

RESET *Your Life*

a Metabolic Change That Will Reset Your System & Life



By Dr. Carrie Bordinko, RN, BSN, MD

TO START OUT IN YOUR HEALTH QUEST...

It goes like this: If you want to see a change, you are going to have to make a change. This is not a menu of options where you get to pick the ones you want and walk away from all the other rules. It's an all-in proposition!

What you need to internalize and own is the timeframe this will take. This is the real key to your success, and success is the goal.

Note: this works literally 100% of the time if you can stick to the plan, but you have to commit to six months in order to see the light at the end of the tunnel. Before the six months are up, you will experience frustration and doubt. Trust me, everyone does. Then six months passes and I get asked, "How did you know this would work?" Simply stated: It's science, and science never lies.

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To begin, think about how many fad diets you or your friends have tried only to lose weight and then gain more weight back. Do you ever ask why?

The answer lies in the science of our cells. Our cells have memory. Manipulating that memory is incredibly difficult but very achievable, but it takes time and consistency. You spend decades in your youth forming the playbook for how your cells will function on a daily basis with all the forgiveness that youth brings. Then your hormones start to change around age 35; the rules change and so does the playbook. You can no longer consume large quantities of calories either in the form of carbohydrates or fats without adequate caloric burn to offset weight gain, and body composition changes.

Now you enter the formative years of your fifth and sixth decades of life or even later, and you ask the question, “Is it too late for change?” Now you have to start to reprogram the playbook that your cells currently use for metabolism as the youthful forgiveness has been lost. You have to promote elevated levels of natural hormones that are slowly being turned off by the master network inside your body.

Most people ask, Why do these hormones go away? What purpose could that honestly serve? And the response is, this is a brilliant preservation tool that is embedded deep inside each and every one of us. As we move into the third decade of life, our DNA through environmental toxin exposure such as sunlight, chemicals, pollution and even some of our modified foods start to produce abnormal replication of what was once a normal

cell. You can think of this as early forms of cells that can be cancer if left unchecked. Sometimes these are called circulating tumor cells.

By turning off some of the natural metabolism cells in our body that have given us the forgiveness in our youth, it also cuts off the feed for these “wanna be” cancer cells to grow and overtake. This is another attempt at life preservation naturally by our body, which is a good thing, but very bad in that now you have to make a much more concentrated effort to maintain a better body composition.

What is body composition? You will notice I keep circling back to this important point. Body composition describes the breakdown in percentages of all the critical structures that make us “us” such as bone, lean muscle mass, water and body fat (both visceral and just under the layers of our skin). We strive for the composition we had in our youth when we could eat anything we wanted. Those are higher ratios of lean body mass and bone density as compared to increasing amounts of body fat and water retention.

So now that we have identified the problem at hand, here is how to get our youthful body composition back and how we move towards a solution.

In the short term, the good news is that in about 9 to 12 weeks you’ll see a physical benefit and start to notice the change by following suggestions noted below but it will not be complete and inclusive until about 180 days. Let me explain why. Somewhere between 5 1/2 and

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six months the body’s neurochemicals (mostly IgG and Chemokines) and other less important inflammatory markers dissipate. Essentially, a lot of our circulating immunological proteins have a half-life of about 60 to 90 days. This means they are mostly eradicated from our system if not stimulated at about 180 days.

That seems to be more of the issue. Reducing the catalyst for fat formation and storage is one of the real pearls to losing weight and keeping the weight off. We currently live in a chronically inflamed state because of environmental exposures. Food is one of the biggest influencers to the body’s inflamed states. The major culprits are sugars and sugar-like products as well as high fat products. This combined with excess calories and a sluggish metabolism creates the perfect storm for fat storage.

These are the pathways that age people into hypertension, diabetes, heart disease, vascular disease, and high cholesterol. These diseases are not a result of our decades of life lived on the planet as so many people (and doctors) think but the decades of life and how we have chosen to use and abuse our bodies. There are no absolute decrees that we all develop these illnesses at a certain point in life; they are choices.

Unfortunately for most, the choice to live a life to avoid these is too great a sacrifice with the things that we enjoy. It’s all a mindset and a mental game played within your own head.

Now you somewhat understand why you cannot vacillate on and off or have what people like to call “cheat days”. Cheat days stimulate the wrong neurochemicals and proteins because we often select proinflammatory foods (those cheat foods), and this further elongates the body’s removal of detrimental neurochemicals from our system. Think of it as one step forward and the cheat day is three steps backwards. This makes for a very long journey.

Here is where I give you the answers. You establish your plan and stick with it. Define an eating style that you can really live with. If you love vegetables, then make them part of your routine. But if you must force a salad, don’t pick a plant-based diet. I also would never tell a Vegan they have to consume animal-based proteins to reach their body composition goals, but I will be honest with them and tell them they must climb a higher hill by avoiding certain amino acids in their diet.

There are options out there in every shape and size; you just must be realistic and reasonable. There will be sacrifices, but they should be small. This is the place to also seek professional advice from someone with extensive knowledge in macronutrients and hormonal impact and balance. This extra step can make the bumps less noticeable in your journey. Later in the book I share my simple 5 rules for success.

So the next step is what I call “ Know thy Enemy!” We have become accustomed to using home based scales to measure body weight or doctors using BMI to determine if your weight is healthy or not. But the Centers of Disease





Control and Prevention (CDC) has found that while BMI can be used to categorize people into weight categories that have a higher chance of developing health complications because it does not differentiate what your body weight is made up of. The reason why that is important is that although fat and muscle may weigh the same, muscle is significantly denser than body fat. That means that 15 pounds of muscle takes up much less space than 15 pounds of fat.

So I am introducing the concept of the body composition scale. You have probably seen a version of this at your gym or maybe even a doctor's office if they specialize in weight loss or anti-aging.

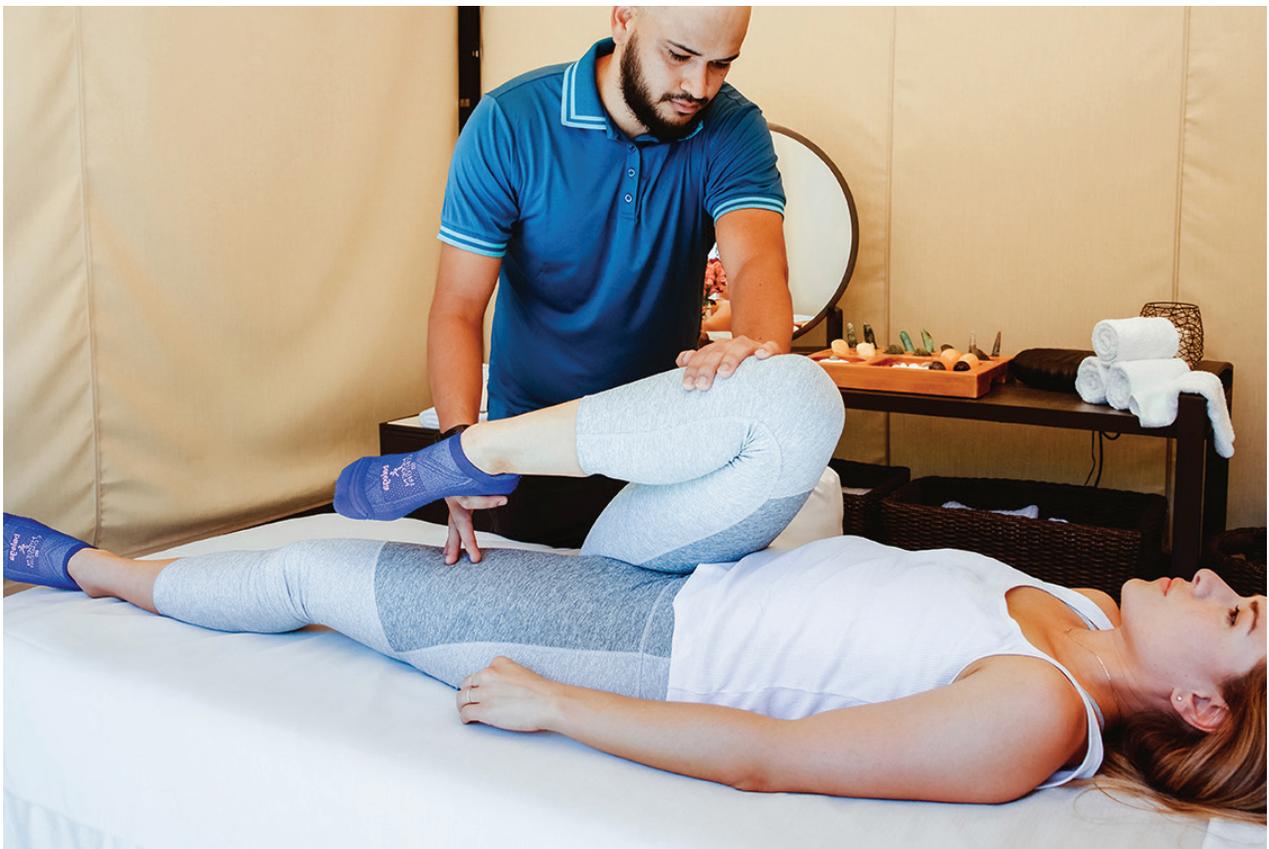
For this task I use the Seca Body Composition Machine. These specific scales will evaluate reactance and resistance or the bioimpedance of your individual cells. In this special calculation are the measurement of your inflammatory markers, chemokines and neuro and metabolic transmitters that all create different cascade pathways that lead to degeneration, inflammation, and fat storage. Having this extra information aids in the precision of the eating choices you are making to decrease the error rate and thus the failure rate.

An example: Should I be eating a higher fat percentage of my macros daily to actually burn fat? I know this is counterintuitive to most, but if you have heard of the Keto Diet, then you understand how this can work if done correctly. The Seca scan can give you clues if used correctly to answer this important question.

The designers of body composition scales such as the Seca have spent decades unveiling the cellular mysteries and giving medical professionals the added tool to understand the body's needs on a cellular level when it comes to anti-aging. This piece of equipment provides very deep scientific data on how to regulate your eating and where your inflammation is coming from. It also gives insight that we use in diabetic and cancer patients who are on the cusp of other illnesses in their near future that are yet undiagnosed by showing cellular decay. Yes, this scan can actually report if individuals can tolerate things like high fat eating, alcohol intake, or carbohydrate cycling.

So here are the basics and how you get started. You have to start slow because no one is a machine. First, you start with the basics. Then when you nail the basics, you can proceed to the more advanced options. This does not have to be an expensive option. People with average means can do this all the time. It's really more about discipline than anything else. You will stabilize and normalize your metabolic pathways.

So here are your first baby steps. You absolutely, neurotically, have to log everything you eat and drink. And yes, I did say drink, as every beverage counts. Alcohol is an extreme inflammatory agent. If you're consuming alcohol, you are going to send very negative chemical messengers to your visceral organs. This creates a downward cascade of chemical agents that transmit throughout the different areas of the body, causing inflammation. We feel this inflammation through many "old age" health conditions.



Other examples of how we feel this inflammation are:

- **Erosion of bony structures that lead to arthritic changes**
- **Nerve irritation where a nerve may have been previously damaged that results in neuropathies**
- **Changes in the lining of our blood vessels that cause plaques to build up and cause blockage**

Fact: What you do for the next 6 months is temporary. You do not have to stay in this realm for the rest of your life—just long enough to create a metabolic reset chemically.

Once the reset occurs, there is room to move certain vices back into your life regimen. You then have to find the balance of how much and how often. This differs greatly for everyone, so I cannot guide you here. If you can complete and accurately log for two weeks, you have started on your journey.

This information collected will allow an expert in nutrition and weight loss to investigate the areas that are probably leading to the biggest problems. This then allows you to have a better eating plan going forward for the next 5 1/2 months that will then

decrease inflammation in your body. Normally in my practice, I like to couple this with a some tests that can get to the chase a little quicker than trial and error analysis with foods, but that gets a little more expensive.

The only other thing you are going to do for the next eight weeks is neurotically follow a plan, don't makes excuses, and eat within 90% weekly of the

macros that are determined to be your best personal option. For some that will be plant based with a higher non-sugar carbohydrate intake while others will excel with an extremely low carb high protein diet. If you don't have an advisor to help you determine your best eating plan, see my 5 simple secrets to get you started below.

After about eight weeks of macro eating, it is going to get very simple for you. Your body starts to crave the correct food sources, and eating “bad” foods leaves you feeling less than wonderful. Once you’re about six months into the plan, it’s actually kind of hard to eat a different way. I would expect most people to lose about 2 inches in their waist and probably shed about 15 pounds in the first 90 days with this plan.

So for the next 12 months, further chemical cleansing continues to take place but at a much slower chemical rate. This is where you perceive you are not really doing anything any different, yet you continue to shed fat cells and inches while holding muscle mass. This is the true finish line in the marathon race you have just completed and is the unlocked secret you were looking for: how to enjoy life by living better, longer!

Dr Bordinko’s weight loss success that never fails in 5 easy steps:

1. You have to log your food—every day and every bite.
2. No food should have more than 30% of its calories from fat.
3. You must eat 1 gram of protein for each pound of body weight.
4. You must eat no more than 20 grams of sugar in a day.
5. At the end of each seven days, you must always be within 10% of your macro goals.

You've Got This!

We’re here to help, feel free to reach out to us at Benessair to work directly with our team to accomplish your weight loss goals.



About the Author

Dr. Carrie Bordinko is a board-certified Internal Medicine physician. Creating the space of Benessair Health has been her dream in the making over the last 20 years.

Dr. Bordinko practices what she preaches by maintaining a daily regimen of fitness, nutrition, and moderation. She spends her limited free time weight lifting, boxing, horseback riding, and is currently mastering gymnastics, all after the age of 50.

