

The Science of Sustainable Weight Loss & Wellness

With Dr. Charles Francis



I only want two things:

1. To loose weight.

2. To EAT.



What do patients Really WANT?

1

How Many of you.....

2

Wake up in the morning and not have your joints ache?

3

Have Tons of Energy and Not always feel Fatigued and Exhausted?

4

Reduce your Medication by 50% or more?

5

Lose 15, 20 or even 30 Pounds in 30 Days!

The Sad Reality

160 Million BIG Americans
73.5% of Americans Adults are Overweight
and 36.2% are Obese
(CDC & US CENSUS 2018)

Heart Disease Deaths in the U.S.
Every 45 seconds
(CDC 2020)

Cancer Deaths in the U.S.
1669 People Die Each Day
5205 are Diagnosed Each Day
(AMERICAN CANCER SOCIETY 2020)



We Are The Most Obese

1.	United States	- 36.2%	16.	**Sweden**	- 24.2%
2.	Mexico	- 36.1%	17.	**Spain**	- 24.1%
3.	**New Zealand**	- 30.4%	18.	**Norway**	- 23.0%
4.	Canada	- 29.9%	19.	**Finland**	- 22.7%
5.	**United Kingdom**	- 28.1%	20.	**Switzerland**	- 22.5%
6.	**Australia**	- 27.9%	21.	**Denmark**	- 22.3%
7.	**Czech Republic**	- 27.8%	22.	**Austria**	- 21.2%
8.	**Hungary**	- 27.5%	23.	**Ireland**	- 21.0%
9.	**Slovakia**	- 27.4%	24.	**Iceland**	- 20.8%
10.	**Latvia**	- 26.0%	25.	**Portugal**	- 20.5%
11.	**Italy**	- 25.9%	26.	**Greece**	- 20.2%
12.	**Germany**	- 25.3%	27.	**Malta**	- 19.8%
13.	**Lithuania**	- 25.0%	28.	**United Arab Emirates**	- 19.6%
14.	**Belgium**	- 24.9%	29.	**Israel**	- 19.5%
15.	**France**	- 24.5%	30.	**Japan**	- 19.2%





Cause and Effect!

15 lb. Weight Gain
Doubles your risk
of Type 2 Diabetes

22 lb. Weight Gain
Increases your risk of
Heart Attack 75%

Obesity
Doubles your risk of Heart Failure
Triples risk of Breast Cancer

Statistics Quoted from Bradley et.al. The Okinawa Diet Plan 2004

What are the 2 Questions Every Patients Asks with Weight Loss?

1. Can you help *ME* lose the Weight?
2. Can you help *ME* Keep it off?

Can you help ME Lose the Weight?

Real Patients with Real Results





How did they
Keep it off Too?



How did they
lose that
much weight
and that Fast?

TRANSFORMATION THAT
GOES BEYOND A DIET

The 3P PROTOCOL

Bio-Hacking Secrets to Quick
Healthy and Sustainable
Weight Loss

DR. CHARLES FRANCIS, DC
WENDI FRANCIS MS, RD, CPC



“The 3P Protocol”

Uncovering Your Best You!

“The 3P Protocol”

- **Physical**

Physical – This encapsulates the weight management, body contouring, and dietary adjustments. We have revamped an anti-inflammatory diet designed to facilitate the reduction of inflammation within your body and facilitate a transition towards fat-burning mode.

- **Physiological**

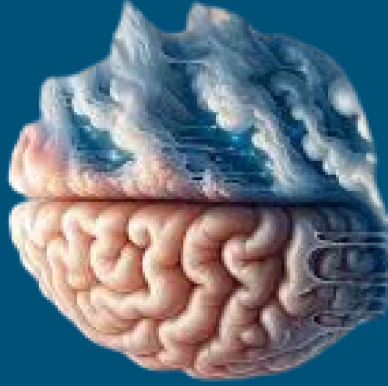
Physiology - Delves into understanding the functioning of our bodies. Our approach revolves around optimizing your biochemistry, harmonizing hormone levels, and naturally adjusting your body's pH.

- **Psychological**

Psychology - Research indicates that 86% of individuals who have embarked on diets multiple times have established emotional ties to their relationship with food. Hence, our emphasis lies in pinpointing and understanding the connections between emotions and eating habits.



Psychological



86% of People whom are overweight have an emotional eating component!



**Patterns...."Change the Way you think then
Change the way you Act!"**



The NO Shame Game!



Physiological

Hormones

- What are they?
- How do they work?
- How do they affect weight loss?
- etc.....



Physiological



Alkaline



Hormones



Leptin “Satiety Hormone”

Experts estimate that 98 percent of those who are significantly overweight are “leptin-resistant”, most of which is due to an onslaught of toxicity

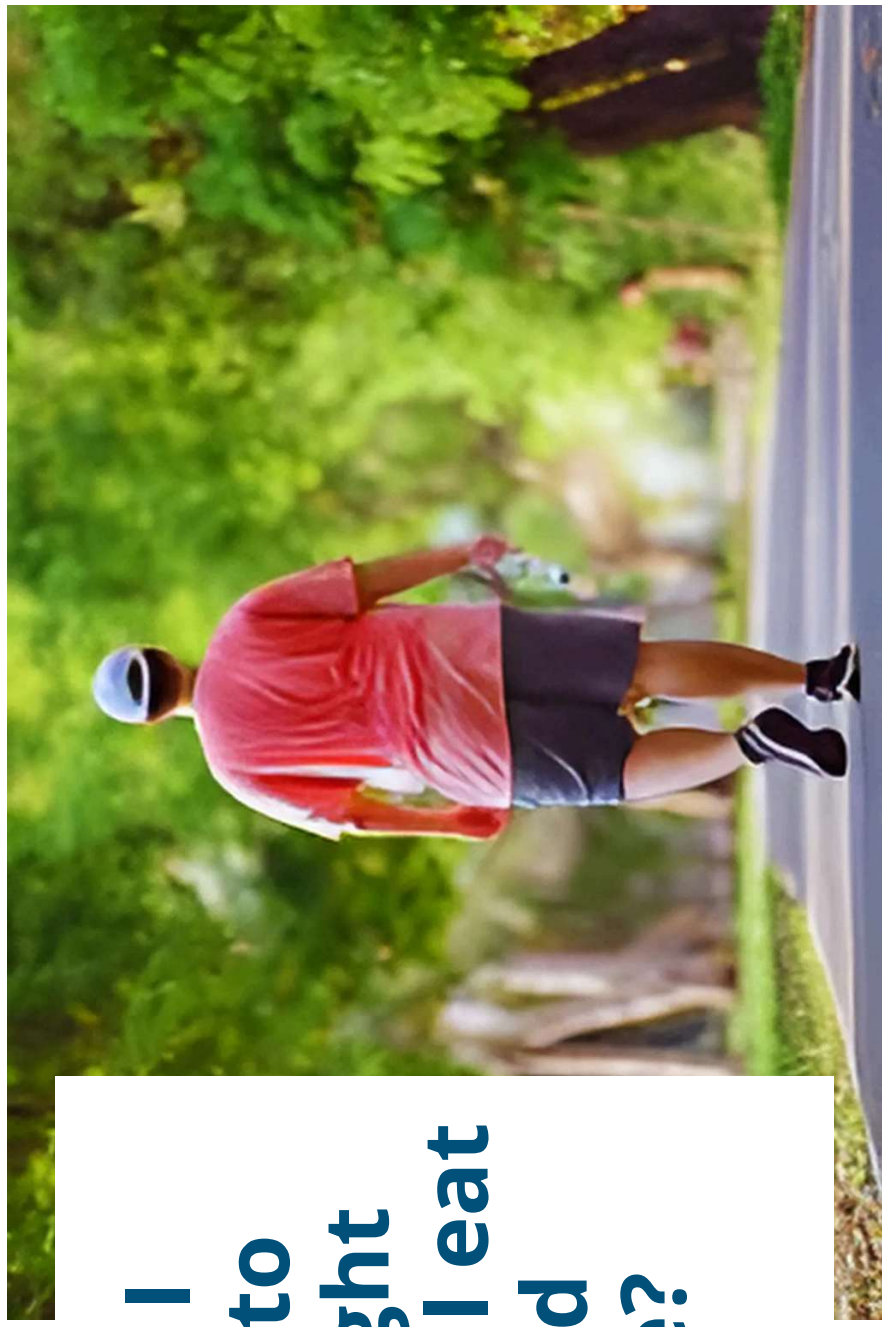
~ Mold Warriors, Dr. Ritchie Shoemaker M.D. , 2002



Toxicity



**Why Do I
Struggle to
Lose Weight
even when I eat
right and
exercise?**



WHAT DOES METABOLISM MEAN?



VS



Which One are YOU?

Physical



Customized Program



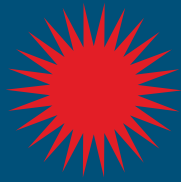
Keeps Inflammation Away



Fat Burning Foods &
Supplements



100% Natural Foods



Sustainable RESULTS!



Magnesium Overview

- 🌿 Magnesium is required for hundreds of biochemical processes - over 600!
- 🌿 Many Americans are deficient and unaware of their deficiency
- 🌿 Subclinical deficiencies, or a clinically silent reduction in physiological, cellular and/or biochemical functions, is concerning because it is hard to diagnose
- 🌿 Subclinical magnesium deficiency predisposes individuals to numerous chronic diseases including cardiovascular disease and early mortality.
- 🧴 Magnesium is a cofactor required to:
 - **Create energy**
 - Form protein
 - Maintain genes
 - **Support muscle health**
 - Regulate the nervous system
 - **Improve sleep**
 - **Improve insulin resistance**

Magnesium Overview

- 🧴 Every cell in your body contains this mineral and needs it to function.
- 🧴 A cofactor in more than 600 reactions in your body, including:
 - Energy creation: **converting food into energy**
 - Protein formation: creating new proteins from amino acids
 - Gene maintenance: helping create and repair DNA and RNA
 - Muscle movements: aiding in muscle contraction and relaxation
 - Nervous system regulation: **regulating neurotransmitters**, which send messages throughout your brain and nervous system which support mood and sleep
 - **Glucose metabolism: supports improved insulin sensitivity**

🧴 Studies suggest that approximately 50% of U.S. adults get less than the recommended daily amount of magnesium

Table 1. Magnesium: Recommended Daily Allowances (RDA) and Estimated Average Requirements (EAR)*

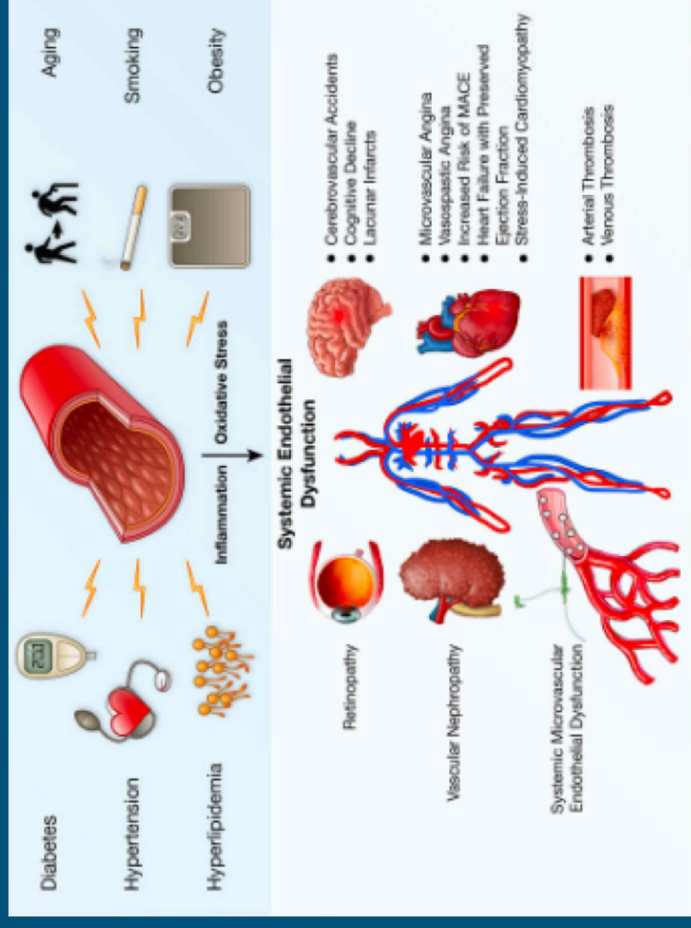
Group	RDA (mg/d)	EAR (mg/d)
Women, 19-30	310	255
Women, 31-50	320	265
Women, ≥ 50	320	265
Women, pregnant		
14-18	400	335
19-30	350	290
31-50	360	300
Women, lactating		
14-18	360	300
19-30	310	255
31-50	320	265
Men, 19-30	400	330
Men, 31-50	420	350
Men, ≥ 50	420	350
Children, 4-8	130	110
Children, 9-13		
Children, 14-18	240	200
Female		
Male	360	300
	410	340

*Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, DC: National Academy of Sciences; 1997.

Magnesium Overview

Endothelial Function

- ☞ Magnesium is well known to modulate **vascular tone and response**
- ☞ We know that magnesium deficiency promotes oxidative stress in various cell types, including endothelial cells
- ☞ Research has shown that low magnesium levels contributes to endothelial dysfunction by generating a **pro-inflammatory**, pro-thrombotic and pro-atherogenic environment that could play a role in the pathogenesis cardiovascular disease



Magnesium Overview

Type 2 Diabetes

- Research has shown that over 45% of individuals with Type 2 Diabetes have low levels of magnesium
- This can impair the body's ability to regulate blood sugar effectively
- One study found that supplementing with magnesium led to an **improvement in insulin sensitivity markers**. This suggests that magnesium plays a beneficial role in improving glucose parameters in people with diabetes

Meta-Analysis > Nutrients. 2021 Nov 16;13(11):4074. doi: 10.3390/nu13114074.

Oral Magnesium Supplementation for Treating Glucose Metabolism Parameters in People with or at Risk of Diabetes: A Systematic Review and Meta-Analysis of Double-Blind Randomized Controlled Trials

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Affiliations: 1 expand

PMID: 34836329 PMCID: PMC6619199 DOI: 10.3390/nu13114074

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Abstract

There is a large and growing body of literature focusing on the use of oral magnesium (Mg) supplementation for improving glucose metabolism in people with or at risk of diabetes. We therefore aimed to investigate the effect of oral Mg supplementation on glucose and insulin-sensitivity parameters in participants with diabetes or at high risk of diabetes, compared with a placebo. Several databases were searched investigating the effect of oral Mg supplementation vs placebo in patients with diabetes or conditions at high risk of diabetes. Data were reported as standardized mean differences (SMDs) with their 95% confidence intervals (CIs) using follow-up data of glucose and insulin-sensitivity parameters. Compared with placebo, Mg supplementation reduced fasting plasma glucose in people with diabetes. In people at high risk of diabetes, Mg supplementation significantly improved plasma glucose per se, and after a 2 h oral glucose tolerance test. Furthermore, Mg supplementation demonstrated an improvement in insulin sensitivity markers. In conclusion, Mg supplementation appears to have a beneficial role and improves glucose parameters in people with diabetes. Moreover, our work indicates that Mg supplementation may improve insulin-sensitivity parameters in those at high risk of diabetes.

Keywords: diabetes; glucose; magnesium; meta-analysis.

Magnesium Overview

Magnesium and Mood

😬 Stress has been shown to play a role in depleting magnesium levels which can contribute to various symptoms, including a **depressed mood**

😬 Research suggests that optimizing magnesium levels may support improved mood

😬 This can be especially beneficial as we move into winter months, where less sunlight can exacerbate mood changes

Randomized Controlled Trial	> Nutrition, 2017 Mar;35:96-60. doi: 10.1016/j.nut.2016.10.014. Epub 2016 Nov 9.
Effect of magnesium supplementation on depression status in depressed patients with magnesium deficiency: A randomized, double-blind, placebo-controlled trial	
Afshaneh Rajizadeh ¹ , Hassan Mozaffari-Khosravi ² , Mojtaba Yassini-Ardakani ³ , Ali Darghumi ⁴	
Affiliations + expand	
PMID: 28241991 DOI: 10.1016/j.nut.2016.10.014	
Abstract	
Objectives: The aim of this study was to determine the effect of magnesium supplementation on the depression status of depressed patients suffering from magnesium deficiency.	
Methods: Sixty depressed people suffering from hypomagnesemia participated in this trial. The individuals were randomly categorized into two groups of 30 members; one receiving two 250-mg tablets of magnesium oxide (MG) daily and the other receiving placebo (PG) for 8 wk. The Beck Depression Inventory-II was conducted and the concentration of serum magnesium was measured.	
Results: At the end of intervention, 88.5% of the MG and 48.1% of the PG ($P = 0.002$) had a normal level of magnesium. The mean changes of serum magnesium were significantly different across the two groups. After the intervention, the mean Beck score significantly declined. However, in the MG, this reduction was more significant than in the PG ($P = 0.02$), so that the mean changes in this group experienced 15.65 ± 8.9 reduction, but in the PG, it declined by 10.40 ± 7.9 .	
Conclusions: Daily consumption of 500 mg magnesium oxide tablets for 8 wk by depressed patients suffering from magnesium deficiency leads to improvements in depression status and magnesium levels. Therefore, assessment of the magnesium serum and resolving this deficiency positively influence the treatment of depressed patients.	

Magnesium Overview

Why Do We Recommend Transdermal application

- ✨ Bypasses the digestive system,
- ✨ Helpful for those with absorption issues - in the gut, such as people with certain gastrointestinal conditions.
- ✨ Can provide targeted, localized relief
- ✨ Convenient and easy to use
- ✨ Can be incorporated into relaxing routines, such as Epsom salt baths, which may also help with muscle relaxation and stress reduction.

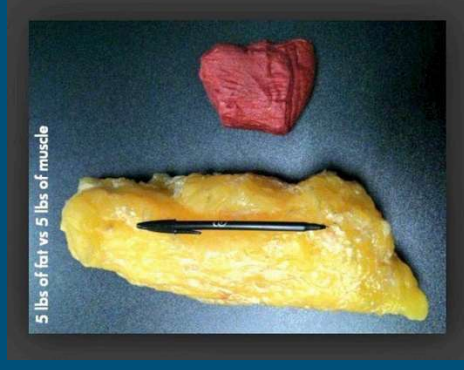


Why other Programs and Methods may have Failed You?

Calorie
Counting



Fat Loss Vs
Weight Loss



Exercise More!



Big Box Chains



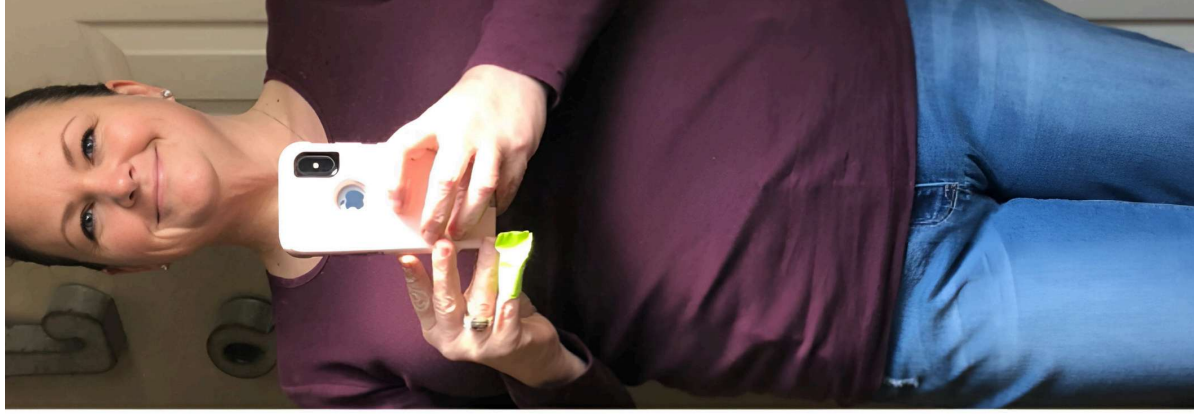
Before & Afters



Kristi Lost 38 lbs 3 Months



Brandy.
46 lbs
5 Months



Andrew

41 lbs

6 Weeks

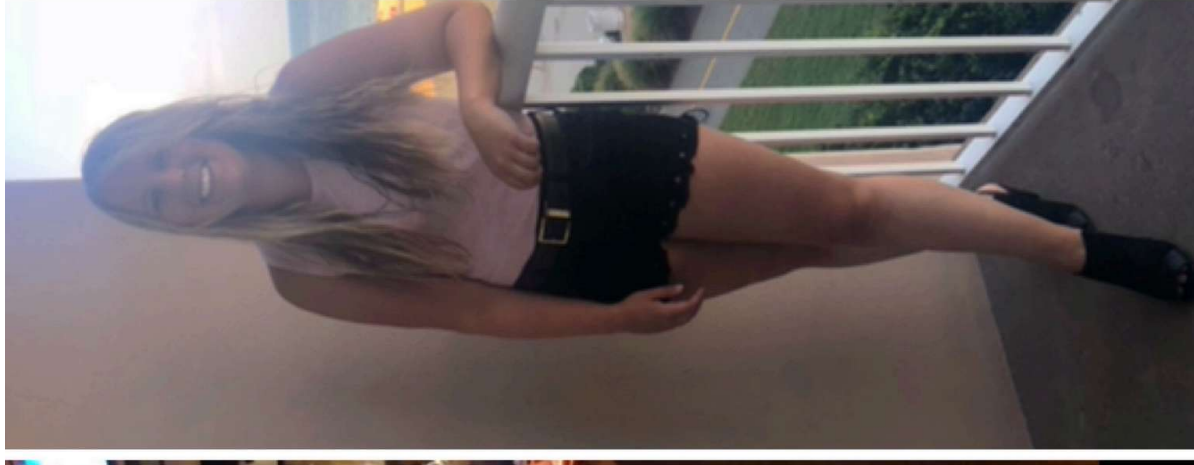




Before



5 Months After



**Aly
48 lbs
3 Months**

Estelle
90 lbs
6 months



What is Your next best Step?



What is NEXT?



- What is the Gift?
- Register for Your Free Appointment?
- Free Book 3P Protocol Book
- Free Book 3P Recipe Book

Thank you For Coming!

Dr. Charles Francis

