



## Jade Teta, ND, CSCS

### The Endocrine Effects of Exercise: Hormonal vs. Caloric Weight Loss

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#### **About the lecture:**

Metabolic signaling molecules released from muscle during exercise, called myokines, drastically impact metabolic function. These direct endocrine effects are complimented by indirect hormonal responses from movement. Every single time we move, and the way we choose to do that movement, opens the opportunity to burn fat or store it, turn inflammation on or off, or elicit growth or decay. This lecture covers the new science of movement and its dramatic impact on body composition and metabolism. Participants will learn this new science and how to prescribe exercise and nutrition for their hormonal effects to impact body composition and disease.

#### **About Dr. Teta:**

Dr. Jade Teta completed his undergraduate training at North Carolina State University, earning a bachelors of science in Biochemistry. Dr. Teta then went on to study at Bastyr University in Seattle, Washington, widely regarded as “the Harvard of natural medicine”. There he earned his doctorate in Naturopathic Medicine, a distinct profession of primary care physicians who specialize in integrative and alternative medicine. Dr. Teta is a licensed family physician in Washington State. Dr. Teta also has extensive experience in the field of fitness having worked as a personal trainer for close to twenty years. He carries advanced certifications in fitness from the American College of Sports Medicine and the National Strength and Conditioning Association. His natural medicine background, along with his fitness expertise, has defined his healthcare specialties of hormonal weight loss and functional medicine approaches to chronic disease. Dr. Teta, along with his brother Keoni writes a monthly column called Exercise is Medicine for the international alternative medicine journal Townsend Letter. He is also a contributing expert to the national fitness publication Onfitness Magazine. He has been a featured expert lecturer at medical conferences around the country and is the co-author, with his brother Keoni, of the The New ME Diet (2010 Harper Collins). Dr. Teta is also the developer of the rest-based training format for group exercise and personal training, and founded Metabolic Effect Inc. (ME) with his brother Keoni in 2005. ME is an exercise and lifestyle company specializing in individualized diet, exercise, and lifestyle approaches to fitness and fat loss.

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