as a primary care naturopathic doctor. Dr. Bonnie currently offers online health consultations.



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