



METABOLIC RECOVERY

Guide & Checklist



MANHATTAN
METABOLISM

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A “metabolic weight loss program” is a medically-supervised approach to weight loss that looks for the hormonal, metabolic, and nutritional blocks that make weight loss difficult—or impossible—even when you are restricting calories or increasing your exercise. These factors are often the hidden reason why even the strictest diets fail.

What should be part of a thorough, effective metabolic recovery and weight loss program? Here is my checklist you can use when evaluating whether a program is right for you.

HORMONAL BALANCE ASSESSMENT

The best metabolic weight loss programs look for imbalances in key hormones that affect metabolism, digestion, and your ability to store and burn fat. Make sure that any program you choose tests the following key hormones:

- ☐ **Thyroid Stimulating Hormone (TSH)** – a general test to look at your thyroid
- ☐ **Free Thyroxine (Free T4)** – a stored thyroid hormone available for conversion
- ☐ **Free Triiodothyronine (Free T3)** –the active thyroid hormone available to help deliver oxygen and energy to your cells. Few doctors perform this test, even though low or sub-optimal Free T3 levels can slow your metabolism, and cause weight gain and fatigue, and restoring these levels may help normalize your metabolism and allow you to lose weight in a healthy way.

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- ☐ **Reverse T3 (RT3)** –an inactive and blocking form of thyroid hormone that is frequently a sign of undertreated hypothyroidism, slows your metabolism, and makes weight loss difficult. Few doctors even know to test RT3, much less how to interpret the results, or treat elevated RT3 levels that get in the way of weight loss.
- ☐ **Thyroid Peroxidase Antibodies (TPO Antibodies)** – antibodies that attack your thyroid gland, and are evidence of immune dysfunction.
- ☐ **Morning Cortisol** –a key adrenal stress hormone that, when elevated, can promote storage of belly fat, and when low, slows your metabolism and makes weight loss more difficult.
- ☐ **Dehydroepiandrosterone (DHEA) Sulfate** – a key hormone that when low, can be a marker for low sex hormones, low testosterone, and low adrenal function, which can all contribute to weight gain, slowed metabolism, and difficulty losing weight.
- ☐ **Estrogens (Estradiol, Estriol, Estrone)** – female hormones, that when elevated, can make weight loss difficult in both men and women, and contribute to the shift of body fat to the belly and hips.
- ☐ **Testosterone** – male hormone that, when low, contributes to muscle loss, and lowers your ability to burn fat.

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INFLAMMATION ASSESSMENT

A thorough metabolic recovery and weight loss program should evaluate your level of inflammation with the following tests:

- ☐ **C-Reactive Protein (CRP)** – a marker for inflammation, and when elevated, can contribute to an inability to absorb nutrients from the food you eat
- ☐ **Homocysteine** – a marker for inflammation that, when elevated, can contribute to the inability to absorb nutrients

RESISTANCE SYNDROME ASSESSMENT

In addition to hormonal imbalances, your body can stop listening and reacting to certain hormones – a situation known as hormonal resistance. Hormonal resistance is a key factor that makes metabolic recovery and weight loss difficult for many of my patients. The best metabolic weight loss programs evaluate hormonal resistance syndromes – including insulin resistance and leptin resistance – with the following tests:

- ☐ **Fasting Plasma Glucose (FPG)** – your morning fasting glucose – known as blood sugar -- level. When this level is elevated, this can be a sign of insulin resistance, and it puts you on the path to Type 2 Diabetes.

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- ☐ **Hemoglobin A1C** – average glucose level over the past several months. When elevated, this is a sign that you have chronically elevated blood sugar, which makes you hungrier (and you need more food to feel full), creates more inflammation, and makes you less effective at fat burning—and more effective at storing fat.
- ☐ **Leptin** – a hormone responsible for curbing hunger and promoting fat-burning. When leptin is high, this can be a sign of leptin resistance – you feel hungrier, you need more food to feel full, and your body burns less fat – a *triple threat* to weight loss.

NUTRITIONAL DEFICIENCY ASSESSMENT

Hormonal function—not to mention a strong metabolism--relies on a steady supply of certain essential nutrients. When you lack essential nutrients, you're like a car that's out of gas, running on empty. Any worthwhile metabolic recovery and weight loss program must include tests to evaluate the following key nutritional deficiencies:

- ☐ **Ferritin** – this stored form of iron is essential for hormonal function and energy.
- ☐ **Vitamin D** – Vitamin D is not only a nutrient, but it is also a hormone. Low Vitamin D levels can contribute to inflammation and hormonal dysfunction.
- ☐ **Vitamin B-12** – low levels of this essential B vitamin reduce your energy—even at the cellular level, making weight loss more difficult and slowing your metabolism.

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YOUR NEXT STEPS

Once your hormonal imbalances, inflammation, resistance issues, and nutrient deficiencies have been identified and evaluated, it's time for metabolic recovery! This means a carefully-designed program that may include prescription hormones and medications, vitamin, mineral, amino acid, and herbal supplements, along with specialized nutritional recommendations designed to resolve and overcome all the metabolic and hormonal impediments to healthy weight loss.

THE MANHATTAN METABOLISM WEIGHT LOSS PROGRAM

As New York's leading integrative physician, I have carefully created my specialized Manhattan Metabolic Weight Loss Program to help you finally identify and resolve the root causes of your weight loss struggle. Working together, we will resolve your hormonal imbalances, calm inflammation, overcome hormonal resistance, and address nutrient deficiencies.

The result: what I call a "Manhattan Metabolism!" Like the city it's named after, a Manhattan Metabolism is a metabolism that never sleeps. It's fast, and always working—24-hours a day, 7 days a week. It's a metabolism that doesn't get in the way of your weight loss...in fact, *it finally makes it possible!*

- Your diet and exercise program will finally work!
- You'll have a healthy metabolism!
- You'll feel and look great!

My office is in Manhattan, near Columbus Circle, convenient to the entire New York metropolitan area. Contact me for a consultation, and you'll be on your way to recovering your own healthy *Manhattan Metabolism*.



Call my office at (212) 262-2412 to make an appointment now. I look forward to seeing you soon!



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