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HomeCures That Work

Obesity

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10 Myths That Obese People Believe And How To Overcome Them

By Dr. Scott Saunders

Being a doctor and working with people for over 20 years, trying to help them get healthy, has given me a different perspective on obesity. I think I have heard every excuse in the book. Because of this, I no longer tell people what they want to hear, but rather I tell them the truth.

The truth about your obesity begins by finding out the reason for overeating.

Your own personal reason for indulging in food may be different from anyone else. In dealing with obesity, it is important to understand why you are overweight. If you don't deal with this issue, you will not be successful in your efforts to lose weight.

In one case, a woman came in to see me saying she wanted to get off of her diabetes medications because they took away all of her energy. I explained to her that since she weighed over 250 pounds, the fat would prevent her from achieving her goal of going off medication and we would have to deal with the extra weight first.

She came in faithfully every two weeks for over a year, but didn't lose a single pound. She said she was doing everything I suggested, but it just wasn't working. Finally, in frustration, I dropped my head into my hands and questioned, more to myself, "Why aren't you losing weight?"

She timidly answered, "Because I don't want to." Amazed, I looked up and asked, "Why not?" She went on to explain that she had seen a man on TV who had lost a hundred pounds and they showed his skin hanging down from his arms, legs and abdomen. "I don't want to look like that!" she blurted out in tears.

Another woman who wasn't losing weight on a supposed 500 calorie per day diet offered that she kept the fat on to keep people away. "I don't want to get close to people and risk getting hurt. The fat is a very effective way to keep my distance." This distance included her

family and friends. She was sabotaging her own efforts on multiple diets over years because of her emotional fears.

10 Common Myths about Overcoming Obesity

Over the years, I have collected some of the most common myths that obese people believe that prevent them from getting healthy. Many of them are actually touted in the media - or even by mainstream doctors!

Myth #1 - Exercise can make you skinny

This is a huge myth. If this were true, then Sumo wrestlers would be thin! They exercise all day, every day, and are able to maintain over a hundred pounds of fat because they eat over six pounds of rice per day. They get up in the middle of the night to eat rice and maintain their weight. Many believe they can eat what they want and just exercise more to "burn up the calories" and prevent weight gain.

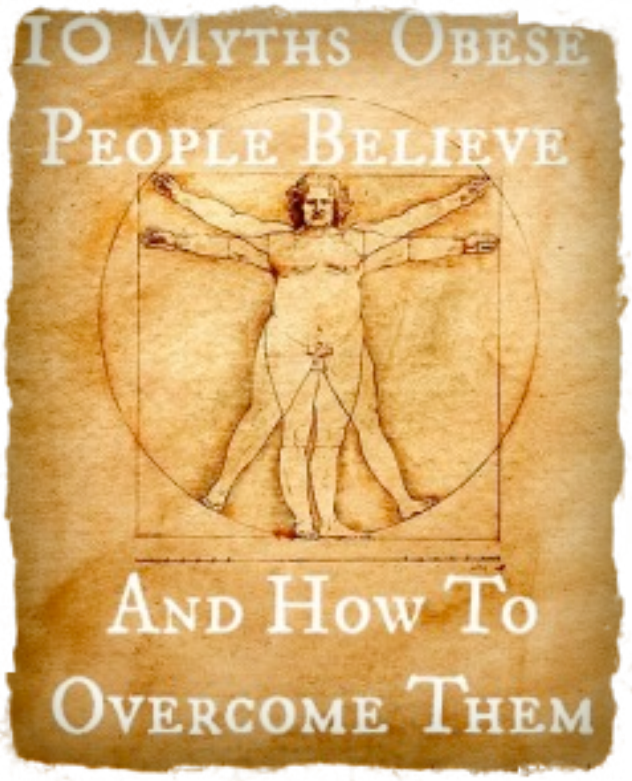
We were told that a calorie is a calorie, and

(calories in) – (calories out) = (stable weight)

Not true! If you don't curb your calorie intake, exercise can actually make more fat deposits in your body. Don't get me wrong, exercise is important for maintaining health and strength, but just don't believe the myth that you can lose fat by exercising.

Myth #2 - Eating less fat causes weight loss

Another common myth is that low-fat diets cause weight loss. This false idea was started over thirty years ago, allowing for an experiment on the whole society. The truth is as people eat less fat, they eat more carbohydrates.



In fact, since the 1970s, sugar consumption has gone up dramatically! Now, the average American eats his weight in sugar every year, up from about 30 pounds per person! This has caused an epidemic of obesity, as well as diabetes. Over 60% of the population is obese and about 1/5 of the entire population is either diabetic or pre-diabetic! Low-fat diets don't lower body fat.

Myth #3 - Low thyroid causes weight gain

I am amazed by the sheer number of people who still believe that they are overweight because of a "thyroid problem." Weight loss clinics in the 1980s that gave people high-doses of thyroid hormone were surprisingly unsuccessful. Multiple studies on the effects of thyroid on weight have failed to find a connection – and yet the myth persists. There are many medical doctors and other practitioners that perpetuate this myth, telling people, "It's not your fault, it's your thyroid." They are then given thyroid hormones to take, but don't lose weight.

Myth #4 - Don't look at the scale!

When people refuse to allow my office staff to weigh them, then I know there is a deeper problem. These are the people who don't want to look at where they know they want to be. They feel they will get discouraged if they find out they are not losing weight or if their efforts are in vain.

Not looking at the scale when you are trying to lose weight is like getting on to the plane and hearing the pilot say, "We're not sure where we're going and our fuel gage isn't working, so we'll just see what happens." I don't know about you, but I'd get right off of that plane!

I find the real reason people don't want to know how much they weigh is because they know they aren't doing what they need to do to lose weight and don't want a reminder of their failure. In order to determine if your efforts are working, then you must have a way of measuring progress. Weight is not the best measurement of health, but it is a good indicator of improvement.

If you are serious about getting healthy, it is a good idea to weigh yourself every day and *write it down*.

Myth #5 - Diet pills help you lose weight

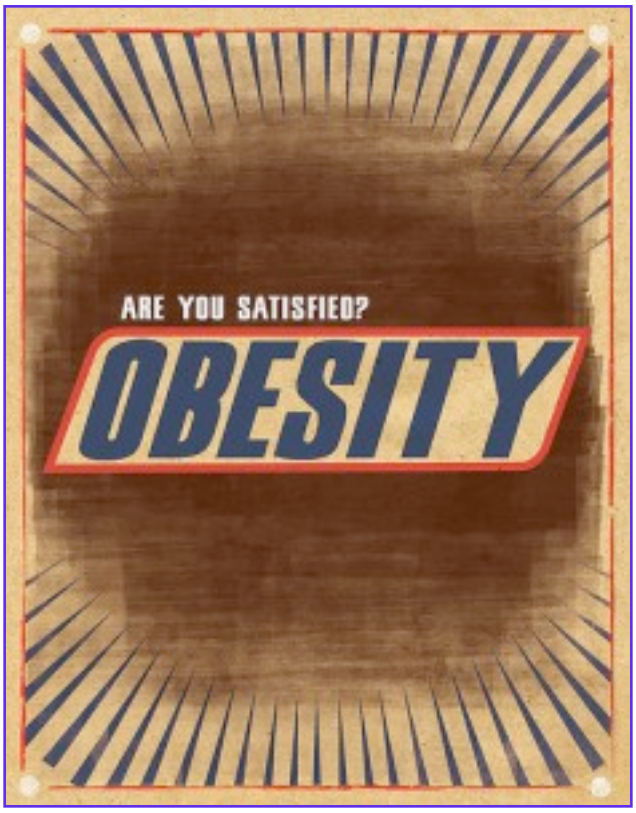
Last week, I had a woman in my office who was taking diet pills over ten years ago, which caused memory, focus and weight problems. She is still feeling the effects of brain dysfunction, as well as obesity because of abusing diet pills.

She told me, "The pills worked to keep the weight off, but I would rather be fat than have all these problems with my brain!" I have many come in asking for diet pills, but all of the diet pill studies show a short-term loss of weight with a long-term gain. Moreover, they cause brain dysfunction.

Why are diet pills still is use? Because of public demand. People are trying to appear to be healthy, but with drugs that are actually harming their health. Believe me, diet pills, whether over-the-counter or prescription, are not the answer to being overweight.

Myth #6 - Dieting is the solution to an obesity problem

In the 1880s, Mark Twain quipped, "Quitting smoking is easy. I've done it a thousand times!" I know people who have tried "a thousand" diets, but with only short-term weight loss. The number of diet books could be stacked from here to the moon, and there are several more that come out every week.



Dieting has been a national obsession for almost a hundred years! Ironically, over this time, people have become fatter and fatter. Getting off of the "diet treadmill" means making permanent lifestyle changes instead of temporary ones. Instead of "being on a diet,"

you may need to make rules to live by for the rest of your life. These rules should include:

- Eating whole foods
- Avoiding processed foods
- Eating more in the morning and less at night
- Limiting snacks
- Drinking only water.

Modify these principles according to your taste and lifestyle to find yourself overcoming any struggles with obesity.

Myth # 7 - Thin people have more willpower

Most people who remain thin make a decision to do so. Yes, it requires a change, as does every gain in life, but a little knowledge is very helpful. Start researching what it means to be healthy and to have a healthy body.

Life is about sacrifice and we have to choose every day to sacrifice either our health or our taste; we can't have both.

This isn't just in the area of food, it's a part of everybody's life. I find this to be true with tobacco, drugs, alcohol, sex, money, stress, and every possible desire that human beings have. Not everyone is so tied to their taste buds that they gain weight, just like not everyone likes to smoke tobacco or drink coffee.

If you feel that you need willpower, then you have an addiction. The only way to overcome an addiction is with the help of God. Multiple studies have proven that any other way is temporary, at best. In these cases, prayer is an essential part of any weight loss program.

Myth # 8 - Fasting is bad for you

The single healthiest thing anyone can do, especially if they are overweight, is fasting. Multiple studies on every species of animals, including worms, spiders, yeast, cats, rats and monkeys have shown a longer and healthier life in those who fast. Monkeys who fast every other day live longer healthier lives than their counterparts who are fed daily. There is no nutrient, food, pill, or juice that can boast the invigorating power of fasting.

For weight loss, the benefits of fasting are tremendous. The weight comes off – about a pound per day – the hunger and cravings disappear, the stomach shrinks, the digestive system is more effective, and the weight doesn't come back easily. Fasting is the "reset button" for your metabolism.

One man in Scotland who weighed over 470 pounds went to his doctor and said he wanted to weigh 180 pounds. The doctor said, "Quit eating," so the man did. He started drinking only water and taking a vitamin and electrolyte (salt, potassium, minerals) pill. After a year and 18 days without food he weighed 180 pounds. He began eating sensibly, and nine years later he still weighed 180 pounds.

You can start fasting with just one day of drinking only water. Sometimes, it takes as long as a week to begin your fat-burning metabolism. Be careful of hypoglycemia, or low sugar. You may want to have some carrots handy in case you get headaches, weakness or cold sweats. There are many good books on fasting. I would recommend getting information if you don't have any experience with this most healthy dietary change.

Myth #9 - High-nutrient and low-calorie foods are expensive!

Of course, ounce-for-ounce, you will find that organic foods cost more than those smothered in pesticides. Prepared foods seem to cost less than their unadulterated counterparts, but this isn't the whole picture.

- Eating smaller amounts of grass-fed meat…
- Eating wild-caught fish maybe twice per week…
- Having organic fruit and vegetables instead of packaged snacks…

…Is *less* expensive. People who are eat nutritious foods, don't often eat when they aren't hungry. However, snack foods that are less healthy are eaten for taste when hunger doesn't matter. This is why people get fat on snack foods - they OVER eat.

Moreover, preparing the food in your home rather than going to restaurants will save tons of money. The average American eats in a restaurant five times per week. This is significantly more expensive than bringing food from home – and it's more nutritious.

Myth # 10 - You can eat anything you want and still lose weight

People are often told they can have their cake and eat it too! After trying this for many years, one would think that people would catch on to this scam. This is the big lie of lies in human metabolism and just telling people what they want to believe. The fact is, without sacrificing food, there is no way to be healthy. Mostly, we just have to change our thinking to begin eating for nourishment instead of for taste. Over time, nourishing foods become tastier, and the engineered foods become nauseating. Here are a few examples of altering what you eat to achieve weight loss success.

"I eat hardly anything and I still gain weight." A young, overweight woman explains in tears. She had written down her diet for the past couple of weeks – *everything* – and could verify that she was eating about 1200 Calories per day (the average is almost 3000) of whole foods, and was indeed gaining weight. From the diet record, however, we found that she was eating a lot of fruit, and having a metabolism sensitive to sugar, this made her gain weight. We took out the fruit between meals and substituted nuts, celery, and cucumber, and she started losing weight for the first time since she hit puberty! But, it required the sacrifice of all sweet things, including healthy and natural sugars like fruit.

Another of my patients came in looking for a diet pill. I explained the risks and benefits and she said, "That's not worth it! What can I do instead?" I told her the myths above, and then explained the principles of maintaining a healthy body. Several months later, she came back and I didn't even recognize her because she had a nice figure! I asked her how she did it, and she said, "I just did what you said. I decided that if there was no easy way out, I would just have to change my diet."

The 10 real rules of weight loss are simple and everyone knows them:

1. *It's all about the food!* Don't eat processed foods, especially those with chemical additives: colors, flavors, sweeteners or preservatives.
2. Only eat *whole* foods, especially lots of green vegetables.
3. Eat small portions.
4. Fast one day per month.
5. Limit sugar in all forms. This includes "natural" sugars like fruit and juices.
6. Drink only pure water.
7. Eat as much raw, fresh, organic food as possible.
8. Buy grass-fed, free-range meat and dairy and eat it sparingly.
9. Avoid restaurants.
10. Use lots of spices

With these principles in your arsenal, you can win the war against fat and obesity, become healthy, and truly live a long and happy life.

Not so F-A-T…Are you suffering from an obesity epidemic or wrongheaded thinking???

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7 Rungs of the Health & Wellness Ladder

Overcoming Obesity Step by Step

By Amanda Box

I am sure that it comes as no surprise to you that obesity is a HUGE health epidemic.

Some are saying it is the #1 preventable killer. This means that it tops even smoking!

Whether you watch the Biggest Loser or Dr. Oz, the media trumpets about America's obesity problem. The sad part is that even though our obesity epidemic is "old news," the problem continues to grow! Currently, one third of America is obese. Some are predicting

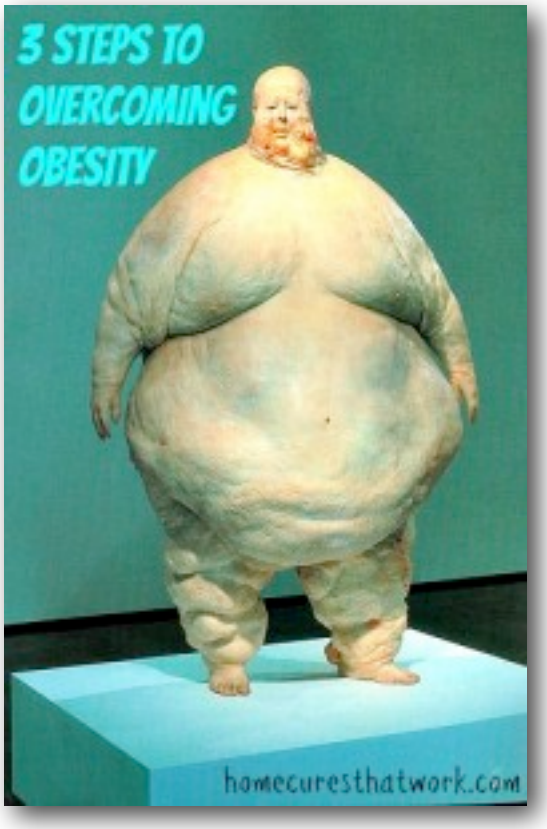
that by 2030 obesity will consume half of the American population!

Obesity is defined as an accumulation of body fat that is 20% or more than someone's ideal body weight. Most doctors use something called the BMI (Body Mass Index) to calculate obesity.

Your BMI = your weight in kilograms divided by your height in square meters.

- Under 18.5 BMI = Underweight
- 18.5-24.9 BMI = Healthy Weight
- 25-29.9 BMI = Overweight
- 30+ BMI = Obesity

Here is a quick and easy way to calculate your BMI without having to do the math yourself. http://nhlbisupport.com/bmi/



3 Steps to Overcoming Obesity

Many obese individuals don't even realize the way they are eating is contributing to their weight problem. Unfortunately, most obese adults were also obese as children. Hundreds of thousands of kids are raised on fast food and junk food; some have never even touched a green vegetable or piece of fresh fruit! This has become the reality of America - and an extremely sad reality it is.

- The average American typically gains approximately one pound a year.
- Those over 50 years old gain around 2 pounds a year.
- Those with diabetes gain more than 4 pounds a year!

Some may scoff and say that really doesn't add up to that much but, when you gain year after year, the pounds tip the scale into obesity.

The irony in all of this is that obesity is one of the simplest health problems to treat! Reversing obesity doesn't require surgery or multiple hospital visits. Yes, there are a small number of genetic predispositions to being overweight, but most of the time a person struggles with obesity because of their choices.

Tackling obesity involves a strong will and an intense desire to change. But, when you do overcome obesity, it is well worth the benefits:

- Greatly reducing your risk of heart disease
- Lowering your chances of becoming diabetic
- Increased energy and stamina
- Greater self confidence

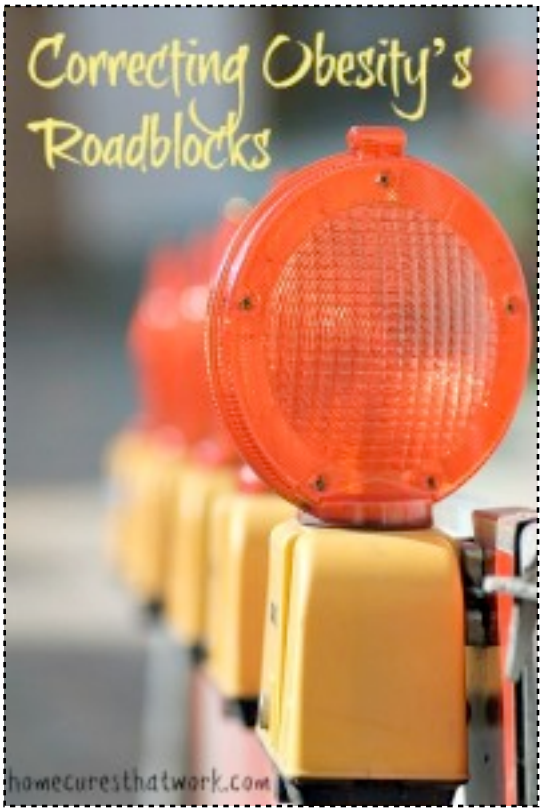
When someone approaches me trying to solve their obesity problem, I ask them a lot of questions to find out how serious and committed that person is. Many times I find that they just want a quick fix or a magic pill to solve their weight problems. I, however, don't offer those magical promises. What I do offer is a step-by-step plan to overcome obesity that results in:

1. Identification of possible weight-loss inhibiting health factors
2. Cleansing of accumulated toxins in the body to increase weight loss capacity
3. A well rounded plan for lifelong health and nutrition

#1 Correcting Obesity's Roadblocks

Before beginning your journey towards losing weight and improving your health, you should eliminate any possible underlying health factors. Many times obesity itself causes health issues. But, sometimes, there are imbalances in the body that contribute to weight gain. Those imbalances can inhibit one's ability to lose the substantial amount of weight they need to lose to overcome their obesity.

Here are the 3 most common body imbalances that become roadblocks to losing weight:



Hypothyroidism

Before you begin your weight loss journey, have your doctor run a thyroid panel. A slow thyroid causes weight gain and can greatly impair your efforts to lose weight. (1) Your thyroid hormones play a significant role in both your metabolism and your utilization of nutrients. Some people see the pounds start falling off simply by having their thyroid working properly again!

If your thyroid levels are low and your doctor suggests medication, request a natural thyroid medication like Amour or Naturthroid. They work much better and are safer than the typically prescribed synthetic versions like Synthroid.

Fortunately, you can help normalize an underactive thyroid gland by increasing your intake of the mineral iodine and increase your weight loss chances. Iodoral tablets are a great form of iodine to take and are recommended by many medical professionals. Take the simple iodine test and accurately assess your need for iodine.

Hormone Imbalance

Our sex hormones can also greatly influence our ability to lose weight. One of my clients ran 5-6 miles a day and ate extremely healthy, but his weight just wouldn't budge. His thyroid came back completely normal so we ran a men's hormone panel. His lab results showed that his testosterone levels were extremely low. After using bio-identical testosterone cream for a couple weeks, his excess weight began to fall off!

Too much estrogen can also cause weight gain in both men and women. We are exposed to toxic estrogen on a daily basis through our diet. These toxic estrogens, or xenoestrogens, are in our plastics, body care products and even our food! One of the best ways to filter out excess estrogen is with supplements to help you break down and eliminate the excess estrogen in your body:

- Indol-3-carbinol
- DIM (Diindolylmethane)
- Calcium d-glucarate

It is amazing how just one hormonal imbalance can cause such dramatic weight gain. Having a hormone panel run is a wise choice before your journey to weight loss. This is especially recommended if you're over 30 years old.

Insulin Resistance

Another impeding factor to weight loss is insulin resistance. Insulin resistance happens when the body's cells no longer respond to insulin. The cells then cannot utilize glucose, so the pancreas pumps out even more insulin in an effort to stabilize the body's blood sugar. Because the sugar isn't properly utilized, it is stored as excess body fat. A tell tale sign of insulin resistance is an accumulation of fat around the abdominal area. In fact, most obese individuals struggle with insulin resistance and have no idea. After a while, the pancreas can give out and diabetes becomes the result.

Overcoming insulin resistance typically calls for a low sugar and low carbohydrate diet. Following this diet can eventually "reset" the cells so that they begin to respond to insulin again and your body starts to shed excess weight.

#2 Eliminating Toxic Fat

Once you have identified and corrected any imbalance in the body, it is time to begin to consider a detoxification plan. I highly recommend detoxification because when you start burning fat, the toxins accumulated in those fat cells are released into your system.

Most weight loss plans do not address the potential seriousness of this toxic release. This toxic bombardment is why many people feel terrible when they begin losing weight. They may be shedding pounds, but they are also being overwhelmed with chemicals that have been stored away for years inside those fat cells! Here are some frightening examples of the toxic chemicals hidden away in our body fat:

- The National Human Adipose Tissue Survey was performed by the EPA in the 1980s. They analyzed human fat samples looking for toxic chemicals. They found that in 100% of their samples had 4 different industrial

solvents and one dioxin. In more than 90% of the samples they found 9 different chemicals, 3 more dioxins and one furan, which are highly toxic by-products from industrial manufacturing. Also, 83% of the fat samples contained PCBs that can affect our immune, neurological, and endocrine systems resulting in thyroid disruption, fertility issues and low immune system activity.(2) (3) (4)

- When fat cells are broken down during weight loss, the surge of pollutants in the bloodstream can trigger disease. Some of those include heart disease, diabetes and arthritis. This is why it is so important to detox in order to buffer the effects of this potentially toxic onset. (5)

In my professional opinion, detoxification is KEY when beginning a lifestyle change of healthier eating. It's the body's way of breaking down and eliminating anything that doesn't belong. These days, there are a lot of things our bodies come into contact with that don't belong. If you are struggling to lose weight despite eating well and exercising your butt off, toxins may be interfering with your body's metabolism.

Some promote detoxes and cleanses to "jumpstart" weight loss. However, detoxing should never be looked at as a quick and easy way to lose weight. It is, instead, an integral part of maintaining good health and protection while you're burning fat. Detoxification enhances your body's natural healing system.

Pre-Weight Loss Cleansing Steps

To avoid those side-effects from fat loss toxic release, it is beneficial to do some mild cleansing or detoxification during the weight loss. While it's true that we live in a toxic world, it's important to remember that there is a lot you can do to enhance your body's natural ability to detox.

Detoxification for the first time should be done both gently and in steps. Jumping in and doing an extreme cleanse can cause more harm (vitamin deficiency, cardiac arrhythmia, depression, anemia and even brain damage) than good.

Focusing on one organ at a time to mobilize, transform, and excrete toxins will give you the safest results.

The Colon

Cleansing should always start with the colon. Your colon is your largest channel of elimination. One or two well-formed bowel movements every day are one of the best ways to give toxins a one-way ticket out of your body.

Once your colon is cleansed and restored, it frees up your other channels of elimination and can result in weight loss. It is not a loss of fat, but rather a loss of weight from accumulated fecal matter and water in the colon! Some people carry around several extra pounds of fecal matter and have no idea! This "backing up" of your system inhibits your

ability to get toxic material out of your body. A cleansed colon allows you to get those toxins out of your system quickly and efficiently!

I believe there are two very important things to incorporate into a colon cleanse plan.

Fiber

One of the best ways to cleanse the colon is the addition of fiber in the diet. Fiber cleans out the colon by making our stool heftier and easier to expel. Having a cleansed colon has numerous benefits. Some of those include:

- Feeling lighter and less bloated
- Improved digestion and elimination
- Mental clarity

I typically recommend a fiber like flax for the daily diet - 2 tbsp a day is typically beneficial enough. However, I have also been recommending Renew Life's Bowel Cleanse formula. I am a big fan of all in one formula's and Renew Life is a fantastic company. Their formula uses flax, oat bran, and acai fibers and combines them with the gentle laxative rhubarb (a gentle laxative is beneficial for colon cleansing, as well).

Bentonite Clay

Bentonite clay, otherwise known as montmorillonite clay, is one of my favorite detoxification tools because it is very gentle, yet extremely effective.

Bentonite carries a negative charge, which helps draw positively charged toxins to it. Taking bentonite clay internally binds up toxins and carries them out of the colon. You can also add powdered bentonite to your bath to pull toxins out through your skin. I have bathed in bentonite often and I am always amazed how I can feel it working!

The Liver

The liver has been deemed by many as your "fat burning organ". That is because a healthy, cleansed, and well functioning liver is an absolute KEY to weight loss. When your liver is overwhelmed with toxins - which is incredibly common these days - it makes it challenging for your liver to get around to burning fat.

As I mentioned earlier, when you start burning fat, the accumulated toxins that were stored in that fat start circulating in your body. For every pound of fat you burn, all the toxins need to be metabolized by the liver. Cleansing and continuing to support your liver before and during your weight loss can help you quickly and effectively process those fat and toxins out of your body.

I believe that keeping the liver cleansed will help you feel much better during the initial stages of weight loss. A well functioning liver will process those toxins out of the body much faster, which will result in

- Clearer thinking
- More energy
- Faster weight loss

I recommend beginning a liver cleanse at least a week before you begin your journey towards healthier eating and weight loss. When you ease your liver's detoxification burden, your liver will have the space to burn fat.

I also suggest you stay on liver supporting supplements during your entire weight loss. It will need all the help it can get during this time. Some fantastic liver supporters and cleansers include:

Milk Thistle

Renowned for it's ability to both protect and promote the growth of healthy liver cells, milk thistle promotes the flow of bile, which helps move toxins out of the liver and on their way out of the body.

Dandelion...

Stimulates bile production and assists the in the detoxification phases of the liver. It is also great for the kidneys because it acts as a gentle and natural diuretic. Dandelion

is rich vitamins and nutrients like iron, calcium and magnesium to help balance its diuretics effects.

Artichoke

Artichoke both regenerates and protects the liver. It too increases the flow of bile to support the digestion of fats.

I highly recommend Liver Cleanse by Enzymatic Therapy. It not only contains these three ingredients, but several others, as well.

1. Take 3 pills twice a day for at least a month during the initial stages of your weight loss.
2. After one month, you can reduce the dosage down to just 3 pills once a day.

Other ways to support your liver on an on-going basis are to keep your lifestyle chemical-free and your diet as close to nature as possible. Processed foods, unnatural foods, and chemicals from all sources create a burden on our liver (that often leads to disease) and make it very hard for us to lose weight.

#3 A Healthy Eating Lifestyle Plan

The last secret to overcoming obesity is choosing a healthy eating plan. I really hate using the word "diet" because it implies something short term and typically quite extreme in our culture. Whatever you choose, it must be something reasonable and also something that can change your life positively for the rest of your life. Imagine, you can:

- Lose weight
- Fit into smaller size clothes
- Feel energized daily
- Experience zero cravings
- Never feel hungry
- Automatically stop eating when you are no longer hungry
- Stop overeating ever
- No longer suffer from food allergies
- And overall, feel fabulous!

Thinking long term will help you keep the weight off long after you lose it. This step is a lifestyle change, not just a diet to follow to lose weight.

Many people think short term and look forward to the day they can eat whatever they want again. Those people, unfortunately, are destined to gain their weight back. This is why it is very important that you pick a plan you can follow and includes foods you enjoy. In fact, this is the last "diet" you will ever need.

The two eating plans I recommend to my clients are:

- *Eat Fat Lose Fat* by Mary Enig
- *The Fat Flush Plan* by Anne Louise Gittleman

Both of these plans expose the great lie in the weight loss industry. One lie is that "fat makes you fat." Low fat foods are not always healthy and many times contain artificial ingredients and excess sugar. For example, Coke is 100% fat-free, but that doesn't make it a health food.

I find both of these plans easy to follow and nutritionally sound. I always recommend books rather than just a list of "do's and don'ts" for foods. This is because books give the science and reasoning behind their nutritional recommendations. Knowing the why behind what you are eating is very empowering! A very simple idea from these

books can break through the confusion and plant the seeds of a health revolution. Our bodies were designed to run on *real food*. Our natural default state is health. We need to simplify our way of eating.

Also, I recommend that you weigh the plan you choose, up to the Barton Publishing's Healthy Food Plate. This Food Plate is in my opinion a fantastic guide to true health and nutrition. If your eating plan doesn't resemble this chart, it is most likely out of balance.

Healthy Purpose

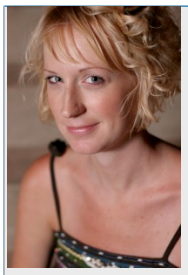
Remember, your primary purpose behind eating well, shouldn't be weight loss! If you make weight loss your only goal, then you may throw in the towel once the weight is lost.

True health should be your primary motivation! The side-effects of losing weight are all good ones: reversal of high blood pressure, diabetes, high cholesterol, clearing of brain fog, lifting of depression and fatigue and even better skin, hair and nails.

Start by saying "I'm going to get healthy!" and not, "I'm going to lose weight!"

Make your goals clear. The roadmap to health is simple, eat real food, take care of the roadblocks, unjunk your diet and detox so you body can heal.

The solution to our health crisis and obesity epidemic is not complicated. Then not only will your weight change, but your whole outlook on health will be revolutionized!



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Weight Loss Fads Exposed

By Amanda Box

A new industry has risen out of the ashes of our obesity problems. It is an industry that makes giant promises with miraculous results. They shout, “Drink our shake! Take this pill! Watch your fat melt away!” But, this weight loss industry is nothing but a band-aid for a giant wound.

True sustainable weight loss takes a lifestyle change, not another diet. We must learn to adopt nutrition and portion control, not meal replacement shakes and pills.

It is quite easy to sniff out a weight loss fad. They can seem very attractive, but they cannot offer lifelong results. Here are some things you want to look out for:

- Over exaggerated promises of dramatic weight loss in a very short amount of time.
- Pills that contain stimulants that are called fat burners. Ephedra and caffeine are common stimulants. These pills can be dangerous.
- Plans that have you go a period of time without eating. Some request you replace a meal twice a day with their shake. Others require you consume only their drink for several days and consume no other foods.

I believe there is a skewed view of what it truly takes to overcome obesity. Prescription medication for lifestyle disease has failed to bend the obesity and disease curve. It takes hard work, determination, and a willingness to fight. Sadly, society doesn’t seem to value these things anymore.

Just as Americans like their "fast food," they also like "fast results." We have become a culture of instant gratification.

- If we want warm food, then we microwave it and it's ready in just a minute.
- If we want to buy something and don't have the money, then we charge it to a credit card.

I believe this has had a crippling effect on people. It has created a society looking for the easy way out. People give up when something takes time and hard work. It's as if no one has heard the phrase, "Good things come to those who wait."

Many companies have taken advantage of the fact that we are an instant results culture. Websites, multi-level marketing companies, magazines, and even health food stores promote the newest weight loss products. This has always been an area of the natural health industry that has made me very uncomfortable. I cannot promote something that isn't going to work. And even if it did help someone lose a couple pounds, they are not making a true lifestyle change towards whole body nutrition. My personal hope is that together we can create a conversation about a real, practical solution for the prevention, treatment and reversal of our *obesity* epidemic.

The Weight Loss Pill Scam

I hate to burst your bubble, folks. But, there is no magic pill!

In a world where quick-fix diet schemes abound, you'd be wise to look at any magic pill with a healthy dose of skepticism. No pill on the market is going to give you dramatic weight loss results. Yes, there are carb blockers, fat burners, and diuretics you can safely take. But the results are minimal, if you have any results - at all! And most of those bottles say on the label that best results are seen only in cooperation with a healthy and reduced calorie diet.

Fat burning pills have become all the rage in the last 15 years. However, these stimulants can be very dangerous! Many states have even outlawed stimulants like ephedra from even being sold! Other diet pills contain strong laxatives. These laxatives can create dependency and cause nausea, diarrhea and abdominal pain.

No pill alone is going to safely change your waistline. Eating whatever you want while losing weight is just not reality.

Mounting evidence proves that the solution to lifestyle and diet-driven obesity-related illnesses including heart disease, diabetes, dementia, and even cancer, won't be found at the bottom of a prescription bottle. You must change your eating habits to lose weight and keep it off!

Meal Replacement Rip-offs

I cannot even count the number of times I have been approached about the newest "nutrition shake." Marketing giants have recently begun to switch the words "weight loss" with "nutrition" in order to boost sales of their meal replacement drinks.

Though this is brilliant marketing ploy, the basis of the shakes has stayed the same. They are still extremely calorie restrictive, filled with chemical sweeteners and artificial ingredients. Using the word "nutrition," leads

customers to believe that those shakes are good for them. This could not be any further from the truth!

Those who promote these shakes promise false realities, such as:

- "You can get everything you need, plus your daily vitamins and minerals in just one delicious glass!"
- "It is so easy to lose weight and you'll have so much energy from all the nutrition you're getting!"
- "Just two shakes a day instead of two of your largest meals and you'll be healthier than ever!"

These types of endorsements make me shudder. It's as if they are saying that their shake not only tastes better, but also is better for you than a plate full of fresh vegetables. Using a nutrition shake to replace real, vitamin rich foods is not an even trade!

My biggest problem with meal replacement shakes isn't even the advertising! It is the ingredient list! Many of these companies use the cheapest raw materials possible to make the base of their shakes. Then they add synthetically made vitamins and minerals to add "nutrition." Each time I am approached with the latest and greatest nutrition shake, I read the ingredients and I am always terribly disappointed.

When I look through ingredients on a label, I have several "red flag" ingredients I look for. The majority of meal replacement products contain a slew of ingredients that are unpronounceable and definitely don't sound like food. If your food ingredients are created in a lab somewhere, you can bet there's a study out there discussing the potential health risks.

The most common ingredients in meal replacement shakes that raise my "red flag" are:

Dangers of Soy (protein, isolate, etc.)

Soy is an extremely cheap raw material that makes for a cheap protein source. 91% of all soy is genetically modified. If it does not specify on the label that it is GMO free, you can bet money it is not natural. But this is just the tip of the iceberg when it comes to soy. Even if the soy is GMO free, it may still cause many health issues.

Soy acts like estrogen in the body, which causes hormonal disturbances that can lead to:

1. PCOS (polycystic ovary syndrome)
2. Infertility
3. Low testosterone
4. And breast cancer

...Just to name a few!

Soy also contains something called phytic acid. These phytates actually block the absorption of important vitamins and minerals in the body.

Soy also contains goitrogens, which inhibit the thyroid from working properly. Those with hypothyroidism are advised to never eat soy products.

And lastly, soy is a high allergen food. I personally have a severe food intolerance to soy. It causes major digestive upset if I consume it. I have found that I am far from alone. Soy is one of the most common amongst foods that cause both allergic and digestive reactions.

Dangers of Artificial Flavors

These lab made flavors are meant to fool you into enjoying what you taste. But, where are those flavors coming from and what are the potential effects of those ingredients?

There are hundreds of different chemicals used to make all the different flavorings. None

are truly 100% safe.

MSG is one of the most commonly used artificial flavors and has been found to cause not only allergic reactions, but also neurological damage! Other artificial flavors can also cause:

- Allergic reactions
- Respiratory distress
- Migraines
- And digestive disturbances (1)

Dangers of Artificial Sweeteners

Artificial sweeteners are amongst the most dangerous things you can ingest in your food. The popular sweetener aspartame is linked to everything from MS (multiple sclerosis) to cancer!

In attempt to disassociate themselves from the dangers of aspartame, many companies have switched to sucralose. They claim it is safer and more natural. However, sucralose has been shown in studies to disrupt the intestines natural balance. (2)

The components of sucralose are toxins and long-term consumption has been linked to shrinking the thymus gland, as well as nervous system disorders, migraines and even cancer.

It can lower your good intestinal bacteria by up to 50% and increase your intestinal pH! It has also been determined that sucralose can be stored in our body via our fat cells!

And you want to drink one or two meals a day of this?

Below is a list of the more popular nutrition shakes being sold today that contains ALL of the above listed ingredients. I recommend staying away from these companies, even though they make big claims about how good for you they are.

- Medifast
- Body by Vi
- Herbalife
- Slimfast

Just because someone has lost a lot of weight using one of these shakes, does not mean they are good for you! Drinking shakes for two meals a day is not a true lifestyle change, so most people gain the weight back when they return to eating. Remember, these liquid diets don't contain "real" food. However, if you prefer to drink your meal, I have a healthy option for you.

Homemade Healthy Shakes

I don't deem all shakes as evil. A shake, in my opinion, should contain real food! It shouldn't be a chemical laden powder designed to restrict calories and trick you into feeling full!

The best way to incorporate real food and true nutrition into a shake is to make your own! I don't recommend you replace two full meals with a homemade shake, but they do make a great breakfast or a healthy snack!

Not every homemade shake is created equal. Making a chocolate peanut butter ice cream shake probably isn't going to solve your obesity problem. Blending food together changes nothing but the texture. The fat, calories and sugars that were there before are still there!

Designing your homemade health shakes can be a lot of fun and is a great way to get the whole family involved in eating healthy. Shakes are also one of the best ways to get picky eaters to get their fruits and veggies.

The fun part is experimenting with all kinds of different flavors. However, there are three things you want to make sure are in each shake in order to have balance.

Protein

Choose healthy protein sources like:

1. Unsweetened yogurt or kefir
2. Whey protein powder (make sure it is sugar and rBgh free)
3. Rice protein powder
4. Egg white protein powder

Healthy Fat

- Avocados
- Coconut oil
- Full fat coconut milk
- Full fat unsweetened yogurt (also counts as a protein).

Low Sugar Fruits and Veggies

- Strawberries
- Raspberries
- Blueberries
- Cranberries
- Peaches
- Spinach
- Kale
- Cilantro
- Parsley

If your shake is not balanced with adequate protein and fat compared to carbohydrates, your blood sugar will rise and crash. This will ultimately destroy your weight loss efforts. Having both healthy fat and protein in your shake will help keep you satisfied, as well as balance your blood sugar until your next meal.

Here are a few of our favorite family shake recipes.

For those of you who enjoy peach pie, I recommend trying this shake since it is so creamy and delicious!

Vanilla Peach Pie Shake

Ingredients:

- 1 can of full fat coconut milk
- 1 scoop of vanilla protein powder (whey, rice, or egg white)
- 2 cups of frozen organic peaches
- 15 drops of stevia or 2 packets

- 1 small sprinkle of cinnamon
- 2 tsp of vanilla extract

Directions:
Blend 30 seconds to 1 minute in a high-speed blender. If it is too thick, you can add some water. This recipe makes 2 servings.

If you are looking for a way to sneak more green vegetables into your diet, this is a great way to do it! Though the shake is green, you won't even taste the vegetables!

Green Power Shake

Ingredients:

- 1 cup unsweetened Greek yogurt or kefir
- ½ avocado cubed
- 2 cups fresh organic spinach
- 2 cups of frozen organic berries (strawberries, blueberries, blackberries, etc.)
- ½ cup of water
- 10 drops of stevia or 1 ½ packets (or to taste)

Directions:
Blend until smooth. Makes one serving.

For those chocoholics out there, this shake is for you! It's got the chocolate taste you crave, but is low sugar and packed with whole food nutrients!

Raspberry Chocolate Delight Shake

Ingredients:

- 1 cup full fat coconut milk
- 1 scoop chocolate protein (whey, rice, or egg white)
- 1 cup organic frozen raspberries
- ¼ tsp vanilla extract
- 8-10 drops of stevia or 1 packet of stevia
- 1 tsp cacao nibs or 70%-80% dark chocolate pieces

Directions:
Blend all the ingredients for 30 seconds to 1 minute, except the nibs or chocolate pieces. Add the chocolate and pulse to blend 2 to 3 times.

Skip the Fads and Bust the Fat!

Jumping from one fad diet to another is not going to help you in beating an obesity problem. It will only leave you tired, hungry, and unsatisfied! Instead, start eating balanced meals, use portion control and cut out processed foods!

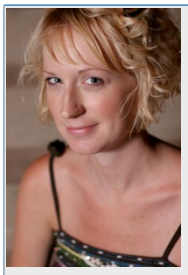
There is a solution to our obesity epidemic. But it is not at the bottom of a pill bottle. It is at the end of our forks Create a healthy lifestyle for yourself, not a life of dieting ups and downs. You will see the weight begin to fall off without the expensive pills and shake mixes.

It is simply more effective than any medication and works better, faster, and cheaper, not just as prevention, but also as treatment for what ails us in the 21st century.

Beating obesity is about a life dedicated to eating healthy, not the latest weight loss fad. We ate our way into this mess and we must eat our way out. We have the power to take back our health. Let's start today.

Instead of those expensive shakes that promise you unrealistic results, try one of my homemade, real food, nutrition shakes!

What about you? Have you been ever been sucked into the latest fad in weight loss? Did you get the long-term results you were looking for? Comment through this link.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" for contact info: http://amandabox.blogspot.com/

Obesity…Bigger Isn't Always Better

By Michael Tyrrell

I have been told I have a knack for finding humor in everything. So, I couldn't resist starting a very serious article on obesity without a light-hearted observation!

As I am writing, my wife, Lillian, is in full-blown holiday mode and the house is a veritable holiday masterpiece. The decorations are beautiful, the preparations are plentiful and the spread will be bountiful; turkey and stuffing, mashed potatoes, yams, cranberry sauce, pumpkin bread pudding and pumpkin pie! Top this all off with with an article on obesity!

Let's face it. The holiday season is a time for faith, family and food and food and…a New Year resolution that usually includes a diet and a health club membership. To add insult to injury, just recently this was the hot news item: Hostess factories close and it is the end of an icon.

I would like to develop this article a bit differently than I have previously, as the subject of obesity is not only an extremely sensitive one but for me, but quite personal as well.

Those of you that have met me would find it hard to believe that I would know anything about obesity. After all, I am a strapping six foot one 170 pound physically fit man that can keep up with guys half my age in the gym. But, it wasn't always that way.

I grew up the fat kid in school. In a culture that is cosmetically oriented, being the "fatso" is unacceptable.

When one becomes "unacceptable" to others because of their appearance, people can be ruthless. You are often the brunt of jokes and belittling ridicule. Insults are not age specific, yet when obese or severely overweight children are constantly maligned by their peers, deep emotional scars can form

producing a host of psychological problems, such as:

- Depression
- Low self-esteem
- Feeling of being totally inferior to others

Without condoning obesity, I want to shed light on why so many extraordinary, beautiful, hard working and extremely gifted people are disqualified from success and making their mark on history because of their weight.

Now, here's the rest of the story.

Packaging Humanity

Among other "gifts," my initial success came as a musician. Whenever I would audition for a band or a studio gig, I would almost always land the job. Now granted, I am a talented musician. However, I began to notice that some of the other players auditioning were often more gifted than I — but not as aesthetically pleasing.

As time went by, I started seeing this trend continue far beyond the music industry. From Hollywood to Bollywood, to working retail at the local mall, the "beautiful" people always seemed to have more favor. I didn't realize at the time, but God was making me aware of this for some reason. Why?

To expose the dehumanization of His creation by man's packaging of humanity.

In simpler terms: Reducing people into marketable commodities!

At 24 I was picture perfect, socially acceptable and in demand. Yet, all that had changed was my waistline! I remember watching a television show (60 minutes) where two models from a New York agency (a man and a woman) were fitted with a latex "fat suit" by a Hollywood make-up artist and asked to shop in some high end fashion boutiques in the city.

As the "60 minutes" camera crew followed the two as they shopped, I was appalled at the treatment they received by the store employees. A few days later, the models returned to the shops they had previously visited, this time without the "fat suits" and they were fawned over and treated like royalty! One shop owner even asked if she could take some photos with them! What had changed since the model's first visit? Only their appearance had changed. Nothing more.

Look at your CD collection and magazines… airbrushed faces and svelte bodies designed and marketed to sell. Business depends on it. Before we look at statistics, lets look at how this packaging of humanity can devastate a generation.

Skinny Envy - The Bigger Picture

In the late 60s, after the Beatles took America by storm and the "British Invasion" hit the fashion world. Models such as Jean "The Shrimp" Shrimpton, Verushka Von Lendorff and Penelope Tree made skinny the new "inny" for American woman.

But one girl exploded on the scene: 17 yr old Leslie Hornby, better know as "Twiggy." She was the envy of girls nationwide. What followed was an epidemic of American woman with anorexia, bulimia (binging/purging) trying to adhere to the new "skinny" mandate of the British culture.

To further drive home my point, if one examines famous art from the renaissance period (1300-1600) you will see that skinny was anything but "inny." In fact, what was considered beautiful then were curvaceous full-figured woman often with their babies or surrounded by "chubby" cherubs! It is safe to say that "Twiggy" would not have graced the canvas of any of the great masters of the renaissance period.

So, maybe you are still not convinced that the cultural packaging of humanity can devastate a generation?

Consider this. Since each person's bone structure is different, explain to me how a girl of German descent with large bones could become a waif thin girl? You cannot change bone structure (frame) even if there is less flesh covering it. Your skeleton will still somewhat dictate your size.

What if you were born with a big head (skull) and little heads are in style? You can diet all you want, but you are still going to have a big noggin!

I wish I could count the man hours spent counseling girls as a youth pastor who wanted to be super skinny but were born with large frames. It is very difficult to convince people who want to appear like someone else that they idolize that they are missing the "bigger" picture.

BIG NEWS

Obesity in America is an epidemic. More than ⅓ of adults in the U.S. alone are obese! The overweight condition can lead to:

- Heart disease
- Stroke
- Type 2 diabetes
- Certain types of cancer
- Sleep apnea

The main cause is rarely a genetic disposition. In fact, *every* report I have read emphatically says that the epidemic level of obesity in America is primarily due to:

- The abundance of available food
- Diets consisting of non-nutritious
- Uunhealthy or "fast foods"
- A sedentary lifestyle inclusive of people employed in office positions that require little or no physical activity.

You can also find a map that shows which states have the highest percentage of obese people:

www.cdc.gov/obesity/data/adult.html

It is not surprising that the southern states where fried and "fatty" foods prevail top the list with the most obese population: Texas, Louisiana, Mississippi, Alabama, South Carolina and West Virginia.

So, what does this tell you? How does Ethiopia compare to America in terms of obesity? Does availability, quality of food, portion size and lack of exercise contribute to obesity? Yes!!! But, does it *cause* it? No!!!

Mind Over Body

Let me use an example to help you understand what causes obesity.

I love cruise ships. For me, a trip to the Caribbean aboard a ship is the ultimate vacation. However, it is well known that cruise ships provide access to all the food you can eat, 24-hours a day. In fact, you can eat whatever you want whenever you want. On a seven day cruise, a typical passenger arrives home between an average 5 to 10 pounds heavier!

My wife and I are quite logical. We surmised that considering...

- The state of the art gym aboard...
- The abundance of healthy foods including fresh fruits and vegetables...

- A variety of challenging off ship excursions available…

…that we could easily *lose* weight on our cruise. I am happy to report that on every cruise we have been on, we have arrived home at least 2 pounds lighter than when we boarded!

So, what makes someone obese?…Wait for it… YOUR MIND!

That's right! Stinking thinking — "As a man/ woman thinketh, SO THEY ARE!"

Listen… after spending the last 28 years of my life ministering to hurting people and overcoming obesity myself, I can assure you, even though there are a myriad of programs, protocols (read the other articles in this edition…they are brilliant!) and supplements that are proven to work, that you will not change your weight until you change your mind.

Dear reader, hear the heart of this formerly fat author…

As long as you believe you are:

- *Inferior*
- *Ugly*
- *Helpless*
- *A victim*
- *Unwanted*
- *Useless*
- *Hopeless*
- *Worthless*
- *And have tried everything and nothing works,*

What YOU believe, YOU conceive!

Here is the truth:

"His divine power has given us everything we need for life and Godliness through our knowledge of Him who called us by His own glory and goodness." 1 Peter 1:3

If you want to experience this divine power, then the first step is a personal relationship with Jesus Christ. When you surrender your life to Him, you will discover what it means to really live and see yourself as you truly are. Without His divine power, you will try to overcome your cyclic behavior in your own strength and end up medicating your false sense of self (who you *think* you are) by constantly overeating.

If you don't know who you *really* are, then you create a false image of yourself that leads to depression. When you discover the *real* you, depression is replaced by peace!

Stand next to me now and let us look in God's mirror together. Look! You are already complete!

God has given you EVERYTHING you need pertaining to life and Godliness. When you face that truth, it breaks your false image of yourself. All that remains is a simple weight loss issue!

Now instead of seeing your whole life as a victim, you see yourself as a:

- Victor
- Complete
- Beautiful
- Powerful
- Gifted
- Needed

- Loved
- Valued

I lost my weight when I realized God made me beautiful and that through Him I could do anything.

"I can do all things through Christ who strengthens me." Philippians 4:13

"With God, all things are possible!" Matthew 19:26

You can start the transformation today.

- Take baby steps.
- Celebrate each pound you lose.
- Focus on each victory not the final goal.
- Stop using food as a medicine.
- Follow the suggestions found in the other articles in this edition.

And remember: Live! Love! And Laugh… a lot!

After all, it is just weight…*mind over fatter!*

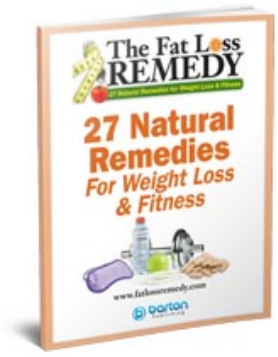
YOU ARE A STAR!

Love,

Michael

1. ***How did you become hypnotized by your false sense of self-worth?***
2. ***How can being fat or thin, long haired or bald, short or tall change who you really are?***
3. ***When you read 1 Peter 1:3 in the article, how did it make you feel?***

Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries. Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.
www.michaeltyrrell.com



Free Remedy Report: Fat Loss Remedy

If you can identify with the any of the motivating factors from our Fat Loss Remedy customers, then you should make a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again.

- I've been overweight all my life.
- I weigh more now than ever.
- I can't help eating the foods that aren't good for me.
- I've hit a plateau.
- I don't want to eat tasteless food.
- It's difficult to get rid of fat.
- I want to improve my overall health.
- I try to lose weight and get no results.
- I ride the weight loss roller coaster.
- I want to look good.
- I can't buy a lot of the attractive clothes they sell in most stores.
- Am I too old to lose excess weight?
- I've tried different diets and they're hard to follow.
- My clothes are too tight.
- "Middle age spread"
- I've had years of failure to lose.

Click Here For Your Free Fat Loss Remedy Report.