



PERMANENT WEIGHT LOSS SECRETS



Axelrad Clinic Academy
Learn How To Live Your Greatest Life.

Permanent
WEIGHT LOSS SECRETS

Brought to you by:
The Axelrad Clinic



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The information provided in this Action Plan is not intended to substitute for direct medical advice from a qualified healthcare practitioner. Consult your healthcare provider before beginning any new health regimen, including this Action Plan.

ALL NEW PATIENTS START WITH A FREE INITIAL CONSULTATION

You'll meet one-on-one
with your clinician to see if
our unique blend of
**Acupuncture, Nutritional
and Herbal Medicine and
Mind-Body Coaching** are
a good fit for you.





ABOUT THE AXELRAD CLINIC

The Axelrad Clinic is a **natural medicine clinic** in Houston, Texas where **women from all walks of life** – young women, moms and moms-to-be, professionals, retired, and more – come and **get 100% natural treatment** so they can:

[Balance Their Hormones Without Taking Hormones](#)
[Get Pregnant Naturally](#) or [Finally Succeed With IVF](#)
[Heal From PMS, Endometriosis and Other Gynecological Issues](#)
[Overcome Chronic Stress, Depression, And Anxiety](#)
[Lose Weight Naturally and Permanently](#)

NOTE: If you're new to The Axelrad Clinic, you can click one of the links above to learn more about how we help people with these problems using our unique combination of 100% natural medicine.

And, if you like this Instant Action Plan, [subscribe to our Axelrad Clinic Newsletter](#) and get new case stories, insights, and tips every week...

Offices in Houston, The Woodlands, and Katy.
ONLINE consultations for remote patients available as well.



THE FIVE CORE PRINCIPLES OF RADIANT WELLNESS



Wellness is not something you can buy. It's a MINDSET. It's a way of living that not only seeks balance and strength, but authenticity and purpose. It is beyond surviving. It is THRIVING. It is meeting life's challenges with grace, strength, and resilience.

Lovingkindness

Be kind to yourself and others. Be patient. Forgive. You are already perfect.

Clarity

Eat simple foods. Drink lots of water. Focus on your goals. Know your story.

Strength

Be yourself. Respect and honor your feelings. Seek inspiration and cultivate joy.

Simplicity

Don't make it complicated. There is no perfect. Breathe, let go, and move forward.

Consistency

Establish a rhythm. Do something every day that feeds your desire to be your most authentic self.

ABOUT THE AUTHOR

Chris Axelrad, M.S.O.M., L.Ac., FABORM is a Master Acupuncturist and Holistic Endocrinologist known for his calming presence and sincere caring for his patients. After graduating #1 in his class from Bellaire High School in Houston, TX, he embarked on an uncommon journey to becoming one of the most highly sought-after holistic endocrinologists and reproductive specialists in Houston.

Born into a family of physicians (his father, uncles, and brother are all MDs), Chris chose a different path. He attended the University of North Texas where he majored in Jazz Performance as a drummer and percussionist.

It was during this time that Chris was introduced to – and became obsessed with – yoga, mysticism, natural healing, and the concept of using the mind as a tool for healing.

Upon returning to Houston, Chris played professionally for several years and toured with several pop and jazz groups. In his mid-twenties he began to pursue a career in software engineering, landing jobs with oil and gas companies as well as a startup software firm. All the while, he was feverishly reading and learning as much as he could on meditation, mind-body healing, herbal medicine, and other forms of natural therapy.

In 1999, after 5 years as a software engineer, Chris decided to follow his true passion and begin his journey to become a full-time practitioner of medicine. He enrolled at The American College of Acupuncture and Oriental Medicine in Houston where he graduated with honors in 2003. In February 2004, he opened The Axelrad Clinic.

Since that time, Chris has been at the forefront of integrative medicine. He has developed a unique style and system that is a fusion of Traditional Chinese Medicine, Functional Biomedicine, and Mind-Body Medicine. The Axelrad Clinic has become one of Houston's premier destinations for patients seeking integrative holistic care that uses 100% natural therapies of Acupuncture, Herbal Medicine, Nutritional Therapy, and Mind-Body Coaching to treat hormonal and reproductive issues.

Chris regularly lectures around the world to other healthcare practitioners on wellness, hormones, herbal medicine, and nutrition. He is President Emeritus of the American Board of Oriental Reproductive Medicine, a specialty board dedicated to excellence in integrative reproductive medicine.

He lives in Houston with his wife and daughter, and still plays drums in local jazz and pop groups. [Read Chris' full bio here.](#)



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BEFORE WE GET STARTED...

It's incredibly important to say a few things:

FIRST – **This is an ACTION plan**, meaning **in order for it to work you must actually do it**. I know that may seem obvious but I'm always surprised how people will come see me in clinic and pay me fairly large sums of money, and then not do most of what I suggest. **The bottom line is that wellness emerges first and foremost from a clear sense of self-responsibility. You must take ownership of your health. Nobody else can do it for you.**

SECOND – **Your results will be unique**. Nothing I recommend here will cause any harm and may help a LOT – a WHOLE LOT. **But, I am unable to make any guarantees**. You just have to try it out! **Again, you have to TAKE ACTION and only then will you see results.**

THIRD – **You are always welcome to contact the clinic if you have questions**. All you have to do is [visit our support page](#) and enter your question or concern and we will ALWAYS get back to you.

Now – let's DO THIS!

YOUR KEYS TO SUCCESS



1. **Keep it simple** – Don't try to do too many things at once.
2. **Be consistent** – Commit to this for 5 days in a row so you can really see how much better you feel.
3. **Be kind** – Keep a positive, gentle, and open-minded attitude and don't be hard on yourself.
4. **Focus on you** – if your partner or others living in your home don't want to do it, no worries! Just take care of yourself. By feeling your best, you are leading by example.
5. **Action speaks** – Talking about your changes only dilutes the focus. There's no need to tell everyone. Just focus on doing it!

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The WHY

You want to lose weight.

You've tried different things and maybe you've had some success. But, it seems like you just can't keep it off.

Don't worry, you're not alone!

I'm not a big fan of "diets", and here's why... Going on a "diet" implies it's a special thing you're doing just to lose weight.

And, it's almost a guarantee you'll fail. Why? Because a "diet" is all on the outside. There's rarely, if ever, any focus on mindset.

And, to me, mindset is THE MOST CRITICAL FACTOR OF ALL. Always.

Then there's complexity of trying to follow a detailed diet plan. Many of them simply aren't sustainable.

Then, of course, everybody thinks they have to run a marathon or become a world-class athlete to "burn all those calories". And, again, it's just not sustainable for most of us.

When you have a system that makes it easy, then it becomes sustainable. And, that's when you have the chance to make it "permanent".

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The WHAT

1. You must choose to love yourself unconditionally.

When you love yourself unconditionally, you're no longer judging yourself or doing things just for appearance or status. You shift the game entirely because you start to do things because you WANT WHAT'S BEST FOR YOURSELF. There's no "I deserve this" or "I don't deserve that". It's just "I want to express the best version of me possible." And, then you start eating for health vs. eating for pleasure or to medicate negative emotions.

2. Cut out the two most inflammatory and metabolically disruptive foods.

These two foods are both full of sugar AND tend to promote inflammation. And, they're very easy to eliminate because it's always obvious when they're a part of something you're about to eat. You can do this at restaurants, and it's easy to shop at the grocery store in a way that avoids these two foods. It's essentially an "80/20" principle in that just by eliminating these two foods you pretty much eliminate 80% of the stuff that causes you to gain or keep excess weight.

3. Do some form of "Sustained Intentional Movement" every day – for 10 minutes or so

When you set severe exercise goals (like an hour at the gym every day or 2 hours 3 times a week), you make things harder than they need to be. Plus, exercising too much is actually something that disrupts your metabolism as well. Instead, we'll focus on a few simple exercises that take about 10 minutes and do them EVERY SINGLE DAY. Over time, this is the best for your body and will produce amazing long-term changes.

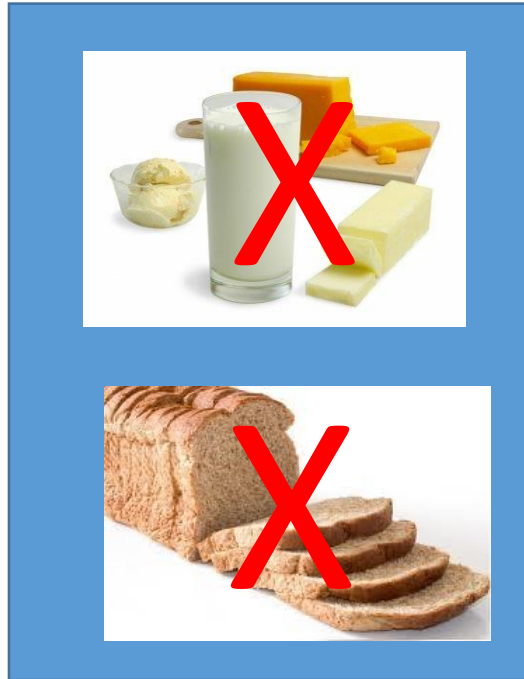
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The HOW

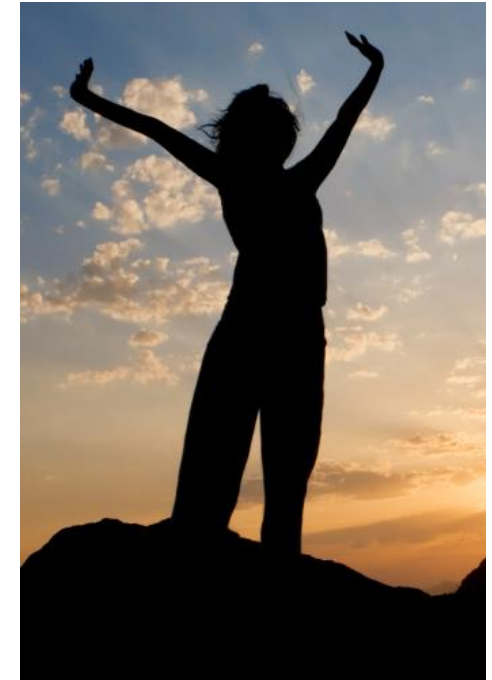


**Self-directed
Lovingkindness**

[Download the
meditation here](#)



**Eliminate most if not
all wheat flour and
animal dairy**



**Do a simple, fun
exercise routine
every day for at
least 10 minutes**

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How to get started...

Focus first on the “Self-Directed Loving-Kindness” meditation for at least a week. Do it before you go to sleep.

Then add in the dietary changes. Remember, KEEP IT SIMPLE. If it contains wheat flour or animal dairy in any form, do not eat it (unless it's a special occasion).

Finally, once you feel like the dietary changes are in place, start doing DAILY exercise – at least 10 – 20 minutes. Again, it doesn't have to be anything elaborate. Just move your body consistently for the entire time.

Remember, SIMPLICITY IS THE KEY!

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Common Questions

Do I have to be perfect on this?

No, of course not. You never have to be perfect but you must commit and take it seriously or it's not going to work.

How long will it take for me to see results?

That depends on many factors – so don't be in a hurry. However, once you start the eating change, you should see weight starting to drop within days. I'd say the max time it will take to start losing weight is about 10-14 days. If you have seriously cut out wheat flour and animal dairy and you still aren't losing weight within a month, consult a healthcare professional to see if you are having other issues (i.e. insulin resistance or pre-diabetes, etc.).

What about diet pills or supplements?

I'm not a big fan of weight loss supplements. I truly think if you focus on the basics as outlined in this action plan, you'll see sustainable, long-term results. Diet pills and supplements do offer a shortcut but we're looking for PERMANENT changes, not QUICK.

What if I want more guidance on this?

If you would like to discuss this one-on-one at the clinic with us, I recommend you [schedule a free consultation](#). We'll meet in person and see if our services are a good fit for you.

**WATCH THE COURSE IN
OUR ONLINE ACADEMY**

It's free and walks you
through the entire
process.



[Click here to watch now](#)



HOW TO GET STARTED AT THE CLINIC

For new patients, and those interested in finding out if our services are a good fit for them, we offer a **FREE INITIAL CONSULTATION**. At this visit, you'll meet with your clinician one-on-one to discuss your situation and make sure it's a good fit.

To request your FREE consultation now
simply click the button below
or call +1-713-527-9555.

REMOTE CONSULTATIONS ARE AVAILABLE AS WELL.

