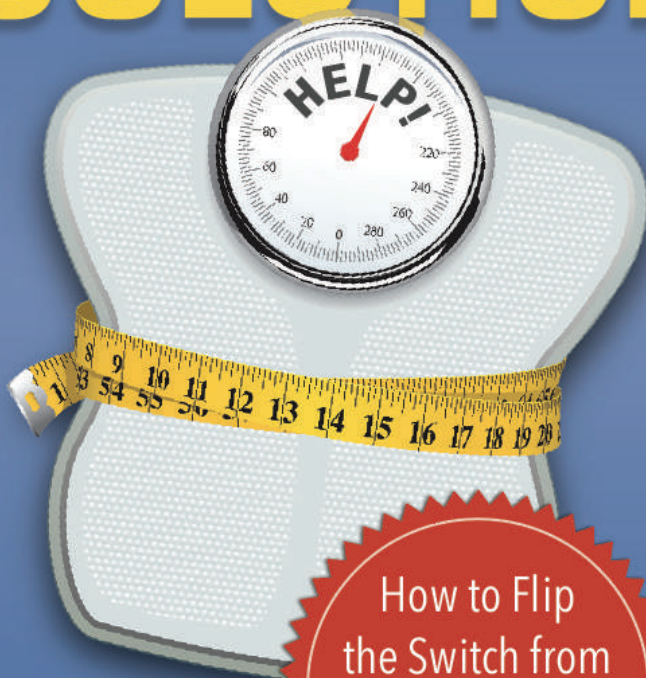


# *The* Metabolism Reset **SOLUTION**



How to Flip  
the Switch from  
Fat Storing to  
Fat Burning

Dr. Terry M. Gibson

# The Metabolism Reset Solution

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Fat Storing to Fat Burning

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# Introduction

## The Metabolism Reset Solution!

I never planned on becoming The Fat Loss Expert. In fact, after I was awarded a baseball scholarship to play at Brigham Young University, the Philadelphia Phillies started scouting me. I had my heart set on playing major league baseball for a living. That was until I ruptured a disc in my back which prevented me from pursuing that dream. The team doctors urged me to get surgery, but something about that recommendation just didn't feel right to me. I sought out chiropractic care instead, and within weeks, I was healed.

That amazing chiropractic experience changed everything for me. I decided I'd like to help others get similar results without risky surgery. In 1978, I graduated with my Doctor of Chiropractic degree. Shortly after that, I opened my private practice in Chico, California and have served the needs of thousands of patients over the last three decades.

How did I become known as The Fat Loss Expert? Late in my career, I noticed a disturbing trend in the health arena: countless people were developing severe hip, back, knee, and ankle problems, often leading to joint replacement. I was both concerned and intrigued, and I began a relentless search for the cause of this epidemic.

That's when I learned all about the negative repercussions of carrying 25+ pounds of excess fat. Fat was responsible for not only accelerating joint destruction but was also a huge causative factor in cancer, type two diabetes, and heart disease. Startled by these facts, I knew I had to find a sustainable, long-term solution to fat loss centered on scientific principles. That's when "The Metabolism Reset Solution" was born.

Since 2013, I've helped more than 2,000 patients lose stubborn fat, permanently. I've been featured on CBS and NBC and served as a keynote speaker for health conventions, Rotary International, and several health clubs. A member of the Foundation for Wellness Professionals, West Coast Anti-Aging Institute, and the International Academy of Nutritional Consultants, I've completed hundreds of hours of clinical research and training focused entirely on weight and fat loss. I've also studied under some of the foremost metabolic experts in the nation.

What I've learned in all my years of helping my clients lose fat is that fat loss isn't so much about calories in and calories out as it is about your

metabolism. I am passionate about teaching people that there is a huge difference between losing weight and losing fat. Most “weight-loss” programs don’t target fat. Your losses come in the form of water and lean muscle mass. As disturbing as this sounds, the body eats itself on those programs as you lose lean muscle mass. Not good! Plus, to make things worse, your metabolism is damaged by it.

You’ve probably seen the results of these programs where the person looks very gaunt, has saggy skin, and their complexion looks pale. In contrast, our program targets fat and spares your lean muscle mass. The results are that you shrink and tighten, your energy levels skyrocket, and most importantly, you reduce inflammation since fat and inflammation are directly associated. You’ll read about this later in the book.

I hope the book inspires you to stop trying to lose weight and instead gain the health benefits of losing fat and inflammation.

Enjoy the book!

To Your Health,

*Dr. Terry M. Gibson*

**[www.TheFatLossExpert.com](http://www.TheFatLossExpert.com)**

Chico, CA



# Chapter 1

## Why Do So Many People Struggle with Permanent Fat Loss?

*"If we wait until we are ready, we'll be waiting for the rest of our lives."*

—Lemony Snicket

The reason people struggle with fat loss is that they are sugar burners and not fat burners. The problem isn't that they are fat; the problem is that they can't burn fat. They have unknowingly trained themselves to burn sugar and not fat. The body is designed to burn fat for energy. In fact, fat is the #1 preferred energy source for the body IF your metabolism is running smoothly. We have an all-natural proprietary process which gets people rapidly into fat burning without starvation, eating pre-packaged foods, or bone-jarring exercise.

Our clients enjoy a high success rate of not putting the fat back on. This is because everything we teach them is sustainable for a lifetime. That's where most other programs fail. They are not sustainable. Plus, they don't target fat.

See if this might be you. You are sick, tired, frustrated, and overfat. You hate the way you look in your clothes and out of your clothes. You've lost confidence in your physical appearance, and that has affected your self-esteem. Secretly, you pick and choose the social events you attend based on how you look. Being overweight has affected your quality of life, including lack of energy and low sex drive. Your doctor has given you tough lectures about weight and its effect on your health, including high blood pressure, cancer, heart disease, diabetes, joint pains, and the scary probability of being on multiple medications and their side effects for life!

You've tried the following with less than optimal results:

- Counting calories or points every day.
- Using your willpower to stay away from those "crappy carbs."
- Putting the spandex on and heading to the gym several times a week.
- Jumping on the latest starvation or fad diet.

You will never get a great result by torturing yourself with these self-defeating approaches to fat loss. In other words, some of the worst weight-loss advice you've been given is, "Eat less, exercise more." As Dr. Phil would say, "How's that working for you?"

You will, however, see excellent results when you understand how to convert your metabolism from storing fat to burning fat. Yes, you can learn how to become a natural fat-burning machine.

# Chapter 2

## Why Diets Don't Work

*"Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new."*

—Brian Tracy

Most diets don't work because they are based on deprivation and willpower. We humans don't like to be deprived of anything we have access to. Using willpower to stay on a diet is like hanging onto to a cliff by your fingers. When you get tired, off you go!

Counting calories, starvation diets, eating pre-packaged devitalized food, counting points, or eating six meals a day just doesn't work. Forget the fact that they ruin your metabolism. In the long term, they just are not sustainable. Name one person you know who continues on one of these "health" programs for life? Didn't think so.

The biggest problem with calorie reduction programs is that your hormones are disrupted, and your metabolism slows down. This is important because weight gain and weight loss are not driven by calories but rather by your metabolism.

With all the never-ending choices for weight-loss diets or procedures out there, how does one keep their sanity and know which is best for them? We have the Atkins Diet, Paleo, Mayo Clinic Diet, Mediterranean Diet, Weight Watchers, Jenny Craig, Nutri-System, Slim Fast, Gastric bypass, gym membership, Acupuncture, Hypnosis, Overeaters Anonymous, Ornish Diet, Vegetarian, Zone Diet, South Beach, Macrobiotic, Medi-Fast, and the Acid-Alkaline Diet, just to name a few.

The secret to getting and maintaining a healthy weight is to first get out of sugar burning and into fat burning. This reboots and balances your metabolism and creates health benefits that are quite remarkable.

It's a matter of reducing those foods which decrease your metabolism and make you hold onto fat and increase those foods which increase your metabolism and stimulate fat burning.

# Chapter 3

## The Unfair Advantage

*"If you stumble, make it part of the dance."*

—Anonymous

We are a nation of over-fat people. Most people who carry around 25 or more pounds of fat now suffer with (or will in the future) high blood pressure, low energy levels, acid reflux, diabetes, depression, joint pain, cardiovascular problems, and digestive disorders.

The problem with most weight reduction programs is that they target primarily weight and not fat. Is there a difference or are we just interchanging words describing the same thing? Let's take a look at how the body responds to losing weight compared to losing fat.

Weight loss simply refers to a lower number on a scale. That number represents the total sum in pounds. When you lose weight, you lose lean

muscle mass, water, and a small amount of fat. Most conventional diet programs address weight loss mostly and are usually crash diets, starvation, or greatly reduced calorie intake systems.

This results in a slower, damaged metabolism long-term, low energy, saggy skin, decreased strength, early aging, and reduced immunity. You are primarily losing water and lean muscle and very little fat.

Now let's look at a much more desirable process which involves fat loss. Fat loss is a reduction of total fat you carry on your body. The fat you want to burn is called visceral fat. This is your stored body fat. What occurs to your body is quite different when you burn fat compared to just losing weight?

Multiple events occur when your body burns fat. First off, your energy skyrockets as fat is your body's preferred source of fuel. Next, you shrink and tighten, and your body naturally reshapes. Furthermore, you reduce inflammation levels, have more stamina, slow aging, increase immune system, and have a normal functioning metabolism. When you burn fat and not just lose weight, we like to call this your unfair advantage as your results, compared to others who are just losing weight, are faster, easier, healthier, and best of all, sustainable.

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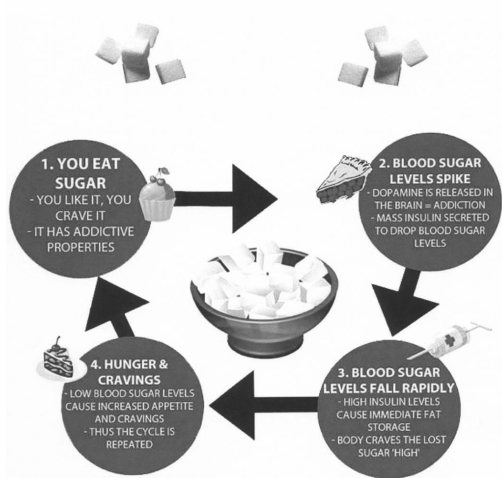
# Chapter 4

## Are You a Sugar Burner or a Fat Burner?

*"Life is like a coin. You can spend it any way you wish, but you only spend it once."*

—Lillian Dickson

### SUGAR ADDICTION: THE PERPETUAL CYCLE





Sugar, Sugar, Sugar! It's all around us!

Technically, we are not overweight. We are overfat. If you are one of the 178 million people in the U.S. who are 25 pounds or more overfat, it's because you are a sugar burner and not a fat burner. Your problem isn't that you are fat; your problem is that you can't burn fat. Your body is designed to burn fat for energy if your metabolism is healthy. In fact, fat is the bodies' #1 desired energy source.

Why are 60% of us storing fat and not burning fat? We have unknowingly trained ourselves to be sugar burners. We are encouraged to eat grains, pasta, dairy, and starches every day. Unfortunately, these foods all convert to sugar in the body. I learned a concept years ago in post-graduate school which has served thousands of my patients, and it is this: "In the absence of sugar, the body has to burn fat for energy."

*"In the absence of sugar, the body has to burn fat for energy."*

—Dr. Terry M. Gibson

Hopefully, I now have you asking yourself, "Is there a way to know if I'm a sugar burner?" Yes, there is. Ask yourself the following questions.

1. You are 20 pounds or more over-fat.
2. You have belly fat or a muffin top.
3. You are hungry first thing in the morning.

4. You need coffee/caffeine to “get going” in the morning.
5. You usually drink more than one cup of coffee or cola a day.
6. Your weight is hard to maintain.
7. You can’t easily go three to four hours without getting hungry.
8. Your fatigue is relieved by eating.
9. You often get moody or irritable before meals.
10. You must have a snack before going to bed.
11. You feel weak or dizzy if you wait more than three or four hours to eat.
12. You frequently wake in the middle of the night hungry.
13. You crave sweets or caffeine between meals.
14. You often get “shaky” when you are hungry.
15. You are tired or drowsy in the afternoon.
16. You have a hard time stopping when you eat sweets.

Answering yes to four or more is a strong indication that you are a sugar burner and not a fat burner.

Now, the good news: You can easily train your body to run primarily on fat. In fact, your body loves to feast on fat, and you will love the results. Here’s what happens when your body gets out of sugar burning and into fat burning:

1. Your energy level rises dramatically.
2. You shrink and reshape as your skin tightens naturally.
3. Your inflammation is reduced.

Research has now proven that moving from a sugar burner to a fat burning metabolism greatly reduces the risk of:

- Diabetes
- Heart disease
- High blood pressure
- Cancer
- Premature aging (fewer wrinkles and skin conditions)
- Chronic fatigue
- Low sex drive and/or stamina
- Loss of lean muscle mass
- Depression and anxiety
- Brain fog.

# Chapter 5

## Inflammation: Its Relation to Fat

*“When you feel like quitting, think about why you started.”*

—Anonymous

Inflammation comes in two forms. Most of us have experienced acute inflammation when we stub a toe or sprain an ankle. The area gets red, swollen with fluid, and usually hurts like the dickens. Acute inflammation is good as it serves as part of the healing process.

Chronic inflammation, on the other hand, is destructive to the body. This would also be known as systemic inflammation. The interesting thing about chronic inflammation is that it is very sticky, and it makes fat stick to you like glue. The more fat you have, the more inflammation

you have. Inflammation enjoys hiding in your fat. So, less fat, less inflammation.

Dating back to 2004, *Time* magazine published a cover story called “Inflammation: The Secret Killer,” calling it a proven link between:

- Diabetes
- Obesity
- Cancer
- Heart attack
- And most other degenerative diseases.

We now know that chronic inflammation kills, and it also makes you fat. Knowing the devastating effects of chronic inflammation on the body, let’s look at what causes inflammation. Scientists, doctors, biochemists, and researchers all love looking at blood and other tissues under the microscope. They also study inflammatory blood markers, such as C - reactive protein, homocysteine, cortisol, and glucose with blood panels.

While many things can cause inflammation, there is no doubt now that the #1 contributing factor is poor diet, with sugar being the main inflammatory trigger. Not far behind sugar is alcohol, processed, chemical-laden foods, artificial sweeteners containing aspartame or sucralose, high fructose corn syrup, and trans fats. If you are consuming these foods on a regular basis, you are inflamed.

Inflammation is a deadly internal irritant. Along with eliminating the foods just mentioned, you can know how inflamed you are a couple of ways.

First is a clinical inflammation risk assessment by your doctor, where blood labs will test your inflammatory markers. You want to look at the following markers and see if you have any of these.

- Elevated C-reactive protein
- SED rate
- Elevated homocysteine levels
- Elevated blood glucose
- Elevated HDL
- Elevated ferritin in the blood
- Elevated monocytes

For a NON-Clinical Inflammation Risk Assessment, you can assess yourself to see the symptoms of chronic inflammation by circling if you suffer from any of the following:

- Increased pain
- Heart disease
- Belly fat or love handles
- Immune problems
- Wrinkling
- High cholesterol
- High blood pressure
- High triglycerides
- Chronic headaches
- Gout

- Depression
- Fibromyalgia
- Varicose or spider veins
- Cellulite
- Water retention in hands or feet
- Alzheimer's
- Parkinson's disease
- Diabetes
- Fatty liver
- Obesity
- High alcohol consumption
- Frequent gas or bloating
- Difficulty sleeping
- Irritable bowel
- Acid reflux

If you answered yes to six or more, you are at high risk for chronic inflammation.

As you can see, inflammation not only has a direct tie to stored fat, it also causes a myriad of health problems. It is a silent threat that most people are not even aware of until it's too late. It slowly, progressively destroys tissue in the body wherever it occurs: in the brain, heart, joints, bowel, colon, prostate, lungs, and skin.

The best analogy I ever heard about chronic inflammation's effect on the body came from Harvey Jay Cohen of the Center for the Study of Aging at Duke University. He likens chronic inflammation to "little waves lapping on the shore. It's a relatively low level of activity that,

sustained over time, wears away at the beach and stimulates other bad events.”

Dr. Mark Hyman, *New York Times* best-selling author, has been quoted as saying, “inflammation leads to every one of the major chronic diseases, heart disease, cancer, diabetes, dementia, and more. It’s also, by far, the major contributor to obesity. Being fat is being inflamed. Period!”



# Chapter 6

## Stress, the Secret Fat Maker

*“Be patient with yourself as you evolve. Small, daily, healthy choices over time can be life changing.”*

—Dr. Terry M. Gibson

Stress is a bigger problem than most people realize when it comes to inflammation, your health, and yes, gaining fat. When we hear the word “stress,” most of us automatically think of psychological stress such as, “My boss is driving me nuts,” “My kids are now teenagers and won’t listen,” “These bills just keep piling up,” and on and on. Yes, this is psychological stress also known as emotional stress. This can also be created with “stinkin’ thinkin’” or just having a rotten attitude about life and others. But did you

know that there are also two other forms of stress?

Structural stress and chemical stress.

Structural stress is primarily “pain” centered. We have all experienced falls, auto accidents, fractures, cuts, bumps, and bruises. Many of these are acute and brief while others can cause lifetime chronic pain and disability. Also, interestingly enough, too much exercise causes structural stress.

The third type of stress is chemical stress which is proving to be a serious problem in our modern world. This type of stress is created and aggravated by the following:

- Frequent alcohol consumption
- Nicotine habit
- Sugar consumption
- Too much caffeine
- Calorie restriction (starvation diets)
- Poor eating: too many processed foods
- Toxicity from long-term drug use: prescribed or recreational
- Environmental toxins such as air, water, food, pesticides, and plastics

How do these stressors make you fat?

When stress becomes persistent and chronic, it disrupts a very important gland called the hypothalamus, which is responsible for hormone control and also is our “appetite” center. This disruption, among other things, causes cortisol

to rise. Cortisol is a fat-storing hormone. If we want to keep our fat in check, we need to keep our cortisol levels from spiking. What are the effects on the body once our cortisol rhythm is broken?

- Blood sugar rises
- Increases hunger and cravings
- Levels of triglycerides and cholesterol elevate
- Fat storage increases
- Reduces ability to burn fat
- Increased belly fat
- Creates fatty liver

Stress causes your adrenal glands, which control your “fight or flight” response, to activate cortisol, which we just mentioned. This overabundance of cortisol creates inflammation and unwanted fat in your belly, thighs, and buttocks. If your adrenals are working overtime, it can affect your pituitary gland, which is also a major player in your metabolism. It’s also going to affect your ability to sleep, which has its effects on your ability to lose fat.

One of the most damaging aspects of stress, as far as fat loss is concerned, is the fact that when cortisol levels are elevated because of stress, your appetite vastly increases and “stress eating” consumes you.

The bottom line is that, if your cortisol levels are chronically elevated, fat will stick to you like glue, and regardless of diet and exercise, your

path to permanent fat loss will be almost impossible.

#### Powerful Tips for stress reduction:

1. Get your financial house in order. Money is usually our #1 stressor. Live within your means.
2. Are you working at a job that you enjoy? If not, why not? Job dissatisfaction will add dangerous levels of stress over time.
3. Are your relationships nurturing or life draining? Do you associate with toxic people? Do you engage with “energy vampires”? You know the type. People who just suck the energy out of you. Life’s short. Get with people who love and support you.
4. Take time to meditate and breathe deeply daily. I know that this sounds “new age” or “airy fairy,” but the body loves and responds to this in a very positive way.
5. Practice the POWER HOUR. One hour before bed unplug from ALL electronic devices: computers, TV, cell phones, etc. Read a good book, get into a healthy conversation, and take an Epsom salt bath. This prepares your body for a restful night of sleep. Interestingly enough, fat burning occurs at night!
6. Last thing: QUIT mind-spinning when you go to bed. Learn to turn your brain off. Most people think about what went on that day. Sorry, that day’s gone. Then they

switch to thinking about what's going on tomorrow. Sorry again. Can't do much about that as tomorrow is not here yet! Plus, in the morning, you are going to re-think the day's activities again. So, PRACTICE getting a good night's sleep.

7. If you are physically able. Start a walking program. Not strenuous power walking but leisurely walking. This will do wonders for stress reduction and lowering cortisol levels.

# Chapter 7

## Weight-Loss Myths

*"One of the greatest weaknesses in most of us is our lack of faith in ourselves. One of our common failings is to depreciate our tremendous worth."*

—L. Tom Perry

What are some of the common weight-loss myths that people still think are true? Let's take a look.

1. Eat less and exercise more.

It still amazes me how many doctors and fitness centers are still giving their patients and clients this poor advice. Pretty much everyone has tried this to no avail. All that does is increase your appetite and cause fatigue.

2. Eating fat makes you fat.

No. Eating fat does not make you fat. Eating carbohydrates and starches make you fat. Long-term, the body requires “smart” fats to burn fat.

3. Breakfast is the most important meal of the day.

I believe a cereal or breakfast company came up with that statement as it is not backed up by science. Did you know that the “sweet spot” for fat burning is in the morning after you have used up glucose (sugar) while you slept the night before? Now the body is looking for an energy source. It can get it from breakfast, or it can feed off your “fat reserves.” Yes, there is science to back that statement up.

4. Exercise is the most effective way to lose fat.

Did you know that the best time to get on an exercise program is after you’ve lost a bunch of fat? Sounds counterintuitive, however, when you are heavy and you engage in exercise, you are stressing the body. When you stress the body, you produce copious amounts of the stress hormone, cortisol. Cortisol, as you learned earlier, is a fat-storing hormone.

5. Eat six small meals a day to lose weight.

Eating six meals a day over-stresses your pancreas, leading to insulin problems. Your pancreas produces your digestive enzymes, and you are now forcing it to go into overtime producing enzymes to digest those extra meals. Once again, not smart, not healthy, and not sustainable.

6. The body can burn and build muscle at the same time.

Burning fat and building muscle requires separate metabolic processes which can't and don't occur at the same time. So, always lose fat first before trying to add muscle.



# Chapter 8

## Why Exercise Is Not the Path to Permanent Fat Loss

*“Fall in love with taking care of your body. If your body wears out where are you going to live?”*

—Anonymous

Research shows that exercise alone is a very ineffective way to burn body fat. I recently read an article entitled “Exercise Doesn’t Work!” The interesting part is that the article was written by an exercise Physiologist, Dr. John Bernardi, Ph.D. Over a 12-week period, Dr. Bernardi and his staff worked with 100 participants in a fat-loss study. Both groups had the identical exercise routine. However, one group had specific dietary guidelines while the other just ate their regular meals.

Dr. Bernardi and his staff asked themselves, “Without a dietary protocol, can exercise alone reshape a person’s body?” At the end of the 12-week study, their answer was pretty clear: not much. Without changing your diet, 12 weeks of high intensity yielded only 1% loss in body fat. Once again, this shows **changing your metabolism from burning sugar to burning fat is 98% of the fat loss puzzle.**

Did you know that, while 60% of the population is overweight, and therefore, 40% of the population has a healthy weight, out of that 40% only one in ten exercises at all? How can that be? It’s because they have a healthy metabolism that burns fat naturally.

Other studies seem to echo what Dr. Berardi’s study showed. *Time* magazine’s 2009 cover story, written by John Cloud entitled “Why Exercise Won’t Make You Thin,” states, “The past few years of obesity research show that the role of exercise in weight loss has been wildly overstated.” Eric Ravussin, Chair in Diabetes and Metabolism at Louisiana State University and a prominent exercise researcher agrees. “In general, for weight loss,” he says, “exercise is pretty useless.”

The primary reason exercise is not the “holy grail” for weight loss is that 75% of your daily calories are burned just through your BMR (basal metabolic rate), in other words, from just doing nothing but breathing every day. The trick

is not to beat yourself up in the gym every day going after the other 25% but to fix your broken metabolism so the body can burn fat naturally.

There are multiple factors which can cause a slow or damaged metabolism.

Here are some of the primary offenders:

- Dehydration
- Vitamin and mineral deficiencies
- Constipation
- Digestive disorders
- Candida yeast
- High stress
- Thyroid gland disorders
- Medications for depression, high blood pressure
- Pills for contraception, asthma medications
- Over-consumption of refined carbohydrates

Granted, we all have different body types. However, there are factors common to all of us which either increase or decrease our metabolism. Once you understand these factors, you have a firm grasp on rebuilding and maintaining a healthy, sustainable, fat-burning metabolism for life.

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# Chapter 9

## Being Fat Is Not a Cosmetic Flaw

*“Everything you want is on the other side of fear.”*  
—Jack Canfield

It’s time to take the vanity out of losing weight. Sure, we all want to look good in and out of our clothes. However, there is a much bigger outcome we should be addressing. Ask yourself, “What is being overfat costing me?”

Dr. Mitra Rey Ph.D. describes what gaining 25 pounds or more does to the body:

- Cancer increases by 80%
- Type 2 diabetes increases by 2,660%
- High blood pressure by 260%
- Degenerative arthritis by 400%
- Gallstones prevalence increases by 270%
- Premature death by 110%

Statistics now show that if you are 30 pounds or more overweight, you will spend on average \$4,500 a year in health costs related to that weight. Also, if you have blood sugar problems, you can add another 35% to those costs.

Although statistics show that Americans are living longer, they also show that the last 20 years of most people's lives are medication-dependent, low energy, and not enjoying vibrant health.

How do you want to spend the rest of your life?

# Chapter 10

## High Fructose Corn Syrup Is Not Your Friend!

*“A year from now you’ll wish you started today.”*  
—Karen Lamb

In the Beginning, there was sugar. Enter now, its evil twin: High Fructose Corn Syrup, also referred to as HFCS. So, what that heck is HFCS?

Unlike sugar, which has traditionally been naturally grown and comes from sugar cane and sugar beets, high fructose corn syrup was developed and synthesized in a lab. It is highly refined, extremely sweet, and has long preservative properties. Are the red flags going up yet?

Yes, HFCS starts out as corn. However, that’s where the similarities stop. HFCS is an industrial concoction, chemically altered from corn, and is far from being a “natural” substance. Fructose from fruit is different from manufactured high

fructose corn syrup that is found in sodas and 75 other “foods.” Therein lies the problem. HFCS is in thousands of products, and we are consuming copious amounts of it yearly.

When fructose is found in its natural form like an apple or berries, it contains fiber and many health building enzymes. Once it’s refined and turned into a liquid sweetener in the lab, it becomes a foreign chemical that the body does not recognize and digest well.

C. Leigh Broadhurst, Ph.D., a research scientist and nutritionist at the USDA, explains that high fructose corn syrup became instantly popular with the food industry in the early 1970s as it was much cheaper to produce and was sweeter than sugar (sucrose). He states, “The low cost of high fructose corn syrup allowed the explosion of 20-ounce sodas, super big gulps, and the like to happen.” Prior sodas used the more expensive sucrose, and the cans only contained 12 ounces. Also candies, ice cream, and pastries that contained sugar primarily now contain HFCS. HFCS also mixes easily and extends shelf-life dramatically and prevents freezer burn on frozen foods. So, you can see why this chemical has become the go-to artificial sweetener for food manufacturers.

The problem is not with the corn farmer. The problem lies with the corn refiners. Specifically, the Corn Refiners Association who would love us

to believe that HFCS is not harmful to us and is a health builder when used in moderation.

Unfortunately, when used in moderation (which is almost impossible as it is in over 75% of the foods you eat), it is a major cause of obesity, cancer, senile dementia, heart disease, and tooth decay. Also, recent studies by Dr. Bruce Ames, one of the foremost nutritional scientists in the world, have proven research that shows how high fructose corn syrup triggers systemic inflammation in the body. As we stated earlier in this book, inflammation is a major contributor to every degenerative disease known to man.

Harry Truman once said, "If you can't convince them, confuse them." I believe that the Corn Refiners Association is doing an excellent job in misleading us.

Don't be fooled by crafty marketing from the food industry. Learn to read labels. We have a saying we use with our patients: "Stop counting calories and start counting chemicals." If the label says, "low calorie, fat-free, sugar-free, light, zero calories," it usually contains loads of chemicals and usually high fructose corn syrup. Almost all foods that have HFCS are processed, nutrient-deprived, low-quality foods which do not support health and vitality. So "low calorie" doesn't mean "health building." Usually, it means just the opposite.

To date, the research now shows that high fructose corn syrup and table sugar are very



similar as they are both processed sweeteners which add “empty” calories to our diets.

There continues to be added research which also shows negative health issues associated with prolonged use of HFCS. These include:

- Gas
- Bloating
- Irritable bowel syndrome
- Obesity
- Fatty liver
- Type 2 diabetes
- Inflammation
- Elevated triglycerides

In his 2003 book, *Fat Land: How Americans Became the Fattest People in the World*, journalist Greg Critser makes a compelling case against the use of high fructose corn syrup.

Just for fun, here are a just a few of the thousands of foods which contain high amounts of high fructose corn syrup:

- Heinz ketchup
- Slim-Fast chocolate bars
- Motts applesauce
- Berkeley Farms low-fat yogurt
- Bean with bacon soup
- Stove Top Stuffing
- Hot dog buns
- Baked Lays potato chips
- Lunchables
- Stouffer's French bread pizza

- Oroweat English muffins
- Red Bull energy drink
- Tomato-based sauce
- Cough syrup
- Crackers
- Granola bars
- White and whole wheat bread
- Salad dressing
- Fruit juice

## **HIGH FRUCTOSE CORN SYRUP CONVERTS SUGAR TO FAT 18% FASTER!**

Here's the science and the skinny behind high fructose corn syrup:

- HFCS converts to fat faster than glucose by over 18%
- Experts say that unlike other types of sugar (sucrose), your brain doesn't metabolize fructose, so it stores it as fat
- Unlike most foods, fructose does not release Ghrelin, which is a chemical that goes to the brain and tells the body to quit eating as it is "full"

**Hey gang, here's the bottom line: SUGAR (especially HFCS) CONVERTS TO FAT. FAT GETS STORED, AND WE HAVE LARGER BUTTS AND WAISTLINES!**

**So once again, IN THE ABSENCE OF SUGAR, THE BODY HAS TO BURN FAT FOR ENERGY!**

**[www.TheFatLossExpert.com](http://www.TheFatLossExpert.com)**

# Chapter 11

## Tips for Permanent Fat Loss

*"You can choose results, or you can choose comfort, but you can't have both."*

—Bill Bachrach

Quit counting calories! Calories do not drive weight gain and weight loss. It is driven by your METABOLISM and your hormones. Calorie reduction programs damage your metabolism long-term.

If you want to count something, count the number of chemicals in your food. Learn to read labels. If you can't pronounce the name of an ingredient on the label, chances are it is messing with your metabolism. Also, if you see soybean oil, high fructose corn syrup, artificial sweeteners such as sucralose or aspartame, or

the phrases “fat-free” or “sugar-free,” run for the hills. Your body does not like these poisons.

A big mistake people make is snacking after dinner or before bedtime. Any food you eat, even healthy food, before you go to bed stops fat burning in its tracks. The body uses the last food you eat for energy, and we don't need energy while we sleep. Most stored-body-fat-burning occurs at night if it is not competing with new food before bedtime.

Breakfast is not the most important meal of the day. You and I use up glucose (blood sugar) when we sleep at night, so the body is looking for fuel in the morning. It can either use our stored body fat (visceral fat, usually on the belly) for energy, or it will use what you feed it in the morning. Usually, breakfast has way too many carbs and starches which break down as sugar and are stored as fat, so we just added to our fat storage problem.

These are not theories or just fad concepts but processes that the body follows, and it's all backed by science. For those who like to dig into some of the science, a fascinating read is *The Complete Guide to Fasting*, written by Dr. Jason Fung, MD.

# Chapter 12

## Our Clients Speak

"I have known Dr. Gibson for over 25 years, and his knowledge and expertise in health and wellness is amazing. At age 61, I was not functioning at my optimal level, so I eagerly enrolled in his Metabolism Reset Solution program. I quickly lost 20 pounds of stubborn fat, leaving no saggy skin, my blood pressure dropped dramatically, my clothes fit nicely now, and my energy and overall vitality skyrocketed. I got within five pounds of my college basketball playing weight.

This program has been a fantastic, life-changing experience for me as well as many others that I have referred to Dr. Gibson. Two of my colleagues lost over 60 pounds of fat each and have kept it off. Most of my family have gone through the program with excellent results.

I have had a couple of good friends pass away recently that I know would have been saved if they would have consulted with Dr. Gibson. It is truly a lifesaving program!!”

**Greg Martin**

President

Ray Morgan Company

“I originally reached out to Dr. Gibson after seeing the great results a good friend of mine experienced in just six weeks on his Metabolism Reset program. Although excited about the possibilities, I was also very skeptical as I had tried multiple diet programs in the past. Some of them I lost on, however, with ALL of them, I packed all the weight back on plus some!

At the time, I was suffering from type 2 diabetes, had high blood pressure and cholesterol. I was stressed out, frustrated and didn’t sleep well. Fast forward ten weeks and I have now lost 60 pounds of fat, my blood pressure has returned to normal, I once again have plenty of sustained energy, and best of all, and my type 2 diabetes has been reversed.

What I liked about the Metabolism Reset program is that it is based on scientific principles on how the body burns fat, was easy to implement, and I was able to eat foods right from the grocery store.

The program has been transformational for me, and I continue to follow its concepts, and I have not put the weight back on.

My experience was very positive on this program and I continue to recommend it to others who are struggling with their weight and health.”

**Randee Haber**

Retired respiratory therapist  
Chico, CA

“As a basketball player all through high school and college, my weight was never an issue. After my playing days ended, I became a school teacher and a girls’ basketball coach. I found very quickly that one’s metabolism is not kind to you when you transition from player to coach. Also, I gave birth to my son. So needless to say, I wasn’t keeping up with my son’s pace or even my basketball girls. My energy was very low, I was bloated, and my clothes were getting tighter by the week.

I heard about Dr. Gibson’s Metabolism Reset program and knew that my metabolism was not working properly, so I decided to give them a call. He explained to me that people that hang on to stubborn fat are sugar burners and not fat burners. He also taught me that you don’t want to lose weight, you want to lose fat. It was easier than I thought because it is based on your hormones and not exercise. Dr. Gibson told me

when you burn fat for energy, you automatically shrink, tighten, and re-shape.

So, in just six weeks, my energy returned to normal, my clothes fit great, and I'm down a total of 22 pounds and a ton of inches. The program fit easily into my busy schedule, I didn't have any cravings, and there were no crappy pre-packaged foods or calorie counting.

I love their motto, 'Lose it once—keep it off for life!' If you are considering this program, do yourself a favor and just DO IT! You'll be happy with your results."

**Alicia Dahl**

Teacher/Coach/Mom  
Redding, CA

"At age 61, I found my weight creeping up close to 200 pounds at the height of 5'10". I needed some guidance with correct eating habits. I was also struggling with high blood pressure, high cholesterol and triglycerides, blood sugar issues, and very low energy. I knew that my weight was playing a major role with these problems.

After completing Dr. Gibson's Metabolism Reset program, I can proudly report that I have lost over 30 pounds of fat, my cholesterol went from 271 to 213, and my triglycerides dropped 79 points! My blood pressure is now normal, and my blood sugar problems are a thing of the past.



Also, my energy levels have increased dramatically.

Dr. Gibson's Metabolism Reset program was the answer for me. I now have a whole new relationship with food. I control it; it doesn't control me. I've noticed that I eat less now because I have a more efficient metabolism and my cravings have gone away."

**Steve Genna**

Sales

Orland, CA

"After tipping the scale at 375 pounds and finding it torture to look in the mirror, the sirens went off for me. I knew that I couldn't do this alone and that I needed help. I was only 27 and yet my weight was out of control, and I suffered with extreme fatigue, stress, sugar cravings, severe digestive disorders, and terrible knee pain.

I had heard about Dr. Gibson's Metabolism Reset program through someone at work who experienced excellent results. So, I jumped on-board with the program. First, it was tough as I'd had such poor eating habits for so many years. However, when I kicked into fat-burning mode within two weeks, everything started to change. My cravings started to go away, and my energy level was coming back, and I was sleeping much better.

Thus far on the program, I have lost over 50 pounds and based on what Dr. Gibson is teaching me, I know that I will continue to lose and eventually reach my goal weight.

Dr. Gibson taught me that fat and inflammation have a direct link and that if we are overfat, we are also over inflamed. Less fat, less inflammation. With this original fat loss, I am feeling so much better.

For me, overall, the program was very easy to do as it was 'step by step, this is how you do it.' It also was a big time saver for me not having to spend hours in the gym or prepare complicated meals every day or count points or calories.

My friends can't believe my physical transformation, so needless to say; I'm a walking billboard for Dr. Gibson's program."

**Scott Ross**

Master Mechanic  
Chico, CA

"I was inspired to go talk to Dr. Gibson after seeing a friend of mine drop almost 40 pounds of fat in just a short time. He looked great! I was only 22, however, I weighed 232 at the height of 5'10". I had sugar cravings all the time and the gym just wasn't getting the job done. My BMI was also 33.5. Not good for a 22-year-old young man with his whole life in front of him. I tried one of the big chain programs in the past and lost

a little weight but gained it all back when I quit eating their pre-packaged food. Plus, I never felt very good eating their ‘foods.’

I joined Dr. Gibson’s program and saw results immediately. In fact, I was so impressed with how I looked and felt after six weeks; I did a second round. Thus far, I have lost a total of 50 pounds of fat and 36 total body inches.

I now have no cravings and understand when I’m burning sugar and when I’m burning fat, and I have total control of that. I’m so grateful that I was able to go through the Metabolism Reset program and experience my results while I was still young and won’t have to suffer needlessly with obesity-related problems as I get older.

I highly recommend working with Dr. Gibson if you have unwanted fat or are experiencing weight-related problems.”

**Keith Paiva**

Farmer  
Chico, CA

“If someone had told me years ago that, at age 49, I’d weigh 312 pounds, be pre-diabetic, have high triglycerides, extreme fatigue, digestive problems, have problems getting into my clothes, or be afraid to take my shirt off at the pool, I would had said, ‘You’re crazy! No way, Man!’ Sadly, yes, that was me.

I was also on a lot of pain meds for a low back fusion that has continued to bother me. I knew that if I lost a bunch of weight, all those issues would improve. As luck would have it, my brother had just gone through Dr. Gibson's Metabolism Reset program and was very happy with his results, so he recommended I make the call. Boy, was I glad I did.

My results:

- Lost 53 pounds of fat
- Triglycerides dropped from 314 to 89
- Glucose went from 234 to 96
- A1C 7.3 to 5.8

The program was very easy to follow, and I lost more than I ever thought was possible."

**Brett Gassaway**  
Chico, CA

"With age creeping up on me, accompanied by fat and a poor body image, I was determined to give it one more try. I saw poor results with prior programs, so I was a little skeptical that any program could help me. However, after seeing some of the testimonials of others who had successfully utilized Dr. Gibson's program, I was hopeful that he might be able to help me. During consultation, he kept referencing 'slow metabolism' and 'damaged metabolisms,' and that sounded like me. I was also suffering with

fatigue, difficulty sleeping, sugar cravings, joint pain, digestive issues, high liver enzymes, cholesterol, and triglycerides.

So, I plugged in and started the program. I found the Metabolism Reset program to be very easy and not time-consuming at all. Plus, when I couldn't make an appointment, Dr. Gibson called me and did a phone consultation.

I ended up losing 22 pounds of fat, my liver enzymes returned to normal, and my lipids dropped a lot. Cholesterol was 225 and it dropped to 143 while my triglycerides were 216 when I started and, after, were 106.

Dr. Gibson told me that when we are overfat, we are over-inflamed, so I found it interesting that my dentist told me that I had a lot less gum inflammation since losing 22 pounds. I love that!

Dr. Gibson's program worked for me, so I highly recommend it to people who have not seen results with other programs."

**Alta Neal**

Certified Notary

Sign Agent

Paradise, CA

“Recently I had a wake-up call with my weight and health. Over time, my weight had slowly risen monthly until I weighed 220 pounds at the height of 5’7”. I was extremely tired and fatigued and had difficulty sleeping. I wasn’t getting a handle on my weight, so after hearing the stories of several others in my area that worked with Dr. Gibson and their great results, I called for a consultation. I can honestly say that going through the Metabolism Reset program was one of the best decisions of my life.

I have lost 50 pounds of fat and over 25 total body inches. My energy level has skyrocketed and my emotional well-being has returned. I now have an eating plan and a direction for my future health.

I laugh as some of my fellow workers have accused me of having gastric bypass!

Dr. Gibson was great to work with and I found the program easy and enjoyable. I would highly recommend his health and fat loss program to those who are ready to take their life back.”

**Kevin Nelson**

Maintenance Supervisor  
Willows, CA

“Being in the health insurance industry, I’m quite aware of other people’s health issues. So, at age 64, I took a close look at my health and weight. My weight had gradually climbed to 278 pounds,

and my blood sugar and triglyceride levels were very high. I knew that it was time to take action, and I needed professional guidance. I had tried a medical approach with dismal results, so when I heard Dr. Gibson's interview on a local TV channel and his discussion on metabolism and fat burning, I was intrigued.

Well, as they say, the rest is history. My results have been outstanding. My weight has dropped 58 pounds, from 278 to 220. My triglyceride levels were lowered by 59 points, and my blood sugar went from 126 to 94. These results all occurred over a short period.

Never in my wildest dreams did I ever think any program would produce these kinds of results. My health future now looks bright and I'm glad I participated in Dr. Gibson's Metabolism Reset program."

**Michael Brines**

Brines Insurance  
Chico, CA

"Recently, my wife and I had the opportunity to go through Dr. Gibson's fat loss program. We originally had seen his TV commercials which featured testimonials of patients that had seen remarkable results on his program. We also saw his Health Watch interview in which he was talking about damaged metabolisms as being the culprit for gaining fat.

At the time, I was type 2 diabetic, had high blood pressure, low energy, difficulty sleeping, fatigue, and digestive disorders. Also, my A1C was 6.0.

My wife, Joanne, had acid reflux, high blood pressure, fatigue, digestive issues, and we both had a high BMI.

Before Dr. Gibson's program, we had tried one of the point-counting programs, however, were never able to keep it off after trying several times. I also hit the gym, but that produced marginal results. So, we were ready for a different approach. Dr. Gibson's Metabolism Reset Solution was the ticket for us.

I originally lost 37 pounds of fat and 29 inches in just a short time. I've since lost another 12 pounds, totaling 49 pounds! I also am now not taking any meds for diabetes or blood pressure. My A1C has gone from 6.0 to 4.9!

My wife has lost a total of 37 pounds and is off her meds for acid reflux and high blood pressure as those are a thing of the past. Also, she had a chronic ear inflammation problem that just wasn't clearing up.

This went away shortly into the program, which was a real blessing and a completely welcome surprise. What made the program work for us was the flexibility of the overall program, the fact we were eating real foods with real nutrients and no additives. It's amazing how your body responds to healthy foods.



The only downside to the program was the fact that none of our old clothes fit anymore and we had to go shopping for new ones!

We are both glad, happy, and appreciative of being able to achieve the health results we did on Dr. Gibson's program and would highly recommend his services. He left us with many easy health tools that we will use for a lifetime."

**Richard and Joanne Smith**

Magalia, CA

"I was desperately fighting a losing battle with my weight and was seriously thinking about opting for bariatric surgery. However, after thoroughly researching the pros and cons of this procedure, I discovered the many downsides and long-term health consequences and rightfully sought other options. As luck would have it, I just happened to be watching television and Dr. Gibson was being interviewed by our local TV station and he was discussing how stubborn fat is not a calorie problem but rather a metabolism problem.

He said that the problem isn't that people are fat, the problem is that they can't burn fat. And that's because they have a damaged metabolism which can be fixed. His message resonated with me as I knew my metabolism was not functioning like it used to.

The next step for me was contacting his office and scheduling a consultation to explore the possibilities of him helping me. Within 10 minutes, I knew I was in the right place.

At the time of the consultation, I was not only carrying way too much fat but also was suffering from acid reflux, joint and back pain, difficulty sleeping, and high blood pressure. My cholesterol and triglycerides levels were also high. I was also on a lot of meds.

So my journey began. I plugged in and Dr. Gibson and I went to work. Within just a short time, I lost 38.8 pounds of fat, my triglycerides went from 235 to 113, and my A1C (diabetic marker) dropped from 5.5 to 4.8. My acid reflux went away, and I've also been able to eliminate or cut way back on my meds.

My primary care doctor was amazed, as was I!

Dr. Gibson's Metabolism Reset Solution program was a blessing for me.

I loved the fact that there was no calorie- or point-counting, pre-packaged foods, and that I could eat right from the grocery store. Also, there were no group meetings!

He has given me the tools to continue to lose fat and inflammation. I now know when I'm burning sugar and when I'm burning fat, and I have total control of not putting the weight back on. The concepts he taught me are SUSTAINABLE for life.

This has been the best decision of my life. I like to say, 'Success is a measurement of commitment to yourself.' I'm so glad that I committed to follow Dr. Gibson's program as it has been life-changing for me.

I endorse this program 100% and wish my same results for others."

**Kevin Curry**  
Paradise, CA

"After trying conventional methods to lose weight, including a medical approach and one of the national weight-loss chain programs, I was just not seeing any results. I love to lift weights, run, and fast-walk, however, my weight was interfering with these life passions. I also was experiencing knee and joint pain, heartburn, and difficulty sleeping. I knew that if I lost weight, all these challenges would improve.

I happened to be watching TV one night and saw some of Dr. Gibson's clients giving testimonials on their success with the program. Skeptical, but hopeful, I made an appointment for a consultation.

After hearing that the average client loses 25pounds of fat and over 20 total body inches in six weeks, they had my attention. Then, when I heard that the program does not use any pre-packaged food, point-counting, or heavy exercise, I was in!

So how am I doing today?

- I lost 26 pounds of fat
- I lost over 20 total inches
- My heartburn, gone
- I'm sleeping much better
- Knee and joint pain much improved

The Metabolism Reset Solution program was simple, easy to implement, time-saving, and the concepts are easy to maintain moving forward. My results have been excellent and I'm happy to refer others to Dr. Gibson."

**Laura Deitle**

High School Teacher  
Orland, CA

"By the age of 77, I had tried every possible program out there for losing weight with not much success. I also had a pretty good understanding of health and nutrition but wasn't able to do this by myself. My BMI was 34.5 and my weight-bearing joints were causing me pain. I knew that I needed to find a program that would help me solve these issues.

I knew Dr. Gibson; however, I wasn't aware that he worked with people who were struggling with their weight until I saw him on a television interview where he was talking about burning sugar vs. burning fat.

I enthusiastically started his Metabolism Reset program and was very pleased with my results. I

was able to drop 32 pounds of fat and 43.5 inches in a relatively short period. My BMI went from 34.5 to 29, triglycerides from 119 to 65, cholesterol dropped 27 points. Also, my A1C went from 5.5 to 5.0. My stress hormone cortisol also came down.

I believe the big takeaway for me, besides the large amount of fat I lost, was the concept of when I'm burning sugar and when I'm burning fat. With this knowledge, I have a tool which will keep me from putting the fat back on.

Working with Dr. Gibson has been a good experience for me and I'm happy to refer others to him."

**Margie Hunt**  
Oroville, CA

"I was one of those people that were sick and tired of being sick and tired. My weight was out of control leading to high blood pressure, extreme fatigue, sugar cravings, digestive issues, slept poorly, which all led to a deep depression. I was also taking a lot of meds, which wasn't addressing the cause. I needed help and fast!

I was introduced to Dr. Gibson by way of one of his TV commercials and then saw his interview about metabolism and fat loss. This resonated with me and I started the program.

Dr. Gibson told me that my biggest problem was the fact that I was a sugar burner and not a fat

burner. He told me the body is designed to burn fat for energy, however, most people unknowingly train themselves to be sugar burners by the way they eat. Once I understood those concepts and got plugged into the program, my life changed dramatically. In just six weeks, I had corrected my poor eating habits, converted my metabolism from a sugar burner to a fat burner, lost 23 pounds of fat, slept better, had a ton more energy, sugar cravings went away, and I was able to cut way back on my meds.

The Metabolism Reset Program was easy to follow as everything was laid out in detail. I think the routine helped me the most and the quick results were the encouragement I needed to keep going, even through the holidays!

For me, working with Dr. Gibson has been life-changing as I feel I have my life back. I barely tied my shoes before I started his program! I plan on going snow skiing this year, the first time in about 20 years.

I recommend this program. Dr. Gibson is the best!"

**Sheri Johnson**

Dispatcher  
Chico, CA

“We laugh about it now. However, I had followed Dr. Gibson’s interviews and TV commercials on metabolism and fat burning for about a year before I finally pulled the trigger. I believe the biggest reason I didn’t go in sooner was I thought this was probably some kind of a fad and wouldn’t be around long. I believe the thing that pushed me into action was his continuing message on ‘re-booting your metabolism’ so the body can get back into fat burning naturally.

I had a burning desire to return to good health, which included getting off my blood pressure medication, going back to hiking and kayaking, and to feel comfortable in my skin and clothes again.

Most of my weight gain started after I had a hysterectomy. I went from doctor to doctor and tried several diet programs looking for some help to balance my hormones. I was very disappointed in my marginal results which led to a deep depression. Also, I was experiencing extreme fatigue and sugar cravings while my cholesterol, triglycerides, and BMI continued to climb.

The first week on the program, I noticed more mental clarity and less depression. I was expecting to have sugar withdrawals, but to my delight, that never happened. My body liked not eating processed foods, plus, Dr. Gibson’s whole approach to fat loss is not calorie-based but

chemistry/hormone/metabolism-based without any drugs or artificial stimulants.

I enjoy referring people to Dr. Gibson's program as my results and experience has been fantastic. Here's what I've been able to accomplish in a relatively short time:

- Fat loss: 53 pounds
- Triglycerides: Dropped from 299 to 110
- Cholesterol: Dropped from 206 to 149
- Wearing clothes that I never thought I'd be able to wear!

Loved working with Dr. Gibson as he gets just as excited as his patients do with their transformations."

**Brenda Rightmeyer**

Fire Prevention Specialist  
Oroville, CA

"When I first went to see Dr. Gibson, I told him that I wanted to lose weight. I was surprised when he said, 'If you are looking for a weight-loss program, I'm not your guy. However, if you're looking to lose FAT, I'm your guy.' He went on to say that you don't want to lose weight, you want to lose fat. Fast weight loss is not healthy; however, fast fat loss is. I didn't understand that concept at first, but now I do.

At the start of the program, I was not only overfat and had a high BMI but I also had bad



joint pain, sugar cravings, acid reflux, poor mobility, and my feet and fingers would cramp up. I've lost 30 pounds of fat and all the problems I just mentioned are gone. I'm thrilled with my results and my new lease on life.

I found the program to be very easy and I didn't feel at all like I was on a diet. Whoops. I should say 'eating plan'. Dr. Gibson says, 'Don't call my program a diet. It's an eating plan with some very sustainable new lifestyle choices.'

I also recommend Dr. Gibson's program to those who are struggling with fat loss."

### **Brenda Peeples**

Cosmetologist

Chico, CA

"As we live three hours away from each other, I had not seen my sister in four or five months, so I was shocked to see how good she looked when I visited her. I said, 'Wow, you look great! What did you do?' She told me that she lost a lot of fat on Dr. Gibson's program and that I should go to his website and check it out, so I did. The program looked interesting. However, I just thought it was another diet fad and dismissed it. I had mentioned the program to a friend of mine and she called me after looking at the website and said, 'Chris this is the real deal. There is a lot of science to back up this program. You should give it another look.'

Dr. Gibson and I laugh about it now, but my medical doctor advised me not to do the program. Doctors tend to be 'down on things they are not up on.' My doctor, however, now is thrilled with my results.

At the onset of the program, I was 225 pounds at the height of 5'9". I also was suffering with digestive problems, difficulty sleeping, high blood pressure, depression, fatigue, and sugar cravings. I had also been on several medications for years. I had tried various programs in the past, however, was never successful in keeping the weight off.

On Dr. Gibson's Metabolism Reset Solution program, I have been able to lose 36 pounds and 22.5 total body inches. It's been seven months, and I've easily kept it off. My digestion has returned to normal, and I now sleep much better. I've also noticed how much tighter my skin is along with increased energy. I can proudly say I think I look ten years younger.

I was excited to show my doctor that my cholesterol levels had gone from 317 to 191, and I'm now almost off all the meds that I've been taking for 20 years. I also used to sweat profusely and that has stopped.

For me, this program was a home run as I now understand how my metabolism works and when I'm burning fat and when I'm storing fat, and I have complete control over that. I now know how to use food for fuel and don't need

energy drinks anymore. I can also eat or drink whatever I want, knowing how to get back into fat burning within two days.

I appreciated the fact that I was able to do this program long distance over the phone, talking weekly with Dr. Gibson as I live out of his area. My health has returned and I'm feeling fantastic about myself and life.

If you are struggling with your health or weight issues, I encourage you to get into conversation with Dr. Gibson. It could be a life-changing experience for you as it was for me."

**Chris Hirsch**

Sales Manager

Salinas, CA

"I had several weddings to attend shortly, and I wasn't happy with my weight or how I looked in my clothes. I had tried many different diets in the past, experiencing only short-term results. I knew I didn't need another diet. I needed some lifestyle changes. That's when I saw Dr. Gibson talking about your metabolism being the main culprit in gaining fat.

What I liked about the Metabolism Reset Solution was the fact that you ate real foods. No drugs, preservatives, or pre-packaged foods.

Everything was natural and very easy to implement. The results came fast as my

metabolism changed. I lost 23 pounds of fat, was able to climb stairs again without fatigue, and I'm now again wearing my 'skinny jeans.'

I wholeheartedly recommend Dr. Gibson's program to those who are serious about investing in themselves and open to making some easy lifestyle changes for their well-being."

**Terry Schimke**

Teacher  
Orland, CA

"I had failed in so many different weight-loss systems, including counting calories, protein shakes, and fad exercise programs. Any weight that I might lose, I would quickly find again, plus some. I was very discouraged.

Now, after implementing the Metabolism Reset Solution, I'm down 42 pounds, my BMI has dropped dramatically, and my once daily fatigue and digestive issues gone. Also, my cholesterol went from 239 to 149 and my triglycerides dropped 134 points!

I'm so happy I found a program that has been able to re-boot my metabolism, so I can burn fat naturally and be thinner.

I tell all my friends about Dr. Gibson and this program as it has been a blessing in my life."

**Millie Hawkins**

Chico, CA

“My weight was soaring out of control, but I did not want to try another diet as I had already failed on several of the most popular ones. Also, I knew that losing, then gaining the weight back so many times, as I had over the years, was taking its toll on my body. With that said, I had to take another run at it, as weighing 205 at a height of 5’2” just wasn’t healthy or any fun at all. I also had high blood pressure (no kidding!), a high BMI, and elevated cholesterol and triglyceride levels. I knew that my metabolism was very slow, so when I heard about Dr. Gibson’s Metabolism Reset Solution, I was game. I had nothing to lose. I had a lot to lose!

My results on this program have been amazing. I’ve lost over 50 pounds of fat, reduced my triglyceride levels from 210 to 105, decreased my BMI and restored my energy level. I’ve also noticed a great reduction of pain in my muscles and joints.

I enjoyed the experience of watching the fat melt off, and I’m thrilled to be wearing sexy clothes again. The program was easy for me as I was not eating pre-packaged foods, and my husband and I could eat virtually the same foods. One thing that surprised me was the fact that I could lose this much fat without exercise. And my skin is tight and not saggy.

I continue to follow Dr. Gibson’s strategies and I look and feel terrific. I highly recommend this

program to anyone looking for an answer to their stubborn fat.”

**Patty Hall**

Oroville, CA

“My initial interest in this program came after I read some captivating information on Dr. Gibson’s website. One of the main areas he emphasizes is understanding how the body stores and burns fat, so you don’t PUT THE WEIGHT BACK ON! None of the many diet programs I failed at in the past addressed any of these concepts.

I was at my all-time heaviest, so I was more than ready to invest in my health and commit to some lifestyle changes. I was also dealing with acid reflux, sleep deprivation, and knee pain related to my weight.

The Metabolism Reset Solution program doesn’t rely on willpower. It is based around solid scientific principles that are converted into easy fat-loss strategies that can be used for a lifetime.

I was able to lose 52 pounds of fat and over 45 total body inches, and I’m happy to report that my acid reflux is gone, I have less knee pain, and I now sleep soundly. This was all accomplished without heavy exercise, taking stimulants, or eating pre-packaged food. I also enjoyed the fact that I wasn’t in the kitchen

slicing and dicing for hours having to prepare special food dishes.

For me, this program has been easy, fun, and rewarding. It was easy to recommit weekly to the process because I saw excellent results every week. What better feedback could you ask for?

Now if I go up a couple of pounds, I know right away how to get back into fat burning.

Others have seen my transformation and asked what I did, and I happily tell them about Dr. Gibson's Metabolism Reset Solution."

**Janis Jones**

Retired Teacher  
Chico, CA

"For over a year, I had been hearing about Dr. Gibson's fat loss program but never thought I could lose weight. I had previously tried exercise and multiple quick-fix diet plans but never saw any results, so I gave up.

I was a single mom with a young son who wore me out trying to keep pace with him. I was 206 pounds, had no energy, and often found myself out of breath just trying to play with my son. I also had acid reflux, sugar cravings, and chronic fatigue. So, out of curiosity and frustration, I called for a complimentary fat loss consultation.

I was anxious but excited about my consultation as this program was doctor-supervised. Heck, what did I have to lose? Immediately, I knew that I was in the right place as Dr. Gibson calmly explained to me what I was doing wrong. He told me that 65% of Americans are not overweight but overfat. And the reason they are overfat is because they are sugar burners and not fat burners. I was not burning fat.

So, my journey began. I had to rethink my relationship to food and the lifestyle choices I was making, as I had no idea how food helps or hinders your metabolism and overall health.

Here's why the program worked for me:

- doctor supervised. He cared about my results.
- held me accountable
- ate real food, no chemicals
- educated me on correct eating
- not a fad diet
- gave me tools to use moving forward

My results:

I lost over 45pounds of fat, which was mind-blowing for me because I'd never lost anything on all the other programs. I didn't think this was even possible, plus no more acid reflux, sugar cravings, or extreme fatigue. What a blessing to be able to play with my son again!

It's awesome now to wake up each morning excited and motivated to pursue my new life. I



loved the program and working with Dr. Gibson and readily invite others who are looking for answers to their weight to experience what I have.”

**Madison Grebs**

Oroville, CA

**[www.TheFatLossExpert.com](http://www.TheFatLossExpert.com)**

# Chapter 13

## How to Flip the Switch From Fat Storing to Fat Burning

*“The changes you seek will occur only after you invest in yourself.”*

—Dr. Terry M. Gibson

If you’ve found the information in this book exciting, in six short weeks, you could have a whole new experience with your weight! You don’t have to live a life controlled by being fat or battling against being fat. You can feel elated and proud once again when you look in the mirror. The rolls of fat are flattening out and clothing fits more sleekly. You’re on the way to wearing the “magic size” clothing that makes you feel great again.

You're confident, with soaring self-esteem. People are noticing you've lost fat and inches and comment on your youthful and vibrant appearance. You have a spring in your step, with more fluid motion and freedom of movement. Your gait is less guarded and your breathing less labored. You now want to join in socially with your children, grandchildren, and relatives. As the pounds drop away, so does the isolation.

Your doctor's now congratulating you on your fat loss, and you're not getting lectures anymore. Your blood test results are coming back better and better. Your blood pressure has gone down a lot and your doctor has told you that she is seriously considering taking you off your blood pressure meds. Your A1C levels have dropped considerably and diabetes isn't so worrisome now. You're moving closer to getting off all your medications. In fact, your doctor is asking you what you are doing differently as your joints no longer hurt!

You feel new hope that your life won't be shortened by your weight.

All of the above benefits are very real, and you too can experience them when you learn how to burn fat.

We work with clients from all over the world, and you learn how to flip the switch from fat storing to fat burning. Once you have committed to working with us, we move your body into fat burning mode with some very proprietary

systems and teach you how to keep it there. Your metabolism converts to burning fat. It's not that difficult once you have the correct strategies.

It's about learning and implementing the science behind fat burning. This keeps you from falling for every next great fad diet that comes along. Instead, you understand how food affects your chemistry and metabolism. It's now easier to make food choices once you understand how certain foods either store fat or burn fat. Also, it's important to know that you don't have to be hungry to lose weight.

Our program includes a proprietary system that knocks out cravings. It balances your blood sugar naturally, with no artificial stimulants that will keep you awake at night. Speaking of night, we work on your ability to get a full night's sleep, as that's the time your body is supposed to burn most of your fat. Once again, the advantage to burning fat over just losing weight, is that you spare the muscle and avoid sagging skin. By burning fat, your skin gently tightens on its own.

#### HERE'S A QUICK OVERVIEW OF OUR SCIENCE-BASED, DOCTOR-SUPERVISED FAT LOSS PROGRAM:

The first thing that happens is you connect with us and schedule a complimentary Doctor's Fat Loss Consultation. That can be face-to-face or over the telephone if you live outside our local area. Once we have our conversation, we will ask you if you are ready to start losing fat.

When you decide to move forward, we will schedule you for first fat-loss session and give you your manual which spells out everything you need to know to reach your fat loss goal. (Oh, by the way, it doesn't include bone-jarring, strenuous exercise.) Our primary objective during the program is to reset your metabolism so you can easily start burning the fat you are already wearing.

Over the six weeks of the program, we're going to be focused on several specific outcomes:

1. We are going to get you out of sugar-burning and into fat-burning mode. Your problem isn't that you are fat, your problem is that you can't burn fat. Our process is natural and healthy, and your body will immediately recognize this.
2. We're going to work with you to keep you in fat burning mode, so you don't put the weight back on. The strategies you will learn will be tools you can use for the rest of your life. They are simple, practical, and SUSTAINABLE and are not based on willpower!
3. We work with you to rid your body of systemic inflammation. Inflammation keeps fat stuck to you like glue and causes a multitude of other health issues.
4. You get weekly supervision from the doctor, monitoring your weight and measurements. You can weigh and

measure weekly in the privacy of your own home. That's the fun part! You get to see the results of your investment every week. Also, we will be helping you move through limiting beliefs about your weight.

5. Between your weekly visits, the doctor is available to you by email or text for any quick questions, concerns or you just need a little extra support.
6. There are six weekly visits, face-to-face or over the phone, with me. We work with clients all over the United States. I answer your questions and help you make the necessary changes in your life, so you are burning fat, not storing it.

On visit six, you are scheduled for a three-week follow-up to make sure none of the weight has returned and to go over your post-bloodwork results. It's important to see the whole picture when it comes to fat burning and how it positively affects the body on top of just burning fat and feeling better.

We have no products that you have to stay on when you are done with the program as you continue to eat right out of the grocery store! Once again, SUSTAINABLE.

To get started, go to:

**www.TheFatLossExpert.com** and see what all the excitement is about. You can lose 20-40 pounds in six weeks or your money back. We

stand by our program and have happy clients who can attest to their results.

If you are ready to get started right away, call us at **530-893-0275** to schedule your complimentary 20-minute Fat Loss and Health Transformation Consultation with Dr. Gibson.

We'd love to help you get healthy and stay thin forever!

**[www.TheFatLossExpert.com](http://www.TheFatLossExpert.com)**

## Did You Know...

- Weight loss depends much more on your hormones and metabolism than it does on calories.
- Eating 6 meals a day ruins your metabolism.
- Breakfast is not the most important meal of the day.
- High fructose consumption leads to fatty liver.
- Artificial sweeteners cause weight gain and increases cravings.
- 60% of the population are not overweight, they are overfat.

IMAGINE IF THERE WERE SIMPLE STRATEGIES in a world of overfat people that could transform their health. Imagine if there was a process where the body starts naturally burning fat rather than storing fat.

You don't have to imagine it. Dr. Terry Gibson has mastered a solution for safe, rapid weight-



loss that just a few doctors know about and are using.

*"I quickly lost 20 pounds of stubborn fat leaving no saggy skin, my blood pressure dropped dramatically, and my energy and overall vitality skyrocketed."*

—Greg Martin, President, Ray Morgan Company

*"I endorse this program 100% and wish my same results for others."*

—Kevin Curry

*"If you are struggling with your health or weight issues, I encourage you to get into conversation with Dr. Gibson."*

—Chris Hirsch

Dr. Terry M. Gibson has been in the natural healthcare field since 1978. Beginning in 2013, he shifted his focus to helping his patients lose stubborn body fat. Currently, he has helped more than 2300 people transform their health through doctor-supervised fat loss. Dr. Gibson has been featured on CBS and NBC and served as a keynote speaker for health conventions, Rotary International, major health clubs, and both large and small businesses. Dr. Gibson has also completed hundreds of hours of clinical research and training focused entirely on weight and fat loss. He's also studied under some of the foremost metabolic experts in the world.

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