



# Metabolism & Weight Gain

By Morning: Spirit: Wolf-D.R.M.

The most common problem experienced after the holidays, as well as in between, is weight gain and difficulty in losing it. Resolutions to lose weight and become healthier are at an all-time high, but despite best efforts; following restricted diets, cutting out junk foods and soda, and fiendish exercise, weight can still hang around. It seems that despite doing all the right things, problems with losing weight and unexplained weight gain are an ever growing concern.

Many don't realize that their underlying weight issue may be declining metabolism resulting from nutrient deficiency. When metabolism slows down, all the old and proven ways that used to work for losing weight don't work anymore. Given the depleted nutrients available from poorer quality foods, not to mention the pesticides, preservatives, and chemical additives, we have collectively begun to experience metabolic disorders (MD). The older we are, and the longer we have been unable to receive, metabolize, and use nutrients, the worse MD we experience. But that can change.

## Thyroid Establishes Metabolism

The primary function of the thyroid gland is to stimulate, regulate, and maintain metabolism throughout the body. Metabolism is the rate at which energy is exchanged, or heat is generated, between body cells. The more heat that cells exchange, the higher and more efficient our metabolism, and the better nutrition our cells receive, then we have more energy, and the easier it is to lose weight and stop storing fat.



Among other problems, nutritional deficiencies cause thyroid dysfunction; digestive disorders; and decreased melatonin production, which causes sleep disturbance and speeds aging. This first shows up as belly fat, hormonal changes, and feeling tired much of the time. These conditions begin to push the pituitary



**Morning: Spirit: Wolf**

Doctor and Professor of Raphaology® Medicine

With almost three decades of experience in the field of natural health care and weight loss, Dr. Morning has shared her knowledge with thousands of people who have benefitted from the use of nutritional supplements in correcting metabolic disorders and facilitating self-healing on all levels.

Morning came from a genetic lineage of obesity, hypothyroidism, kidney failure, cancer, and arthritis and she is proof that each of us can correct predispositions through healthy lifestyle choices and whole plant nutritional supplements.

In her book - *Nature's Recipe for Peak Health, The Antidote for Commercialized Medicine* - Dr. Morning: Spirit: Wolf reveals pivotal information about self-healing in which every disorder stems from digestive dysfunction and nutritional deficiencies, and how to overcome them.

Morning and her late husband Jonathan: Thunder: Wolf-D.R.M. founded Raphaology® Medicine and developed a pioneering line of liquid health care and nutritional supplements bearing the label



available at [www.iNeedHerbs.com](http://www.iNeedHerbs.com)

She teaches how to awaken the doctor within as a Professor at the Universal College of Indigenous Medicine (UCIM), and her accomplishments include writing state-of-the-art curriculum for the College of Raphaology Medicine; a featured nutritional expert on websites, including [www.PeakFrequencyHealth.com](http://www.PeakFrequencyHealth.com); many guest appearances on radio and television shows; and she gives compelling seminars and lectures about her work and the successes of those who have used the healing methods of Raphaology Medicine.

(master hormone gland) to produce more thyroid stimulating hormones (T-1, T-2...) resulting in mood swings, mental fatigue and brain fog, sugar and starch cravings, yet still slowed metabolism. What to do...?

## Nutrients that Re-Start Metabolism

Whether you have slacked on eating real nutrition, are doing the best you can with food that's available, or cannot digest what you're eating, there are herbal medicines and plant nutrients that can correct both the depleted or damaged organs, and deliver digestible fuel to re-build and re-start degenerated actions throughout the body. So make those lifestyle choices that include eating better, drinking plenty of water - skip the soda, black tea, and energy drinks, and add exercise, just don't forget to give your body what it's missing in the metabolic and nutrition departments. To make it a permanent change, not one you'll frustratingly repeat without success, apply the below suggestions for 3-6 months to repair damage and correct long-term degeneration.

### Nutritional Supplements

Consider trying any one, any combination, or all of these supplements to achieve not only weight loss, but enhanced energy, elevated mood, increased immunity, and better digestion.

#### Thyroid

The Hormone Booster Formula called *Thyroid* from Peak Frequency® Plant Therapy is a concentrated blend of herbs and foods that both repair thyroid damage and boost its ability to make and distribute thyroid hormones. This formula speeds metabolism and weight loss, provides better circulation, increases energy, and delivers more nutrients. Consider taking 15-30 drops twice daily with food to get maximum benefit.



#### Thyme

Once you start taking thyme, you'll discover that you want to make time for thyme, all the time. Not only can it repair damage to the pancreas, thyme is an alkalizing agent, energy booster, and it lowers insulin resistance. As one of nature's most powerful antibacterial agents, it keeps infection and stress to a minimum, while boosting metabolism, and lowering cholesterol. Try taking the extract 15-30 drops twice daily or drinking 3-4 cups of tea.



#### Garcinia

As a concentrated enhancer to shorten recovery time after illness or injury, it also speeds metabolism and lowers stress. Used in the tropics for many kidney and thyroid disorders, *Garcinia cambogia* has a long history of use as an energizer, weight loss promoter, and general tonic. Suggested use: 20-30 drops 2-3 times daily with meals (caution- it may cause jitters in those with existing nervous disorders).



#### Gotu Kola

Nearly all weight gain can be traced back to the bile duct - the passage through which liver and gall bladder bile flow into the GI digestive tract. Restricted bile curtails digestion and nutrient distribution, thus promoting malnutrition and weight gain. Gotu kola repairs and restores the bile duct, enhances digestion, promotes brain chemistry and "gut" chemistry balance (enhancing mood), and



encourages weight loss. Try 20-30 drops of extract with meals and watch the pounds melt away.

### Sarsaparilla

As a tea or an extract, sarsaparilla repairs damage to kidneys and adrenals, supports metabolic function through body fluid balance and exchange, and its cortisol steroid lowering capabilities make it naturally de-stressing. Take 15-20 drops of extract or 2-3 cups of tea twice daily to fully support kidney/adrenal, blood pressure, urinary, and anti-stress factors in the body.



### B-Complex vitamins

As the premier complex of water soluble vitamins, used by every cell for nearly every function, B-vitamins are also lost and eliminated the most rapidly. Thusly they need to be replaced on a daily basis; otherwise exhaustion, metabolic decline, and indigestion occur. To replenish B-vitamins, they must be accompanied by their co-mineral Potassium in order for utilization to take place. Use 1-2 teaspoons of liquid B-complex with Potassium each day with meals to re-establish energy, raise metabolism, correct indigestion, and improve sleep and immunity.



### Digestive Enzymes

When gas, bloating, swelling, and weight gain are the result of indigestion, and subsequently produce malnutrition, cellular dysfunction, and hormone imbalance digestive enzymes may turn the tide. Feel relief in minutes by taking 1 capsule before meals for a few months while the body re-establishes its natural production of pro-biotic microbes and enzymes.



### Rosemary Essential Oil

The essential oil of every medicinal plant contains its most concentrated healing properties. Preferred over pharmaceutical grade antimicrobial agents in many countries, essential oils are more effective, have fewer side effects, and coordinate the body's whole-istic methods to repair damage. Rosemary oil boosts thyroid hormone production and distribution to improve metabolism body wide. 2-3 drops in carrier oil applied over thyroid every morning may produce amazing results.



### High Nutrient, Good Fat Foods

**Avocadoes** - While high in fat, Avocadoes supply only good fats, which both enhance mental function and provide the agents with which to metabolize minerals and other important nutrients that make you feel less hungry and more satisfied. Eat just 1/2 daily to get the metabolism boosting enzymes each cell needs to function at its best.

**Cayenne pepper** - As *the* agent for repairing thyroid gland function, cayenne pepper alone possesses the nutrients to restore parathyroid action and kick-start distribution of thyroid hormones to cells throughout the body. A natural container for vitamins A and C, plus iron, and iodine, cayenne provides plentiful nutrients without risk to intestinal microbes, as do other hot peppers. The *capsaicin* contained in cayenne pepper additionally acts to detoxify blood and lymph, scavenge free radicals, and most importantly stimulate metabolism. Shake some on all your food.

**Lemons** - While acidic in the mouth, lemons become an alkalizing agent through the rest of the gastrointestinal tract, where it helps digestion assimilate all nutrients, as well as keep intestinal microbes in balance. Providing copious amounts of vitamin C, bioflavonoids, and anti-oxidants, lemons boost pituitary function and give mental clarity. Squeeze a little in your morning water to set metabolism for the day.

**Papaya** - Full of digestive enzymes, Vitamins A and C, bioflavonoids, and zinc, magnesium, and potassium papaya also delivers fuel for improved kidney and adrenal function. Fresh or dried, it can satisfy hunger and keep elimination moving all day.

**Kiwi** - From down under comes the furry little green fruit that helps the body build white blood cells for better immunity, support appendix function (to keep colon clean), and is loaded with vitamins and minerals missing from many other foods - the more nutrients, the more weight loss.

**Alfalfa sprouts** - Containing every amino acid the body need to build proteins, alfalfa keeps metabolism burning longer and hotter than most other foods - and it's full of minerals.