

Welcome to the 52 BRMI E-Journal!

Labor Day in Modern Times

Labor Day stands as a reminder of the dignity and value of work, honoring the generations before us who fought for fair hours, safe conditions, and basic workers' rights. Yet, while it is a day meant for rest and reflection, many Americans today find themselves working harder than ever—often at the expense of their health. Long hours, chronic stress, and a lack of time for proper self-care have become the norm, creating a silent health crisis that touches nearly every household. The significance of Labor Day is not only in remembering past struggles, but also in recognizing the need to restore balance, wellness, and vitality to our lives in the present.

BRMI's Mission: Health, Knowledge, and Grassroots Change

At the Bioregulatory Medicine Institute, our mission is to distill and share the most vital knowledge on health and wellness, empowering our community to live healthier and more enriched lives. We recognize that censorship of natural health solutions continues to block crucial information from reaching those who need it most, making grassroots efforts more important than ever. That's why we ask our dedicated supporters to join us in spreading our message—because true change comes from the ground up. By uniting around the values of knowledge, health freedom, and wellness, we can honor the spirit of Labor Day not only by acknowledging the importance of work, but also by reclaiming the right to live in health, balance, and wholeness.

September: Month of Anti-Aging and Obesity Awareness

September is recognized as the "Month of Anti-Aging and Obesity Awareness". These conditions interrelate as obesity greatly accelerates the aging process. I am daily confronted with questions concerning weight loss protocols, so this introduction will focus on a few key strategies to prevent and treat obesity and promote longevity. The Chinese proverb is "disease enters through the mouth"; thus, it's important to first discuss diet and nutrition.

The Role of Diet and Nutrition in Obesity and Aging

Our food supply is very contaminated with hundreds, if not thousands, of chemicals. Obesity is not merely metabolic dysregulation; it is often a toxicological condition, whereas chemicals, toxic metals, and pathogenic microorganisms have overstressed the liver, pancreas, and intestinal microbiome. This is why purchasing and consuming high-quality organic produce and meat is so very important.

Hidden Dangers in Our Food Supply

Eating out is a health gamble, as we don't know the quality of food we are eating. It is better to bring the family together at home to create healthier meals for everyone than eat out. When eating out, it is important to search for restaurants that serve organic produce and free-range meats.

Cooking Methods That Protect Your Health

The way food is cooked can also have a significant impact on its quality. Look for food that has been steamed, grilled, roasted or poached. In general, these cooking methods equate to less trans fats. Foods that are described on the menu as pan-fried, fried, crispy, crunchy or sautéed will usually contain more transfat.

Processed Carbohydrates and Their Risks

Additionally, many processed foods (particularly grains) such as chips, crackers, pasta, cookies, pastries, bread, and tortillas are junk carbohydrates that greatly increase glucose levels, leading to type 2 diabetes. These should be avoided or eliminated. Generally, reducing carbohydrates is a healthier way of eating and shifts your intake away from problem foods, those high in sugar and without much fiber, toward high-fiber or high-protein choices, like vegetables, seeds, nuts, and healthy meats.

The Toxic Truth About High Fructose Corn Syrup

Fruit juices containing high fructose corn syrup or anything containing high fructose corn syrup are poisonous to your body.

Intermittent Fasting: Timing Matters

The timing of eating has also been found to be an excellent strategy for maintaining glucose levels. This involves intermittent fasting. There are several tables for

intermittent fasting and finding one that works for you will help bring energy back to your mitochondria. Some common intermittent fasting methods include:

- Alternate day fasting: In this diet, people fast every other day and eat a typical diet on non-fasting days. The modified version involves eating 20% to 30% of the body's energy needs on fasting days.
- The 5:2 Diet: People fast on two out of every seven days. On fasting days, they eat fewer calories or fast completely.
- The 16:8 Method: This involves fasting for 16 hours and eating only during an 8-hour window. People may also call this type of fasting a type of time-restricted eating.

In 2020, I wrote an article on intermittent fasting, and [this is a link](#) to that:

Fasting may not be suitable for everyone. Before starting a fasting regime, people can discuss their circumstances with a healthcare professional.

Mindful Eating for Better Health and Longevity

Mindful eating is a practice where people pay attention to how and where they eat food. This practice can enable people to enjoy the food they eat and may help to promote weight loss. If people lead busy lives, they may eat quickly on the run, in the car, while working at their desks, and watching TV. As a result, people may pay little attention to their food.

The following techniques may help a person be more mindful when eating:

- Sit down to eat: People can try sitting at a table, if possible.
- Avoid distractions: Turning off electronic devices, including TVs, laptops, or phones, may help people pay more attention to their food.
- Eat slowly: Take time to chew and savor the food. This may give a person time to recognize the signals that they are full, which may help prevent over-eating.
- Most importantly, consider food choices: Choose foods full of nourishing nutrients to make up for a balanced diet.

Supporting Detoxification Naturally

I mentioned that toxicity is often an issue in weight gain and aging. Some simple ways to assist your body in detoxification are consuming green drinks, spirulina plankton, and chlorella algae. Not only do we need detoxifying elements, but we also need to ensure that we eliminate our waste daily. This involves adequate hydration with pure water, preferably from a quality spring. Most adults can benefit from drinking 8-8-oz glasses of pure water daily. If there is a constipation problem, this needs to be corrected.

The Role of Fiber, Probiotics, and Gut Health

Fiber and probiotics can help improve the intestinal microbiome and promote better elimination. Many benefit from consuming chia seeds as fiber.

Some foods, such as those rich in fiber and probiotics, may increase the number of good bacteria in the gut, including:

- sauerkraut
- kimchi
- yogurt
- tempeh
- miso
- kefir

Simple Strategies to Improve Elimination

For those with very sluggish bowels, a morning drink containing ½ tsp of quality sea salt, ½ tsp of baking soda and 1 tablespoon of apple cider vinegar in 4 oz of pure water will help the bowel eliminate.

The Power of Exercise in Weight Loss and Anti-Aging

Though nutrition and detoxification are important strategies, equally important is some form of exercise and movement. Exercise seems to work off belly fat because it reduces circulating levels of insulin, which would otherwise signal the body to hang on to fat, and causes the liver to use up fatty acids, especially those nearby visceral fat deposits.

To effectively lose weight through exercise, focus on a combination of cardio and strength training. Cardio, like brisk walking, running, swimming, or cycling, elevates your heart rate and burns calories. Strength training, using weights or bodyweight exercises, builds muscle mass, which boosts your metabolism and helps you burn more calories even at rest. High-intensity interval training can also be beneficial for fat burning. Walking after meals is also a great habit to develop.

A Personalized Approach to Weight Loss

Most importantly, before engaging in any new weight loss program, consult a health professional. Everyone is unique, and what may work for one individual may not be helpful to another. Be patient, it may take time, but with perseverance, you will succeed.