

Sensa – How Does It Work?

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Sensa Review - Health Research News

Let's walk through *Sensa's* site "How It Works".

Sensa's sums it up by saying you'll...

| *Feel Full Faster. Lose Weight.*

Sensa claims to help you "Lose Weight".

Here's all you need to know about weight loss:

| *"You know how well you're nourished by the number of hours you forget to eat. Always hungry? Then what you're eating isn't food... for you."*

Sensa helps your "feel full faster" and "lose weight" by artificially manipulating [Alliesthesia](#) which can cause all manner of challenges.

Alliesthesia, aliesthetic taste change or aliesthetic mechanism all describe how food taste interacts with taste and smell receptors. For a simple demonstration, sit down with a nice, ripe pineapple and start eating. At first each bite is delicious, then eventually bites become acidic, burn or taste repulsive.

Alliesthesia works by sensing nutrients in their natural state, primarily mineral salts and flavor components which give food their taste, smell and color. Flavor components are rich in antioxidants, the stuff of longevity.

Sensa flat out states they're spoofing Alliesthesia. Sensa is the spam email of white powders. The ones you get trying to trick you into giving away your credit card info.

Sensa tricks your smell and taste receptors into believing you're eating useful nutrients instead of CRAP (continually reducing attitude + performance) substances. CRAP substances may be non-nutrients, which simply tax your elimination system. Or anti-nutrients which create detoxification or immune system response, both of which eat away at your longevity.

Here's another quote from the Sensa "How It Works":

| *"As you eat smell and taste receptors send messages to your brain which release hormones that tell your body it's time to stop eating."*

First here's all you need to know about weight gain, weight loss, losing fat fast, especially losing stubborn fat fast like muffin tops, belly fat and hip fat.

1. We eat primarily because we're hungry.
2. There are two primary stages of life – maturation + maintenance.
 - Maturation requires macro nutrients for rapid gains in height, muscle mass and bone density.
 - Maintenance requires micro nutrients for regenerating existing cells.
 - Micro nutrients include vitamins, minerals, enzymes, antioxidants, cofactors.

- Cooked, processed and animal foods are extremely low in assimilable (able to be digested + absorbed) micro nutrients.
- If your diet is rich in these foods, you'll have to eat massive amounts of macro nutrients just to get enough micro nutrients to maintain life.
- If your macro nutrient intake (eating) is more than you can eliminate (bowel movements) the balance has to go some where. If it can't go out,

then it goes to your belly, thighs, hips anywhere it can be stored.

Sensa spoofs or tricks your body into thinking you're eating micro nutrients.

The more micro nutrient deficient a person is, the more harmful this spoofing. When aliesthetic taste change is spoofed, hunger signals telling you to eat micro nutrients you require to stay alive or thrive are turned off. This spoofing means deficiencies can accelerate creating a potential for all manner of hard to diagnose deficiency challenges.

Sensa "How It Works" states this flat out:

"By enhancing smell, SENSEA® Tastants were designed to help speed up the process and trigger your "I feel full" signal, so you eat less and feel more satisfied."

Instead of having your taste + smell lead you to correct, micro nutrient foods, Sensa spoofs, hijacks + short circuits this process.

"Because SENSEA® works with your body's natural impulses, rather than against them, there are no feelings of hunger or intense cravings."

More correct to say "hijacks your body's natural impulses" rather than "works with".

Sensa is simply another product designed to separate you from your hard earned health and money.

Here's all you need to know about weight loss:

"You know how well you're nourished by the number of hours you forget to eat. Always hungry? Then what you're eating isn't food... for you."

Here are some resources for rebooting your aliesthetic taste mechanism back online.



[Fat Sick & Nearly Dead](#)

Average Rating: ★★★★★

178 total [customer reviews...](#)

The professor gives Sensa the BIG...



The professor wants to know about your experience with Sensa. Feel free to post it in the comments section below...

The Original Post is Located Here: [Sensa – How Does It Work?](#)

Regis And Kelly Conflicted Over SENSEA

First off I absolutely love Regis and Kelly! Actually this is an old video since Regis is now "retired". It was truly sad to see him go. What a great history in entertainment.

Anyway... enough of that sentimental bit!!

So apparently Kelly was up early in the morning and caught a SENSEA infomercial, she is actually really accurate in describing how the infomercial comes across.

She basically says all you have to do is sprinkle some SENSEA on your food and the pounds melt right off you! Something else I thought was funny was how she was excited about the fact that you can eat WHATEVER you want, as long as you put SENSEA on it and you will lose weight.

I know... she makes it sounds like the best thing since sliced bread! Well, if it really was that good it would be included in all of our food for us already. Then maybe America (where I live for you international visitors – hello!!!) wouldn't be the most obese nation in the world!

So really Kelly, I hope you realize the infomercials are totally hyped, I would say take it with a "grain of salt" but in this case with Kelly I would say "take it with a grain of SENSEA".

Regis has been around the block a couple of times though. The whole time Kelly was going crazy over the infomercial he was going “yeah right” after her statements.

He has it figured out, the only way to stay trim and healthy is to eat healthy and stay active. He is a great example of how to do this, that is for sure.

So Regis, thanks for pulling Kelly back into reality (or at least trying... she is kind of always a “little” out there).

The Original Post is Located Here: [Regis And Kelly Conflicted Over SENSE](#)
