

# Introduction

Most obese or overweight people can't easily lose weight, and once they do, very few can keep it off. Fortunately, this is one of the several areas where clinical breakthrough in neurotransmitter therapy offers real hope for patients.

Weight problems are not the only problem with low levels of neurotransmitters. People with weight problems often complain of other conditions that have been linked to neurotransmitter irregularities: Depression (31.5%), Anxiety (24.8%), Insomnia (20.5%), PMS (27.2%), Migraines (20.1%), Chronic pain (7.9%), Obsessionality (5.9%), Compulsivity (36.6%), Fibromyalgia (7.1%).

NeuroResearch, Inc.'s patented and patent-pending weight loss formula D5™ has demonstrated its efficacy with thousands of patients. D5™ provides the body with neurotransmitter precursors and support nutrients to optimize the brain's processing and signaling to the rest of the body.

## To Healthcare Providers Education is the Key to Success

NeuroResearch provides comprehensive clinician support for healthcare providers, including educational seminars, literature, a rapid-response email stream and one-on-one consultation by clinical experts. Please visit our website at [www.neuroreplete.com](http://www.neuroreplete.com) or call us at 1-877-626-2220.

NeuroResearch products are sold only to healthcare providers through:

**NUTRITION DYNAMICS**  
**1-800-444-9998**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Computers in Weight Loss

At the heart of the D5™ weight loss program is a computer program to help healthcare providers to position patients properly to make goal weight. Our database shows, that when used properly, the computer program increased group weight loss by 60%.

If a patient weighs 300 pounds and has a goal of 140 pounds and loses 14 pounds in the first month, the patient may be very happy. However, the fact is, this patient should have lost 24 to 27 pounds in the first month. If the patient continues this way, the odds are that they will never make it under 200 pounds.

## Why is this?

This patient is eating approximately 1600 calories a day.

If this patient eats 900 calories a day, it will take exactly 16.7 months to reach the goal weight of 140 pounds. The last ten pounds will take exactly 2.1 months.

If this patient eats 1200 calories a day, it will take exactly 25.6 months to reach the goal weight of 140 pounds. It will take 4.7 months to lose the last ten pounds.

If this patient eats 1350 calories a day, it will take exactly 40.7 months to reach the goal weight of 140 pounds. It will take 12.8 months just to lose the last ten pounds. Human nature being what it is, the patient will probably quit before they reach goal weight. Adding an extra 150 calories, three times a day, can keep a patient from achieving their goal weight.

This is just one example of what the computer program can tell you. Another example of what the computer program can do; it can tell you exactly the number of calories a patient is eating. This is especially helpful for that patient who looks at a can of soup, sees that a serving is 90 calories and thinks the can of soup is 90 calories, not understanding that the can of soup had two servings in it and is actually 180 calories.

# Neurotransmitters and Appetite Control in Weight Loss

**A safe and effective  
program for managing  
weight through appetite  
control**



**NeuroResearch**

World Leader in Neurotransmitter Clinical Research

## Facing the Facts: Weight Loss Begins in the Brain

If you weigh too much, you know that your overall health is affected. But what you may not know is just how much those extra pounds and inches—especially around the waist—can increase your risk for very serious health problems, including heart disease and stroke, diabetes, common cancers in men and women and even gallstones and arthritis.

If you're ready to make an important change in your life, read on to learn how the D5™ weight loss/appetite control program can enhance the way your brain communicates with your body—especially your feeling of hunger—to help you control your appetite AND reduce your risk of serious health problems related to too much weight.

## A Weighty Issue: How Your Brain Sends Signals to Your Body

Your brain is constantly sending signals to your body. These signals, carried by chemicals known as neurotransmitters, control your body's metabolism, including your appetite. Although there are many chemicals that serve as neurotransmitters, the most important for weight control are serotonin, dopamine, norepinephrine and epinephrine. Research has shown that a deficiency of these neurotransmitters can trigger uncontrolled appetite and lead to excessive weight gain.

Once neurotransmitter depletion has occurred, for many simply eating properly will not resolve the disease. The amount of nutrients needed from food is more than the average person can eat and remain a normal weight.

Several drugs have been used to stimulate the action of these neurotransmitters, and some, like the famous drug Fen-Phen, can produce harmful side effects. Other drugs simply quit working after a while because they don't address the fundamental problem of neurotransmitter depletion. Researchers have found that unless the levels of neurotransmitters are raised to healthy levels; sooner or later weight management programs fail—and the weight returns.

The D5™ weight loss/appetite control program is unique, because it actually gives the body the nutrients it needs to produce new neurotransmitters. This changes the body's metabolism so that it uses the calories you consume more efficiently AND reduces your appetite – so you don't eat more than you need.

## The D5™ Approach: Food for Thought – AND Weight Loss

The D5™ program features a formula of amino acids, vitamins and minerals designed to correct the chemical imbalance that is often the root cause of uncontrolled appetite. The neurotransmitters serotonin, epinephrine, norepinephrine and dopamine are synthesized from the amino acids tyrosine and tryptophan by enzymes in the brain and nervous system. Although several foods contain these nutrients, stress, poor diets, pharmaceuticals (such as antidepressants and some special weight loss drugs), toxins and genetics can cause an imbalance in neurotransmitters that can't be corrected with foods alone.

However, when a combination of specific amino acids, vitamins and minerals is added to the diet, the production and supply of neurotransmitters can be increased to healthy levels. By delivering these nutrients to overweight people, the D5™ program has demonstrated its ability to suppress appetite. This is why the D5™ program can keep patients on their diet and on target to reach their weight loss goals.

The D5™ program has been used by itself or in combination with other interventions to help thousands of patients succeed at last in losing weight and keeping the pounds off.

If prescription drugs, such as SSRI medications, are used, they are employed as one part of a comprehensive program using the D5™ support to increase their efficacy and limit their negative side effects.

