

## **WATER AND THE MYSTERIES OF HUMAN METABOLISM**

by Frank Suarez, Obesity and Metabolism Specialist

Obesity and its related health conditions (diabetes, high blood pressure, hyperlipidemia, cardiovascular disease, cancer) have continued to grow worldwide at an unprecedented rate. On the other hand, diabetes has also continued to grow by itself as a worldwide epidemic that now threatens even our very young. Both conditions, obesity and diabetes, are caused by the same underlying problem of having high blood glucose levels. Truth is that without high glucose (blood sugar) it would be impossible to become overweight or obese. And, without high glucose levels it would also be impossible to ever be labelled as a “diabetic”. Both obesity and diabetes can be totally controlled or even reversed without medications by understanding what causes high blood glucose (blood sugar). Naturally, the pharmaceutical and medical cartels are not happy with my approach, it doesn’t make them any money.

My 20-year search has resulted in the creation of an organized metabolic restorative technology educational method that services and educates over 4,000 patients every week. As a clinician with 120,000+ patients helped I have been researching the human body’s metabolism to discover, isolate and understand those factors that create obesity and that make the worst of not just diabetes but also of all so called “sicknesses”. I have found a common causative thread for all disease in a dysfunctional cellular metabolism which miserably fails to provide the energy needed to create what we commonly call “life” or “good health”.

The extremely important role of WATER on the body’s metabolism is simply undeniable. I will take those present through a short presentation on how to detect which type of metabolism is dominant on their own body, what type of foods and water would best help their own metabolism build energy the most and what specific scientific and common-sense factors can explain or resolve any non-optimum body condition they or their patients are experiencing. Water, the hidden master organizer, healer and primary component of the human body is behind every health-related issue.

As a clinician, I am only interested in measurable RESULTS. What I will share with the participants always produces good results. Evidence based medicine is interesting but “result based medicine” is the real golden standard, not the other way around.

I have an intense curiosity for finding the CAUSES of health problems, low energy and a slow or deficient metabolism, combined with a desire to help others enjoy their health. I am, after all, an “ex-fatty” myself who also suffered from obesity, high blood pressure, high cholesterol and prediabetes. Despite that, I was able to regain my own health, energy and desire to live with the help of a restored metabolism.