

Breakthrough the Toxic Belly Fat!

**New Technology meets Cardiovascular Science and Functional
Medicine to Change Your Future...**

By: Dr. Jana Gordon Bunsic

Functional Medicine Physician

Physician Nutritionist

Specializing in Life Transformation

Who cares if I have a little extra around the middle?

So there are tons of cute clothing manufacturers and lots of famous people touting the “fat and fabulous” mantra. As a professional who has dedicated decades of my life to restoring health and helping individuals gain quality of life years, I tell you this is a lie. You, no matter how skinny or fat you are, are a unique and beautiful soul. Your temple, however, like all things in the physical realm, is prone to natural processes leading to death and decay. Fat buildup, especially in your abdomen, stores toxins and puts your health at risk.

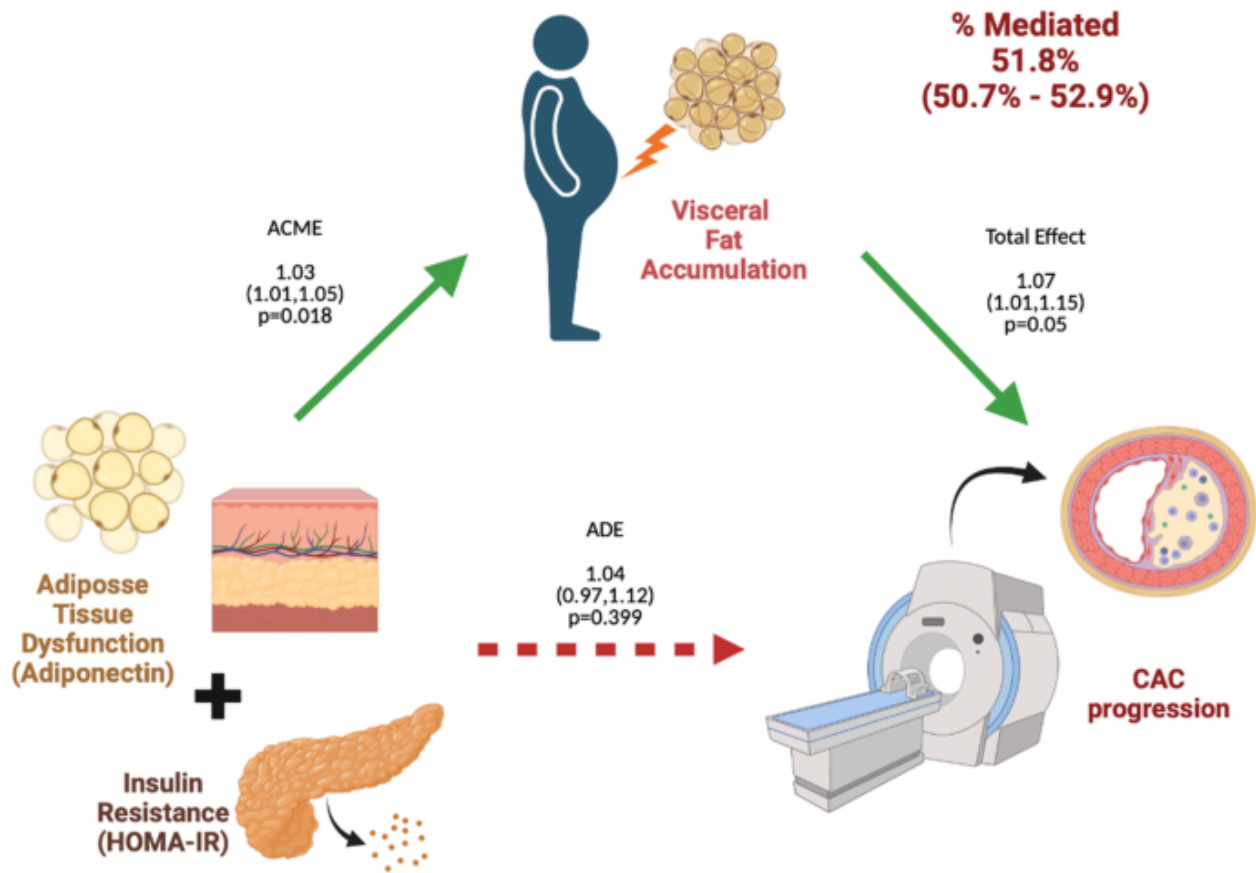
Medical science has long established that BMI, and body mass index, which is a measure of your height-to-weight ratio, is a very strong indicator of how long and healthy you will live. So you can buy bigger pants, a wider recliner, and buy the lies marketed to you that it’s all okay, but statistically speaking, you will be able to do less, enjoy life less, be sicker while you are alive, and die sooner than if you were optimal BMI.

So I say “Nothing tastes as good as healthy feels.” And I mean it. It is hard to break out of the cycle of achieving your professional and family goals and then making excuses for your lack of self-care. Although I like to look good, I am not a “beauty” person. I am a “natural health” person. I am a scientist. Biological realities are biological realities. Due to this, I have been curious and optimistic yet cautiously pragmatic of technology and quick fixes. Even when you encounter a life-changing invention, you still need to know how and when to use the technology safely and effectively, and the underlying scientific principles you are utilizing. Using natural scientific principles for health restoration is the hallmark of anti-aging, revitalizing, and functional medicine.

Evidence-based medicine determines the most important targets of intervention by large population-based studies and calls them **risk factors**. One you may not be aware of is not just being overweight or obese, but that of **visceral fat**. **Visceral fat has been proven to be an independent risk factor for Cardiovascular Disease**. That means even if you are diabetic, have high blood pressure, a history of high cholesterol, or a family history of heart disease, how much belly fat you have helps predict how much sooner you will die. These are all statistics, and lots of people like to think they are statistical outliers.

Statistical outliers are people who smoke 2 packs a day and die at 88 and appear as healthy as a horse. The odds are not in your favor my friend that you will be that guy. If you haven’t won the lottery yet I am thinking you better pay attention.

How Your Belly Fat Will Shorten Your Life



Antonio-Villa, N.E., Juárez-Rojas, J.G., Posadas-Sánchez, R. *et al.* Visceral adipose tissue is an independent predictor and mediator of the progression of coronary calcification: a prospective sub-analysis of the GEA study. *Cardiovasc Diabetol* **22**, 81 (2023). <https://doi.org/10.1186/s12933-023-01807-6>

Accumulating Toxins in a Toxic World

Fatty Liver is the natural accumulation of excessive calories that become stored in the liver. Slowly the liver tissue becomes bogged down with this fat as the visceral fat increases. Interestingly, this is not always in obese individuals. I have seen in my practice numerous individuals with high normal BMI and overweight BMI that many would consider “normal” by American standards. I mention this because extra rolls around the middle, although unsightly are actually raising your risk of heart disease.

Unfortunately, most people are more concerned with the way their pants fit than their internal organs function. The good news is my aim is to help you with both. Many people notice the increase in waist size at some crossroads in their lives. After getting married, after the birth of a child or two, after starting higher education, after getting a sedentary job, after moving to a place with less exercise options, after menopause, after retirement, after caring for a loved one, something shifts in your body due to the stress put upon it.

All a sudden what seemed to be easy to get off, no longer is. It is frustrating and depressing. I have had so many people declare inconsolable feelings about this physical change. There is an answer, but no one likes to hear it. “Your body has had enough. “

We use our bodies like machines. Unlike the machines we rely on, like cars or manufacturing equipment, we do not undergo the proper maintenance on them. This is only partially our fault. Yes, it is intuitive to know that when we do not supply good materials to a system, eventually that system will fail. However, the world is against us.

Our capitalist system has created a marketplace for highly processed, toxic foods, medications, and environmental chemicals that accumulate over time in our livers and visceral fat. This toxic gut is part of why visceral fat was found to be an independent risk factor for cardiovascular disease. This is because inflammation is the root cause of all diseases. Inflammatory markers are largely stored in the liver, and you are right to think that a toxic, fatty liver is releasing them all over your circulatory system.

Your inability to lose that belly fat is not just a cosmetic issue. It is a toxicity processing issue. Your system is at a stalemate with it’s toxic environment. This is why proper detoxification while you are on any weight loss program is so important. It is especially critical when you are engaging in a program that accelerates the release of this toxic fat. There is science to this, not just aesthetics. You can have the win-win, you can be healthy and have a beautiful physique. Let’s talk more about how.

Understanding the Equation

The best defense is a good offense. This means the most important thing is to stop doing the things that lead to depositing adipose tissue. Unlike what most people think, this is not about eating fat. Eating saturated animal-derived fat can clog your arteries, and should be very limited in the diet. Eating minimally processed plant-based fats, however, can actually help you build healthier new cells and eliminate bad fats from your tissues.

All carbohydrates break down to sugar in the body, and each day you are actually your own math equation. That equation is **glucose (carbs) consumed minus glucose burned by activity and resting metabolism**. There are really three components you see in the equation.

The first is glucose. Carbs are everywhere. Carbs are addictive. Cutting the addiction cycle is key. You may want to do some weaning down here but like with any addiction this must be a relatively quick process, or you are just justifying your addiction. Carbohydrates can be simple like cane sugar and fruit or complex like brown rice, sweet potatoes, and bread. In the end, however, a carb is a carb in our equation.

One thing to note, however, is food sensitivities and leaky gut. If you have constipation, diarrhea, frequent upset stomach, gas, or bloating, you have a leaky gut. This is your X factor with carbs. A carb is not just a carb when it causes inflammation in your body. You will be eliminating a lot of foods. I always recommend gluten/wheat (even whole wheat and ancient wheat) elimination due to this. You don't want to do everything else right and shoot yourself in the foot because you want to eat high-gluten keto bread that shuts down your digestive tract. That's not worth it.

I have spent two decades counseling people on these issues, and there are definitely individual situations that require medical nutrition counseling and interventions. Seek this help if you need it. Following the principles in this guide will be a great start. If you get stuck, you will know where to find me.

The next component of our equation is calories burned. That is separated into two categories that people love to ignore. Patients love to talk about how they never sit down, run around the house, garden, and play with kids and grandkids. These things are awesome, but all fall under the category of **activity**. Activity is important, and if you don't do those things, and sit at a computer all day, you will gain weight.

We are talking about losing weight and transforming the body into optimum health. That's harder. Losing weight means we have to **do something more drastic** to tip the scales. We have to **raise our heart rate**. The more your body is used to doing "activity," the more you have to push it for your body to notice. Exercise is what you need to keep your heart, bones, muscles, and other tissues optimally healthy. Remember, "exercise" is not the same as "activity".

There are four major forms of exercise. The first is **functional exercise**. This includes yoga, pilates, tai chi, stretching, and exercises therapeutically designed to improve how the body systems work together. This exercise helps the structure-function dynamic in the body and is very important. It indirectly affects our equation by improving the overall functionality of the endocrine and lymphatic systems.

The next two forms affect our equation more directly. They are aerobic and anaerobic exercise. **Aerobic exercise** is often termed "cardio". It optimizes your body's ability to utilize and distribute oxygen throughout the organs and works the resiliency of your heart. You are typically working 50-75 percent of your heart's capacity for a number of minutes in this zone. For most individuals, your heart rate needs to go over 100 to get from the activity to the cardiovascular exercise zone. You **burn extra calories** for the extra work your heart and organs do **during that time**. Cardiovascular exercise has shown to be a very important part of heart health and longevity. Examples include uphill fast walking, fast-paced or high-resistance biking, jogging, swimming, and dancing.

Over time your body gets used to the aerobic exercise you are doing which is why there are many "fit" people that keep on excess fat. Our next type, anaerobic exercise can be helpful in these health program plateaus but is often misunderstood. **Anaerobic exercise** indicates any form of exercise that hyper-stimulates the cardiovascular system. The typical target is 80-90% of your max heart rate which can be calculated online by inputting your age and sex. This is often termed interval training, high intensity, HIIT, Tabata, or circuit training. This requires the individual for a period of 30-90 seconds at a time to push themselves to their limit. Doing this goes beyond the body's ability to keep up and has been shown to **increase resting metabolism for 24-48 hours AFTER the exercise is completed**. Clearly, incorporating this will help our equation.

Lastly, we have **strength training**. This type of exercise uses a form of resistance: weights, machines, or bands to make the body move more than just its own weight. This creates a load on the bone and muscle and stimulates the growth of both of these organ systems. Building more muscle is important because **our lean muscle mass is**

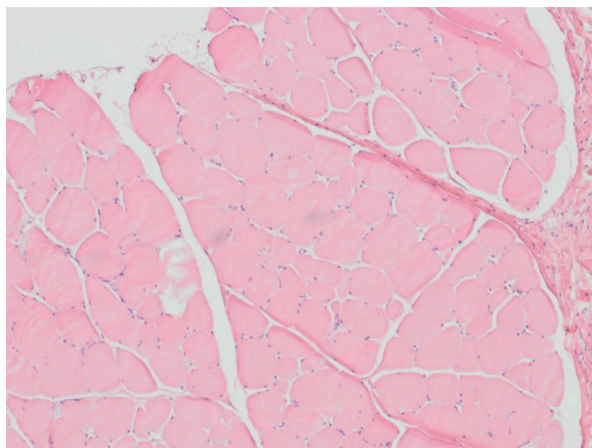
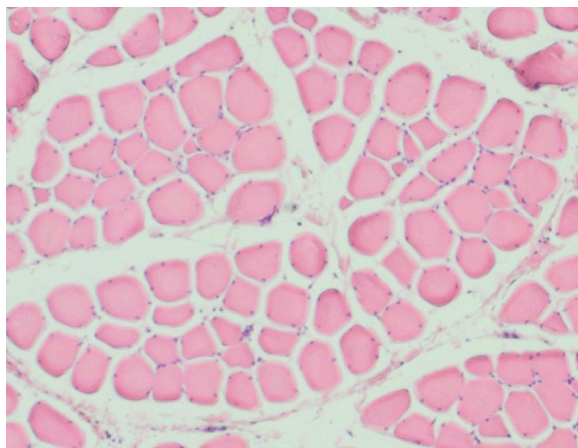
what determines our resting metabolic rate. That is how many calories we burn just sitting there.

This is the last component of our equation. Improving our resting metabolism is an important part of keeping us away from our cardiovascular risk factors. I work diligently in my personal routine to incorporate all of these forms of exercise to receive all of their diverse benefits to the body. What happens, however, when people have become so de-conditioned and weak that they can't get their resting heart rate up significantly? They actually continue to decline in their body fat/ lean mass ratio as this naturally worsens with age.

Up until now, it was a very slow uphill climb for these people. Often they not only had increased visceral fat as a risk factor, but they were so weak in their core they could not effectively exercise without pain and frustration. I have so wanted to take them into my house and train them each day. I could see myself in a movie with a medical bed and breakfast that would transform their lives over several years.

The problem is that it is just logistically impossible. So we encounter our second major medical issue which is termed **sarcopenia**. This means muscle loss. With this loss of core strength, just functioning daily can be a chore, never mind our health equation.

Look at this amazing dissection of pig tissue after treatment. Accelerating strength and muscular vitality could transform aging into vitality!



Tissue images collected 1 month after treatments (right) showing pronounced thickening of muscle fibers and increased density of muscle tissue when compared to baseline (left).

Yael Halaas MD, Diane Duncan MD, F.A.C.S' MVDr. Jan Bernardy Ph.D., MVDr. Petra Ondrackova Ph.D., Ivan Dinev DVM, Ph.D., DSc·ACTIVATION OF SKELETAL MUSCLE SATELLITE CELLS BY A DEVICE SIMULTANEOUSLY APPLYING HIFEM TECHNOLOGY AND NOVEL RF TECHNOLOGY: FLUORESCENT MICROSCOPY FACILITATED DETECTION OF NCAM/CD56. Aesthetic Surgery Journal, January 2021, DOI: 10.1093/asj/sjab002

Therefore by increasing our muscle mass, we literally push out the fat. We continue to keep the fat away by keeping up a higher resting metabolism. **Once we get above that critical line maintaining this process is much easier.** There is always work to be done. I once climbed up Mt. Fuji. I insisted on doing it the traditional way and started all the way in the village of Fujiyoshida. It added an extra four or five miles which was no big deal except for the fact there were only so many hours of daylight. After about six hours of hiking, I came to the fifth station. This is where the bus pulls the tourist up to. There are twelve stations in total. I planned out our hike but forgot that the last bus back to town leaves at dusk. So we only made it to the 11th station. Great view, but my point is sometimes you just need a little help to achieve your goal. In your life and mine, there are only so many hours of daylight. It is easier to maintain a pace than start from scratch.

Good Technology Paired with Functional Medicine Wisdom

Recently, I became aware of a cutting-edge technology designed to address these health issues in some of the most highly prized humans in the solar system: astronauts. Years ago, NASA realized that these highly trained individuals were suffering negative health consequences like the ones we discussed above when not having the forces of gravity against their muscles and bones.

Utilizing specialized magnetic and radio frequency technology, they contracted with a company to make a machine and specialized settings to hyper-stimulate the muscles and keep them strong even without the gravity of the Earth.

Sarcopenia is a major component of aging. For some people they are thin but the muscle loss over time makes them weak, unstable, and unsteady. For others, expanding belly fat stretches the core muscles to unhealthy levels and creates both a toxic internal environment and muscular imbalance. Unlike most medical technologies that just help a small segment of people, this system has amazing and widespread applications when applied by those with expertise in disease reversal. The implications of this technology have been impressive, and many clinical trials have been done documenting a 25% increase in muscle mass and a 30% decrease in fat just 4 weeks after 4 treatments!

When I saw how this technology used safe magnetic and radio-frequency to actually work with the body to accelerate the healing processes of muscle strengthening and fat breakdown that have been such a struggle for so many, I knew I could not pass up the opportunity to spearhead this life-changing opportunity for individuals in our region seeking to transform their health.

Like anything that is helpful, the more correctly it is utilized, and the more it is synchronized with other nutritional, supplemental, and lifestyle factors, the more benefit will be achieved. BTL reached out to me based on my knowledge and expertise to bring this technology into a realm of not just “beauty,” but overall health. Functional medicine is not just treating a disease, but breaking down the scientific components that contribute to those processes and working on multiple levels to reverse them.

The plan I have designed not only incorporates all of the FDA-approved EmSculpt NEO and Emsella technology but optimizes how your body will respond. The program looks at how the body will process fat and instructs you on what important co-factors need to be taken to process out all of the toxins you will be releasing. Our

nutritional information will fully equip you with the foundational support to change your life.

This is not a tummy tuck, liposuction or a freeze wave to look better, it is a tool to transform your temple. A tool to help achieve the best version of you. You are that special soul we discussed at the beginning of this guide. As your temple becomes stronger and more balanced, all of those gifts and talents become stronger as well. I look forward to seeing that trajectory change in your life!

The Facts:

Emsculpt NEO :

- 30% Fat Reduction
- 25% Muscle Growth
- Skin Tightening
- 19% Abdominal Wall Separation Reduction/Diastasis Recti
- 5.9 cm Circumferential Waist Reduction
- 18% Visceral Fat Reduction
- Global vs Spot Treatment (full flank to flank)
- Patients up to 35 BMI
- Health/Wellness Benefits; Core strength, lower back pain, posture, injury prevention, etc.
- No age limit
- 30 Minute Treatment time
- Results in as little as four treatments with an additional 4 week detoxification period (longer treatment series for more complex issues)
- Robust safety profile- zero adverse events

The Plan

Let us customize a plan to get you as healthy as possible. Please contact us to get started!



Abundance Wellness

Jana Bunsic D.O.

423-318-8610