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Savage Business Review

LifeForce Family Chiropractic

Groundbreaking weight-loss study now open to public

LifeForce Family Chiropractic in Savage is in the process of revolutionizing the world of diet and exercise through its five-week program.

For example, Greg, I of Bloomington lost more than 33 pounds in five weeks. Angela G. of Savage dropped 20 pounds. Brandon J. went from a size 38 waist to a 34 and lost 32 pounds in just five weeks. One individual who wished to remain anonymous lost 46.5 pounds in five weeks.

These individuals and others achieved these impressive results through participating in a weight-loss study being conducted by Chiropractor Dr. Wade A. Lofton, who is the founder and CEO of LifeForce Family Chiropractic (LFFC) in Savage.

As the new year dawns, you may be thinking about starting still another new diet or fitness routine. Well, you may want to consider being a part of Dr. Lofton's weight-loss study, a five-week program that involves eating foods and nutritional supplements recommended by Dr. Lofton, and having health indicators such as body fat and skeletal muscle monitored weekly at LFFC.

For the first time, Dr. Lofton and LFFC are opening up the study, which Dr. Lofton has been conducting for the past three years, to the general public. In the past, he has limited participation to his own clinic's patients.

Dr. Lofton explains that his practice, which opened in 2005, is a neurological based facility focusing on getting to the cause of health related problems. As a fact sheet about the clinic states, LFFC works to keep "the neurological connections between the brain and the body functioning at 100 percent." This approach retrains your central nervous system, and has been a technique that has been featured in Psychology Today, on the Health Discovery Channel, and in various

scientific and medical journals.

Along these lines, Dr. Lofton's weight-loss study and program is also neurologically based; tricking the brain to think it is full while burning all excess fat and calories stored in the body. In addition, Dr. Lofton says, it is Biblically based. "The program is based partly on a concept that is talked about in the Old Testament, doing things that God told his people to do to be healthy and strong," Dr. Lofton says.

HOW IT WORKS

The program is fairly simple. Participants get a list of recommended foods to eat, along with three nutritional supplements. Then, a baseline reading of several indicators is taken of each individual's status starting out: the person's initial weight, body fats, visceral fats—"the fats around organs that predispose you to early death," Dr. Lofton explains—skeletal muscle, BMI (Body Mass Index) and resting metabolism.

Then, each week for five weeks, each individual participant visits the clinic to have all of these indicators monitored.

The program allows participants to eat "as much as you want" of the recommended foods, Dr. Lofton explains, along with the nutritional supplements.

In the three years of the study, the minimal weight loss reported has been 16 pounds in five weeks. Most results are well over that with every-one, but 1 participant, losing at least 20 pounds in the five week period.

WHY IT WORKS

Why does it work? The program, according to Dr. Lofton, is designed to release certain neurotransmitters or chemicals within the nervous

system, brain, and body, making the person's brain think that he or she is full and satisfied. Dr. Lofton believes that most weight loss programs don't work because "they never address the underlying neurological problem."

For now, the program is actually conducted in the form of a research study because Dr. Lofton's ultimate goal is to patent this program and then offer it nationwide.

GREG I., 45, BLOOMINGTON

Greg lost nearly 34 pounds total, going from just over 324 pounds to 290 in the five-week period. Plus, as he acknowledges, he didn't even stay on the program toward the end as diligently as he had at the beginning, and yet he still lost weight.

ANONYMOUS, 59

He did not "starve" himself and ate as much as he wanted to eat from the list of recommended foods. His results were impressive:

--Blood sugar levels normalized for the first time in five years

--He was able to reduce the dosage of three heart medications

--Kidney functions were also normalized, which was especially important, given that his doctors were about to put him on kidney dialysis.

--Total weight loss: He went from 349 pounds to 302.5 pounds—46.5 pounds lost in five weeks.

ANGELA G., 41, SAVAGE

The program works for both men and women. Case in point is Angela, who lost 20 pounds by participating in the weight-loss study program.



← BRANDON J., 28, PLYMOUTH

Brandon (pictured at left before and after), says that he had been doing other weight-loss programs, both diets and exercise routines, but "I just wasn't getting the results I wanted," and felt "I had reached a plateau." He had dropped 20 pounds but wanted to lose an additional 20.

So, he participated in LFFC's study program and lost 32 pounds in five weeks. The best part: he lost body fat AND visceral fat and gained skeletal muscle without exercise. For example, in five weeks, his body fat percentage dropped from 34.8 to 31.1, his visceral fat level decreased from 14 to 11, and his skeletal muscle percentage increased, from 30.9 to 33.

"This is significant," says Dr. Lofton, because Brandon lost weight and fat, while increasing his skeletal muscle mass. "That's why we monitor all of these indicators each week, to make sure you are losing weight in the areas that need to be reduced and not skeletal muscle." He added, "Anyone can lose body weight on a scale, but the question is this: are they losing or gaining skeletal muscle mass."

As mentioned, Brandon also went from a 38 to a 34 waist size **without exercise**.

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