

NAVEL  
**Keynote LECTURE**  
**TOTAL TRANSFORMATION**

*And the Little-Known Hormone Responsible for Youthful Aging*



**Kat James**

FOLLOWING KAT JAMES' METHODS, JENNY'S WEIGHT, SLEEP, ANXIETY, CEASED PERIODS, AND MORE ALL REVERSED IN UNDER THREE WEEKS.

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"I was the one who always was excusing myself to use the bathroom after drinking milk or putting cream in my tea, but that never happened after eating dairy at the program and hasn't happened since I attended a funeral and didn't eat the right things. My carb and sugar cravings also vanished at the retreat as Kat said they would. My sleep immediately deepened, and everyone noticed that I was calmer and less frazzled by my kids when I got home. Incredibly, I'd lost eleven of the fifteen pounds I'd gained in the past year within a week of returning home, without trying to cut calories."

The stunning recent science on the (still!) little-known hormone, leptin, has finally caught up with what I've observed at my retreats for fifteen years. It is best explained by Dr. Ron Rosedale, a world-renowned expert on leptin who learned about my Program in 2004 and has recommended it since:

"Leptin has been shown to have major impact on virtually all hormones, including estrogen and progesterone, due to its control over virtually all reproductive and hypothalamic brain functions which, in turn, control ovarian function via the pituitary gland. As one becomes more sensitive to leptin through a high fat, very low

carb moderate protein diet, there will be recovery of proper FSH and LH signaling and therefore menstrual periods may once again initiate even after one was thought to have entered menopause. Leptin also has profound favorable impact on thyroid function and muscle-to-fat ratios. Essentially, what is happening is that aging is being somewhat slowed and in some aspects reversed."

Also revealed in recent years' research on leptin are more explanations for Jenny's recovery from anxiety and food sensitivities (and this is consistent with my fifteen years of observation of attendees of my Program): leptin's ability to balance the sympathetic and parasympathetic nervous systems and also modulate immunity often dramatically improves sleep and digestion, as well as a wide variety of autoimmune issues. Of course leptin's best-known effect is to produce a profound sense of satiety, eliminate cravings and switch the body into burning fat as its primary fuel.

"Now, I'm three jean sizes down—back to where I was before the menopausal symptoms started," says Jenny. "My muscle definition is much greater too, again, without effort. But this is the big one: My liver pain has not bothered me since the program either. It came back only once at a funeral when I strayed from the diet. I now know that this is the answer for me. It feels like a new lease on life."

*Kat James is an award-winning author, health journalist, and syndicated radio host and has been called a master of self-transformation by SELF magazine. Her controversial and pioneering dietary method, now recommended at top neurologic, fertility, functional medicine, bariatric, and metabolic clinics has left countless dramatic success stories in its wake and been featured at top spas and institutions as well as on Today, Fox, and, PBS among others. To learn more about her original Total Transformation® Programs, radio show on XM/SIRIUS, or her Silver Nautilus award-winning bestseller, The Truth About Beauty, visit her website since 1998, www.InformedBeauty.com.*

**J**ENNY LORBIECKI OF SAN FRANCISCO HAD NEVER HAD A WEIGHT PROBLEM OR ANY OTHER HEALTH PROBLEM. In fact, at 45, she looked 28. But as someone who never needed to watch her weight, she noticed pounds piling on for the first time over the previous year. The first five pounds were annoying, but after fifteen pounds had crept on to her tiny frame in that year, accompanied by new sleep problems and the cessation of her period for the fourth straight month, the writing was on the wall: Jenny was having classic "change of life" symptoms. More troubling were emerging anxiety issues, sugar cravings, IBS and dairy sensitivities. She'd also developed a concerning pain in her liver when the weight gain started.

Jenny's doctor recommended a typical calorie and fat-restricted diet and some pharmaceutical options (she'd already tried the former and wanted to avoid the latter) but when she came across one of my articles about the positive hormonal effects of a "strange" dietary method I'd devised more than twenty years ago to turn my own health issues around (and where today's Paleo, gluten-free, and other popular diets fall short) she decided to give my Total Transformation® Program a try.

Without understanding the impact that the little-known "master" hormone, leptin, has on literally all hormonal, autoimmune, thyroid, and digestive functions, it would be hard to believe what happened to Jenny next . . .

Three weeks after attending my Brentwood, California retreat, nearly all of Jenny's menopausal symptoms had fully reversed, including all of the weight gain from the past year. Weight and bloat began to shrink at the retreat. But most surprising to Jenny, her period actually restarted while she was at the retreat. Her digestive issues with dairy ended by around day three, when she also had some of her first deep sleep in more than a year. Her dairy sensitivities vanished while at the retreat too.