

**Don't just
lose weight –
Target:
Fat Loss For Life!**

Typical weight loss programs only concentrate on reducing overall weight – including water and even muscle mass! Our targeted fat loss program helps you lose the weight you really need to lose – the fat. Our program is not a diet, it is a comprehensive plan to manage the types of foods, water and nutrients your body needs. It's about balancing your health.

This program, developed over the last 15 years by D. Tobin Watkinson, will help you identify and target fat, while creating a healthier body. Using state-of-the-art technology, we identify the ways your body is malfunctioning and help you bring it back into balance.

Following our program will increase your energy while decreasing your appetite. You'll look better, feel better and enjoy better health. There are no pills, crazy diet foods, exercise routines or gimmicks. We do it using ordinary food and water, along with state-of-the-art testing and individualized coaching tailored specifically to your body's needs. Our program targets the invisible causes of weight gain – not just the visible effects. Our approach is safe, effective, and most importantly, balanced.

Balanced



Health

**Call us and learn the secret
of our success!**

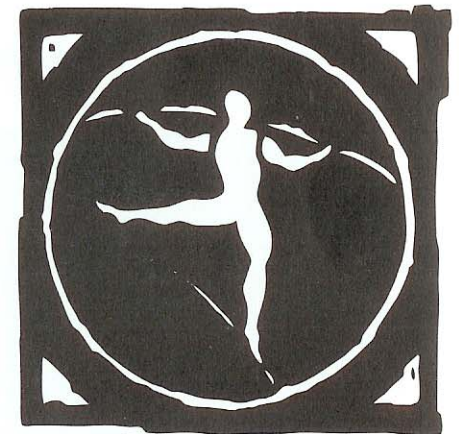
D. Tobin Watkinson

For an appointment in either
the Scripps Health Medical Offices or
our Orange County Office, please call

**Toll Free (888) 823 5326 or
Office (858) 793 0211**

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How the Body Gains Weight

Weight gain starts in your head – or shall I say, in your nervous system. The autonomic nervous system may be thought of as the “automatic” nervous system because it controls all of your involuntary activities such as breathing, digestion, heart rate, etc., automatically and is one of the keys to balancing your weight and appetite.

The autonomic nervous system is the system which controls the “fight or flight” response. It prepares your body for emergencies.

When the fight or flight response is turned on, digestive enzymes are turned off, immunity is suppressed, elimination of waste is reduced and your body craves high-energy fuels.

The problem with this picture is the body was designed to handle short term stress only – not continuously as most people experience stress today. The body tries to adapt in several ways: the liver releases stored sugar to give the muscles energy and the adrenal glands secrete hormones to meet the demands of energy.

As we exhaust the body's own ability to make energy, it craves and seeks out high-energy fuels to sustain the energy drain of stress. Typically these fuels are starch, sugar or stimulants. These dietary changes cause an over-secretion of a hormone called insulin, which causes sugar in the blood to pass into the muscles for immediate use or conversion into fat for future use.

Insulin also causes stimulation of the autonomic nervous system, which keeps the body continuously craving even more high-energy food – a vicious cycle which is difficult to break without help.

Many people think they have adapted to daily stress. But upon closer examination, the clinical findings indicate that their bodies have not adapted and are in a chronic fight or flight response. The result is an increased energy need, an increased stress hormone release and mounting insulin secretion due to poor diet choices, all creating a cycle resulting in obesity.

How To Correct the Problem

Using scientific tests we evaluate your autonomic nervous system function and test the compartments of your body weight (fat, muscle, water, toxicity). This helps identify the causal chain of your weight gain.

With our program, we reset the autonomic nervous system, balance cellular hydration and adjust the body's insulin response. As this is accomplished your body weight will normalize.

We accomplish these corrections by using state-of-the-art evaluation tools, metabolic coaching to retrain your views about food and specific techniques to readjust your autonomic nervous system for long-term weight balance. You don't need pills, exercise equipment, diet drinks or designer diet foods.

So you decide – **Target Fat Loss For Life** – or keep struggling with fad programs, expensive diet foods, supplements and ineffective exercise routines. **Call us today** for a real solution. One that works – **Target: Fat Loss For Life!** It's easy. It's proven. It's about balancing your health.

“When you told me my target weight was 178, I said, ‘You're crazy.’ Now I weigh 176, two pounds below target. I haven't weighed that since I was seventeen!” (Al V., 59)



“This program has been life-changing for me. THANK YOU!” (Jackie G., 29)

“I've had a weight problem since my teens. I weighed 264 and lost only 15 pounds by myself. But I've lost nearly 100 pounds since I've started your plan. I've gone from a size 24 to a size 14!” (Katherine D., 55)

Target: Fat Loss Results

