

# Dr. Augello's Health and Body Makeover LLC

1578 Easton Avenue  
Bethlehem, PA 18017  
888-Burn-Fat

## Candida Weight Loss Program

Dr. Augello's program is so much more than simply a weight loss program. What he has learned from years of extensive study, research, personal experience, and meeting with the top leaders in this field is that merely losing weight will not guarantee good health. **True and lasting weight loss depends upon you first becoming healthy.** Sure fad diets can help you lose weight temporarily, but it almost always comes back, and then some. Dr. Augello knows about this because he has done almost every fad diet there is. He was always able to lose some weight, but never felt any better, quickly gained it back, and ended up heavier than when he started. Sound familiar? It was when Dr. Augello's youngest son Dominic was upset with him for not wanting to get off the couch and play with him because he was so tired, that he knew things must change. Concerned about his future he set out to find out why he was so tired and over weight. He wondered why we as a nation are becoming so unhealthy and obese?

The first thing Dr. Augello learned is weight gain is a side effect of an unhealthy body. Your body is an amazing adaptive organism. Its job is survival and does what it can with what it has to work with. Your body is under a daily barrage of chemical, physical, and emotional stress. The air we breathe, the food we eat, and the water we drink are filled with toxins, hormones, chemicals, and antibiotics, to name just a few. One author said, "How can we possibly become healthy from eating and drinking sick food and water". One study revealed we are exposed to over 70,000 different chemicals!

Your body uses its fat cells like that closet you use to throw things in when company is about to come over. If you throw all the mess in your house into the closet, into the basement, under the rug, and behind the couch, is your house really clean? Your

company shows up and says, “Your house is so beautiful and clean” and you smile and say “Thank you!”, thinking if they only knew. Dr. Augello often sees this in practice when an obese patient, who is obviously on his way to type 2 diabetes, tries to tell him his blood tests say his blood sugar is “normal”. What this patient does not know is that his body is stuffing all the sugar he is consuming into his fat cells, and once his fat cells no longer accept all this sugar, he will become like 80 million other Americans, a Type 2 Diabetic. This is called **insulin resistance** and will be discussed further on.

Did you know that for every pound of fat you carry your body must make a mile of blood vessels to support it? This is another reason obese people have a shorter life expectancy. Their hearts just cannot continue to support all that extra mass. **Did you know that by losing ten pounds of fat you can reduce your risk of type 2 diabetes by 60%?** By losing ten pounds of fat you reduce your risk for heart attack, stroke, dementia, cancer, joint pain, and sleep apnea. Losing your extra body fat is critical for you to regain your health, live a longer life, and experience a feeling of well being.

Your body has the capacity to protect itself from toxins that will harm you. This is why you have a liver, kidneys, immune and lymphatic system. Your body uses these organs to expel toxins that are harmful. What happens, however, when our immune system, liver, and kidneys can no longer handle the daily barrage of these toxins? Remember, your body is designed to ensure your survival, and to protect you from anything harmful . So your body throws them in its closet which is your fat cells (like it did with the sugar for the obese person). Once your body gets the toxins out of circulation it does not want to see them again. Your body does not easily give up stored toxins, because it knows of their dangers. **You cannot successfully lose weight, keep it off, and become healthy without detoxifying your body.** This is a fact that is not up for debate. This is why detoxification is a major part of Dr. Augello’s program. Detoxifying drinks and supplements, combined with detoxifying infrared sauna sessions, and deep internal lymphatic detoxification body wraps will be part of your program.

## What Are You Putting Into Your Mouth?

When you go to the doctor's office have you ever seen a question on the intake form that asks, "What do you eat?" Dr. Augello's research has revealed that at least 80% of the conditions for which we go to our doctors for are directly related to what we are eating and drinking. Our health care system is more of a disease care system. You are basically out there on your own, eating and drinking the wrong foods, which are making you sick, because our society has no idea what we should be eating. Fast food franchises and big food and drink companies advertise their harmful products as good for you. The brand Coke is part of our lives. When you think about it you get a good feeling. Have a Coke and a smile has been instilled in us since childhood. That liquid sugar, as well as all sugar drinks, are literally poisoning our children and negatively effecting all of our health. Don't worry, I will tell you exactly how.

So we eat and drink ourselves sick, then go to the doctor. The doctor does not tell you ,or just does not know that the cause of your health issue is your diet. He gives you a medication, which is toxic, to treat the symptoms of your condition. You leave and continue doing exactly what caused you to be sick in the first place. You are now ingesting a medication that will keep your symptoms under control or blood levels or blood pressure within "normal range," all the while harming your body with side effects. Does this make sense to you? Don't you want to know why you have high blood pressure or high cholesterol? Don't you want to know why you are not sleeping, are depressed, and why your thyroid is under active? Don't you want to know why you have high blood sugar and triglycerides? Don't you want to know why you are gaining weight, and how you can take back your health? If you answered YES!, then please read on.

The food industry is not going to tell you the truth because they want to keep you ignorant so you keep buying their processed "food". The drug companies are not going to tell you because, God forbid, you find out that you can get off some or all of their medication you are taking, if you just changed what you are putting into your mouth.

Please do not be fooled. The food industry and the pharmaceutical industry are big business and out for a profit at all costs, even if the cost is your health and well being. It is in their best interest to keep you ignorant and addicted to their products. Dr. Augello tells all his patients to work closely with their doctors because once they start his program they will need to adjust the dosage of their medication, or be taken off them completely, because they simply will not need them anymore. Once you find out what is causing your symptoms, you then have the ability to regain your health back naturally. Hippocrates, the founder of Western medicine, exclaimed, "Let food be thy medicine!"

Dr. Augello had high blood pressure, high blood sugar, high cholesterol, depression, a sleeping disorder, was pre-diabetic, and was obese. It was recommended to him by a medical doctor that he take a pill for his high blood pressure, a pill for his high cholesterol, a pill for his high blood sugar, a pill for his depression, a pill to fall asleep, and a baby aspirin a day. He left the office with five prescriptions. Dr. Augello thought this does not make sense, and the list of side effects to all this medication was truly frightening. His journey for answers lead him to California on multiple occasions, where he met with the top researchers in the field of health and wellness, and then to Utah where a doctor had put together a program combining everything that these researchers revealed was important and essential to becoming healthy, and losing weight. Dr. Augello followed their program and lost 40 pounds in 12 weeks. His blood work and blood pressure are now normal. He sleeps like a baby and his depression has been alleviated. As you read on, you will discover how he was able to do this, and the physiology behind it all.

## **So How Do You Lose Weight?**

To lose weight you need to address:

**Insulin resistance, leptin resistance, candida, hormone balancing, parasites, detoxification, leaky gut, stress, emotional eating, diet, exercise, and nutrition.**

Sound simple right? Well, if you do not take all these into account and address all of them, you cannot achieve maximum health and permanent weight loss. Most people try and fail on their own because if they do not account for all these factors, their bodies will not release the weight. It is like having five of the six numbers to a combination lock. Even having five numbers will not make the lock open. You need all six. Dr. Augello's program has all the numbers to the combination. Everything needed for you to release your weight and become healthy is built into his program. All you need to do is follow the easy to read, step by step, day by day program manual, and come into the office once a week for 2 hours for your spa like treatments, and the rest will take care of itself.

## INSULIN

Insulin is a hormone secreted by the pancreas and is responsible for removing sugar from your blood stream. What many people do not know is that **sugar is toxic to the body**. This is why you see people with diabetes losing their eyesight, having organ damage, losing toes, feet, and limbs. If the body cannot get the sugar out of the blood stream it will damage the vessels and organs. It was told to Dr. Augello to think of sugar as razor blades going through your blood stream nicking, scratching, and cutting the lining of the blood vessels. Cholesterol ends up sticking to the scar tissue inside the blood vessel and gets blamed for everything. The reality is that sugar is the culprit, and not fat and cholesterol. In fact, eating fat does not make you fat! Also, did you know that heart disease is caused by an over consumption of sugar and not fat?

So how does the body handle this toxic sugar? When you eat or drink anything that is sugar, or foods that are converted to sugar, like bread, chips, and pasta, your pancreas releases insulin. Insulin's task is to get that toxic sugar out of your blood stream at all costs. **Insulin will not allow your body to burn fat while it is in the blood stream** because it only wants the body to burn up or get rid of the sugar.

**Insulin prevents your body from burning fat.** Insulin first tries to stick the sugar you ingested in your muscles. This makes sense, because as you work through your day you can burn it off. If you continue on the Standard American Diet (SAD) you will keep flooding your blood stream with sugar and your muscles will no longer allow insulin to be stored there. This is called **insulin resistance**. Your body, being adaptive, will then start storing the sugar in your liver as glycogen. This is where you get your energy if you do not eat all day and then need a burst. Soon your liver will become resistant to insulin and not allow anymore to be stored there. This leaves your fat cells as the final storage place for sugar. Insulin will keep storing the sugar in your fat cells and you will continue to get fatter and fatter until your fat cells become resistant to insulin. When this happens you are now a **Type 2 Diabetic**. Insulin is the most powerful fat storing hormone in the body. It is more powerful than all the fat burning hormones combined. **If you do not control insulin you cannot lose weight and you cannot keep it off.**

Dr. Augello's program controls insulin and makes your body more insulin sensitive. This is why you can eat until your full on his program. As long as insulin is not being released your body can get into fat burning mode and stay there. This is why counting calories to lose weight does not work. This is why Weight Watchers does not work. You can make two meals with the exact same points and one will cause the release of insulin, and one will not.

## Leptin

Leptin, a master hormone discovered in 1998, must also be controlled, if you want to lose weight and keep it off. Up until recently it was thought fat was just a storage center. We now know that your fat is just as much of an organ as your heart, lungs, and liver! **Your fat releases a hormone called leptin that communicates with the hypothalamus of your brain.** If you have a lot of fat then your fat will release a lot of leptin. If you do not have a lot of fat then little leptin is released. The hypothalamus in your brain waits for the phone call from leptin. Lots of phone calls means lots of leptin, which means you are too fat. When this happens the hypothalamus will turn up

your metabolism and turn down your appetite. This makes sense doesn't it? You are fat enough so the brain tells your body you are not hungry, and tells your thyroid to turn up the metabolism to start using fat as fuel. This puts you into **fat burning mode**.

If there is not enough leptin phone calls to your hypothalamus, then your brain thinks you are starving and too skinny. Your thyroid will be instructed to turn down your metabolism so you do not burn the little fat stores you have left and turn up your appetite. Again, this makes sense because you do not want to burn fat if you are starving. You need to have hunger pangs so you go out and look for food to survive.

Now what happens when you are too fat and all these leptin phone calls are not being heard? This is called **leptin resistance**. Toxins, over-eating, processed foods, alcohol, and obesity make you leptin resistant. Your fat is releasing the leptin but the message is not being heard by the brain. So what does your brain think? **Your brain thinks you are to skinny!** Your brain is now leptin resistant and it tells your thyroid to turn down your metabolism, increase your hunger, and go rest so you do not burn fat. This is why obese people are called fat and lazy. They can't help it! Their brains think they are starving so it decreases their metabolism, instructs them to raid the fridge, and go lie on the couch. Dr. Augello's program addresses all of this and helps make your brain leptin sensitive again so you can get back into fat burning mode.

## **Candida**

Candida Albicans is a yeast in your gut that works synergistically with the flora (good bacteria) that is in there as well. Both are needed for digestion of food and both are essential to good health. Like most things, too much of anything can be bad. Candida and intestinal flora keep each other in check. One will not allow the other to grow too numerous and become dominant. The problem arises when you take antibiotics, eat food that was fed antibiotics and hormones, take prednisone, or are on birth control pills. This greatly reduces or even kills off the gut flora. When this occurs, there is

nothing to keep the yeast from growing wild in your body, and believe me it does. Many of your food cravings come from the overgrown candida in your gut because yeast lives on sugar. The yeast can literally lay roots down in your intestines and poke holes in it causing **leaky gut syndrome**. This exposes food directly to your blood stream and your body builds up antibodies to that food, and now you have a food allergy. Very few diets address Candida. **Dr. Augello has found his Candida program to be the most effective for not only getting candida under control but also getting the body to become more insulin and leptin sensitive.**

## Hormones

You now know that Insulin is the strongest fat storing hormone in the body. It overrides all of your fat burning hormones. Insulin even causes the kidneys to retain sodium, thus contributing to water retention and hypertension (high blood pressure). Insulin even stimulates the production of cholesterol and is responsible for many of the statin drugs being prescribed! We know that if we turn off insulin and turn on your fat burning hormones we can start burning up your fat as fuel, start losing those unwanted pounds, normalize your blood pressure, and normalize your cholesterol levels. Human Growth Hormone (HGH), Thyroxine (thyroid hormone), Adrenaline, Glucagon, and Testosterone are your fat burning hormones. Yes, ladies, you even produce testosterone, just not as much as men. Exercise with oxygen therapy (EWOT) is one of best known ways to increase your fat burning hormones and increase your metabolism. This is why Dr. Augello has made EWOT part of your program.

## Healing the Gut

Healing your gut is essential to good health. It used to be said, "You are what you eat". The more accurate saying should be, "You are what you can absorb from what you eat".

If you cannot absorb the nutrients, vitamins, amino acids, and minerals, what good is it? We are the most overfed and under nourished nation on earth. Our diets are devoid of the essential nutrients needed to regain and maintain health. When we do eat the right foods, our gut is so damaged, it cannot absorb the nutrients available to itself. Dr. Augello uses the analogy of a strainer. When you put it under water, the water passes right through. What happens if you line the strainer with a really thin layer of tar? Exactly, the water cannot pass through and this is the same for your gut. Your gut must be healed before you can lose weight, absorb vital nutrients, and regain your health.

Dr. Augello could not fall sleep and was depressed. He learned that tryptophan, an amino acid, needs to be absorbed by the gut so it can be converted to serotonin (your happy neurotransmitter). Serotonin then converts to melatonin which is essential for you to fall asleep and stay asleep. Once his gut was healed, his mood was greatly elevated and he started sleeping like a baby. He discovered that **95% of serotonin is made in your gut!** This is amazing. Most antidepressants are serotonin uptake inhibitors. This means they are trying to keep serotonin around longer in your neural synapsis. Doesn't healing your gut, so it can produce more serotonin naturally, make more sense?

**Did you know that 70% of your immune system is in your gut?** Are you tired of being sick and tired all the time? Are you tired of being over weight and not sleeping well? Are you tired of brain fog?(a term describing unclear thinking caused by toxins).

**Did you know that 80% of your thyroid hormone (thyroid is located in your throat) gets converted from T4 to T3 (the active form of thyroid hormone) in your liver and gut?** This means your gut is controlling your metabolism. How many people are taking a synthetic thyroid hormone because their doctor thinks there is a problem with their thyroid? The real cause of their problem may be the person's liver and gut. It was told to Dr. Augello that your gut is like your second brain. If you do not heal your gut, you cannot lose weight, keep it off, and regain your health.

## Liver

Dr. Augello was told by so many experts that the liver is the key to weight loss. Think of the liver like a vacuum cleaner bag. When the bag is new, clean, and empty it filters out the dirt and the suction is good. What happens when the bag gets full and hard? Does it still clean and pick up dirt as good as it did before? Of course not. **It is essential to detoxify your liver if you want to become healthy and lose weight.** This is also a fact that is not up for debate. If your liver becomes congested it spills toxins into your gall bladder. Why do you think 600,000 gall bladders are removed each year?

The liver is the ultimate multi-tasker. It acts as a filter to remove toxins, which includes alcohol and medications. It aids in digestion by producing bile to help breakdown and absorb fat. The liver plays a part in regulating glucose, blood pressure, blood sugar, insulin, estrogen, testosterone, immunity, and blood cholesterol. It is essential to cleanse your liver, if you want to lose weight, keep it off, and become healthy.

## Services

You know by now that one of our main focuses is to detoxify your body, organs, tissue, glands, and fat. Toxins must be pulled out and flushed from where they were stuffed. Again, your body does not easily allow these toxins back into circulation. Dr. Augello's program incorporates the most effective supplements and modalities to accomplish this. **Infrared sauna, exercise with oxygen therapy, and lymphatic body wraps are some of the most effective ways known to detoxifying the body.**

## Infrared Sauna

The infrared sauna was designed by NASA to detoxify the astronauts when they returned from space. It is a healthy, safe, and natural therapy for all living beings. The

rays can penetrate over 5 inches into your body and works by pushing toxins, insoluble chemical residues, and heavy metals into your lymphatic system. **It is the only natural way to burn calories without exercise.** You can burn 600 calories in one session and you can perspire as much as a six mile run. You will experience pain relief because the rays penetrate directly into the source of your pain to help heal and soothe naturally. The infrared sauna is very effective for nerve pain, arthritis, muscle pain, joint pain, and fibromyalgia. It is like a healing chamber. The infrared rays reduce healing time for damaged tissues, muscles, tendons and ligaments. The sauna helps lower blood pressure, improve circulation, and enhance your metabolism. It renews elastin-collagen tissues, and helps make your skin feel and look young again. You will relax and eliminate your daily stress and muscle tension. You feel so cleansed and refreshed after each session. The infrared sauna is the most effective therapy available to clean your body from the inside out, and restore the body's ability to heal itself naturally.

## **Exercise With Oxygen Therapy(EWOT)**

Dr. Augello uses exercise with oxygen therapy (EWOT) because it helps burn fatty acids and increases your metabolism. EWOT increases the amount of oxygen in your blood plasma and tissues. Dr. Augello uses vibration plate technology from the Russian space program. This technology was used to detoxify the cosmonauts returning from space and also to regain their muscle mass. Soon the Russian Olympic athletes began to train with the vibration plate to increase their strength and improve performance.

Benefits of EWOT include reducing cellulite. Cellulite is not fat. **Cellulite is a build up of toxins in your tissue.** This is why you still see skinny people with that cottage cheese ripple in their buttocks and legs. EWOT reduces varicose veins, improves circulation, increases detoxification and increases muscle mass. Ten minutes of EWOT is equivalent to an hour of vigorous exercise. Dr. Augello uses a 5L oxygenator with an oxygen concentration that is ideal for losing weight and increasing your metabolism.

## Body Wraps

Dr. Augello uses body wraps that were developed by a biochemist from the UCLA Medical Center. You do not sweat from these wraps. These wraps are **DEEP INTERNAL CLEANSING LYMPHATIC BODY WRAPS**. Anywhere you are wrapped will shrink. His wraps push toxins and waste products into the lymphatic drainage system of the body. Other wraps try to pull toxins up and out of the skin, which damages and dries the skin. Dr. Augello's wraps are unique in that they restore elasticity to flabby skin, and do not dehydrate and age the skin. His wraps will diminish cellulite (which is a toxin and not fat) and contour the body. You can lose between 4-14" inches from just one wrap! Again this is not water weight loss because you do not sweat from these wraps. This is permanent inch loss as long as you follow his program.

## Self Mastery Technology(SMT)

SMT helps **increase melatonin** (which helps you sleep), **serotonin** (your happy neurotransmitter), **endorphins** (your bodies natural pain killer) while **decreasing cortisol**, a muscle wasting and body fat storing hormone, and emotional eating. SMT works at the subconscious level and balances the brain and relaxes the body.

There are 4 level of consciousness. The first is Beta, which you are in right now reading this. Alpha is the next level, and that is the state where you would say something like, "I wish I were at the beach right now," and you would imagine yourself there. Next is Theta, which is your deep subconscious mind. The last is Delta, which is deep sleep. **It is Alpha and Theta that the SMT affects**. This is where your subconscious can be influenced. It is impossible to have a negative thought in Alpha and Theta. Even if you fall asleep, the message is implanted in your subconscious mind.

## DIET

Dr. Augello recommends a plant-based diet, because scientific research and studies have shown that this is what the body needs to lose weight and maintain health. You can eat **unlimited vegetables** on his program. His program is **not a calorie restricted program**. You must eat at least 1000-1200 calories a day and more if you are exercising daily. A diet of fresh organic vegetables can reverse even the most serious health conditions. Organic foods are recommended but not required to do his program.

The Standard American Diet (SAD) consists of 60% processed food, 30% animal products, 5% rice and legumes, and 5% fruits and vegetables. This ratio is unhealthy and leads to sickness and disease. **Foods that come out of a box, bag, or can, are dead foods and lack the nutrients and enzymes the body needs to be healthy.** Dr. Augello's philosophy is about a lifestyle change, and not a quick fad diet where the patient gains all the weight back as soon as the diet is over.

**The average person can expect to lose 8-12 pounds a month on his program** if it is followed as written. He has had men lose up to 75 pounds in 12 weeks, and women up to 45 pounds. Dr. Augello has patients who have gone on to lose over 100 pounds and are still keeping it off more than two years later. This is a sustainable program because you are taught to eat real food from day one. The saying, "If you give a man a fish, he eats for a day. Teach him how to fish, and he eats for a lifetime" is alive and well here. You are taught what to eat, what to avoid, and the reasons why. **Dr. Augello has found that it takes 12 weeks to completely cleanse the body, and begin to become insulin and leptin sensitive again.** This is the reason he encourages all of his patients to start with his 12 week candida program.

## SUPPLEMENTS

Dr. Augello uses Solutions4 supplements which are **Japanese grade**. Dr. Augello explains that there are poor, good, organic, and then there is Japanese grade which is beyond organic. Japanese grade means that the supplement can be imported into Japan. Japan does not allow any supplement to be imported into their country unless they are 99.9% pure. Solutions4 is one of the few US companies that has this grade of purity. This is why he chose them for your program. All of the plants and herbs used in the supplements are grown organically in Utah.

Solutions4 shakes are made from the milk of cows that are grass-fed and free-graze in New Zealand. The cows eat only natural grass and are drug free. The whey protein is separated from the milk in New Zealand and is dairy, gluten, soy, lactose, and sugar free. This whey protein is some of the purest in the world. Vitamins, digestive enzymes and probiotics are added to the protein to make it an ideal meal replacement. The protein is so pure that it can be easily mixed with water and a spoon. You will replace one meal a day with a delicious shake. Dr. Augello recommends you choose the meal you are usually too busy to eat. He chooses breakfast and it keeps him full and satisfied until lunch time. Your meal replacement shake is available in four flavors: chocolate, vanilla, strawberry, and orange. Samples are available for tasting at his office.

## 24/7 Support

Dr. Augello and his staff are here for you. Weight loss and the regaining of your health is their passion. If you ever have any questions, just need to talk, or need a little encouragement, they are there for you seven days a week. They will either answer the phone, or get right back to you. **You are never alone on your journey and will always have the full support of Dr. Augello and his staff.**

## Journal Review

You are asked to keep a journal, because it is a well documented fact that those who keep an accurate daily journal of everything they eat lose more weight in a shorter period of time. In the beginning you are asked to count your calories so you know you are eating enough food. **Dr. Augello's program is not a calorie restricted diet.** His program is the only one he knows of where you are constantly encouraged to eat more food! **You can eat until you are full on his program.** You must eat at least a 1000 calories a day if you are a woman and at least 1200 if you are a man. Dr. Augello's Candida Book will be your weight loss bible, and is complete with simple step by step instructions and easy to follow recipes.

## Final Thoughts

There is simply nothing like Dr. Augello's Health and Body Makeover in the Lehigh Valley. His weight loss program addresses every issue that has to do with weight loss and health. Dr. Augello tells his patients, "You are going to feel better than you look, and you are going to look great." The next step is up to you. If you are ready to take back control of your life and your health, then join his program. If you are ready to feel better and have more energy, then start his program today. If you want to lose weight in a "spa like" atmosphere where everyone is helping to ensure your success, then this is the program for you.

If you have not already done so, please call to set up an appointment so you can experience for yourself all you have just learned about. Dr. Augello offers a complimentary consultation to those who want to improve their health, improve their life, and lose weight naturally.

*"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." ~ Thomas Edison 1902s*