

# Toxins can cause Obesity

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Lack of energy in the morning. Waking in the morning fatigued.



Tendency to tremble when under pressure. Light headed



No matter what I do, I can't lose weight!

Tulsa Natural  
Health Spa



# Eliminating Toxins: The first key to permanent weight loss.

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## INTRODUCTION

Most obesity and overweight problems can be treated successfully by changing your lifestyle (regular exercise and stress management) a diet based on whole, nutrient dense foods, phytonutrient rich foods and low-glycemic foods. There are however, people that do not respond to this approach. There is new scientific evidence linking internal and external environmental toxins to chronic obesity. Toxins disrupt the biochemical mechanisms involved in weight control. This explains why some people continue to struggle with weight problems no matter how much they change their lifestyle. They are most likely toxic!

## WHAT MAKES US TOXIC?

### Global Toxins

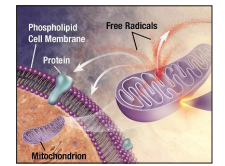
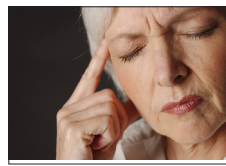
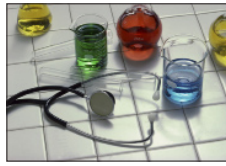
Without exception, every North American now has in his or her tissues 300-500 known toxins that were not in existence before 1940. So, where has all the poison come from? Shortages of natural materials during WWII prompted the creation of synthetic chemicals. For example, scientists developed nylon when they ran out of silk for parachutes. Natural rubber ran in short supply, so they developed synthetic rubber. A shortage of butter produced oleomargarine. Plastics were developed during this time period. Since those early years, the chemical revolution has continued. The scientist often becomes excited about what he can do with his chemicals, without considering the long-term affects the chemicals may have on one's quality of life or the environment. They ask, "can I; rather than should I". As a result...

Toxins are everywhere. The problem is not confined to North America, although the studies have been done in the USA and Canada. Because of the nature of wind, rain and weather, we know that the entire planet is surrounded with toxins. Almost every known toxin and farm pesticide on the planet can be found in places as remote as the North Pole. Scientists doing studies there drilled through the polar ice cap, sank a camera through the pole, and found nearly a foot of brownish greenish goop that, similar to many industrial chemicals, refused to freeze. Contained in the muck were DDT, dioxin, and PCB's as well as hundreds of other chemicals. Ours is a closed eco-system....which we cannot escape.

The studies identify up to 500 toxins. It should be known that the instruments were calibrated for up to a maximum of 500 toxins. These tests are quite expensive. If they had been calibrated for more, it is certain that they would have found more. Farmers who handle pesticides without using masks, protective clothing or washing their hands become very sick with undiagnosable 'syndromes.' Visits to multiple physicians and/or clinics, including the Mayo Clinic can prove fruitless and frustrating. However, routine blood tests reveal a pattern of toxicity to those physicians alert to the clues. A diagnosis of toxicity can be definitively made by toxicology tests, after which monitored detoxification and nutritional support is indicated.

Measurable levels of toxins are 5 times higher in our homes than they are outdoors. The February 1998 issue of Scientific American stated that indoor toxins are 3-5 times more dangerous than those found outdoors. If you can't pronounce it, you probably shouldn't be putting it into or next to your body. Some sources of indoor toxins:

- Dry cleaning fluid (do you ventilate your closets?)-causes cancer in lab animals.
- Mothballs and moth crystals-contain paradichlorobenzene, which causes cancer in lab animals. Ever wonder why a moth won't go near mothballs? They are poisonous! Use cedar instead, which is natural and effective.
- Toilet bowl cleaners or deodorizers contain the same poison as mothballs. Do we really need blue toilet water? - Dry ink toners: copy machines, faxes, laser printers. When heated, dry toners release formaldehyde and styrene gas into the air. Exposure can cause cancer and induce asthma, allergies and fatigue. Those who sag against the office water cooler at the end of the day feeling exhausted and drained may have had a hard day. Or, they could have experienced an overexposure to their office equipment!
- Glues for wallpaper and countertops.
- Toxins in your shower: chloroform gas forms by heating chlorinated water.
- Pesticides tracked into and trapped in carpets. Levels of pesticides outside are typically measured at around 10 nanograms/cubic meters. Indoors they are about 240 nanograms/cubic meters!! Pesticides are slightly sticky. If the pile on your carpet is high, it traps and



stores more poison. Scientists found minimal trapping of poisons in those homes with very low pile, linoleum or wood floors.

- Of 178 homes tested, all had 8 pesticides and 11 other poisons in the carpet. Lead and aluminum were also found. Most of this is tracked into the house on shoes/feet. Simply placing a carpet outside, or taking one's shoes off at the front door dropped the exposure factor by a level of 6.
- Levels were high enough in all 178 homes to trigger a federal investigation, had they been federally funded sites.
- Infants get up to 100 milligrams of personal toxic dust from carpets daily. This is five times higher than what they pick up from outdoors. At the same time, we are seeing an appalling rise in childhood diseases.
- DDT has been illegal in the USA and Canada for the last 25+ years. However, the law neglected to make it illegal to make DDT. The USA is its chief manufacturer and we sell it to nearly every country in the world. We then purchase fruits and vegetables from countries where it is perfectly legal to spray it, hmmm..... Another study found that 90 of 362 homes tested positive for DDT indoors.

### Toxins in Your Tap Water

It is estimated that 90% of all pharmaceutical drugs ingested are not metabolized, and leave the body in urine or feces.

Pharmaceutical drugs are now showing up in our tap and ground water!!! The first drug was found by accident. Scientists doing their routine tap water tests for pesticides in Berlin, Germany, found Clofibrac Acid, a cholesterol-lowering drug. The instruments that found it were calibrated to identify pesticides!! The scientists did not recognize the pattern, so they took it to a toxicology lab, which readily identified it. Many other drugs have since been found in our wells and ground water:

- Lipid lowering drugs
- Analgesics
- Chemotherapeutic drugs
- Antibiotics
- Hormones --Just to name a few

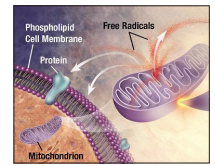
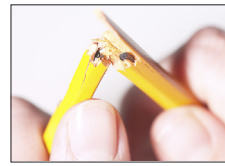
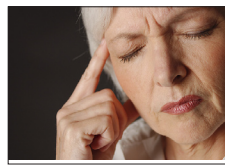
A summary article on 100 cities found identical results (Chemosphere, January 1998).

**Antibiotics:** Stuart Levy, Director of the Center for Adaptation Genetics and Drug Resistance at Tufts University in Boston, MA, states: "Our concentration of antibiotics is 1000 times higher than in Germany, high enough to affect the growth of E-Coli. This may be causing the bacteria to become medication resistant." E-Coli has been discovered in the drinking water of some major and minor US cities.

**Estrogen:** Shane Snyder of Michigan State University found enough estrogen (mostly from birth control pills) in Lake Mead to cause male fish to produce female egg protein, and to attempt to lay eggs that they were not equipped to lay. Disbelieving the results, Mr. Snyder repeated his tests 30 times.

**Acceptable levels of chemicals and pollutants are a lot lower than you have been told. High acceptable levels are allowed because no one knows how to solve the problem.**

- The amount of estrogen needed to feminize a human embryo, essentially turning a baby boy into a baby girl, is the same ratio as one drop of gin in 700 railway cars of tonic water." Orlando Sentinel 2/98
- Breast reduction surgery is at a peak in teenage and young adult females.
- Male fertility has significantly decreased in the last 20 years.
- No filtering system on the market today removes pharmaceutical drugs from drinking water--none!!!



## Can these toxins cause obesity?

External toxins are foreign to the human body and can have a serious impact on human biochemistry and physiology. Obviously these chemicals can cause disease as well as effect your metabolism. The Centers for Disease Control (CDC) recently issued a report on human exposure to environmental chemicals. They assessed human blood or urine levels for 116 chemicals. The study did reveal high levels of toxins in some people and low levels in others. This research does not tell the whole story because these chemicals move quickly from the blood into storage sites—mostly adipose (fatty) tissue, organs, and bones. This simply means that the blood or urine does not reveal the total toxic load.

**As a result, weight loss can be hampered by the total toxic load. There are several ways this can occur:**

- A toxic load can impair the liver and thyroid
- Damage cellular mitochondria
- Disrupt brain neurotransmitters that affect our appetite
- Promotes inflammation and free radical damage, both of which promote weight gain

Prescription drugs can have toxic effects and can **CAUSE WEIGHT GAIN!** For example, psychotropic drugs (*Any drug capable of affecting the mind, emotions, and behavior. Some legal drugs such as lithium for depression are psychotropic. Many illicit drugs such as cocaine are also psychotropic. Also called a psychodynamic drug.*) Other examples are, Depakote, Remeron, Clozaril, Zyprexa, and some antidepressants such as Prozac, Zoloft, and Paxil have all been shown to promote weight gain through various biochemical mechanisms.

## How Do Toxins Create Metabolic Chaos which Interferes with Weight and Metabolism?

Toxins work on multiple fronts. They interfere with metabolism, overload our liver and kidney's detox systems, disrupt the brain's weight control systems, contributes to metabolic syndrome, activates the stress response, disrupts normal thyroid function, promotes inflammation, damages mitochondria (our body's calorie- and fat-burning mechanism), all of which can lead to chronic weight problems and obesity.

### So specifically what happens?

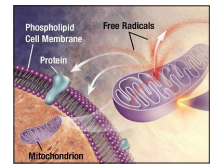
First of all, thyroid function and hormones are altered by toxins. The liver excretes more of your active hormones so your thyroid and metabolic processes slow down. Also, the thyroid receptors or docking stations are damaged. Second, toxins interfere with appetite-control mechanisms in the hypothalamus. Third, toxins promote inflammation, which increases insulin and leptin resistance, which in turn prevents your brain from realizing that you are full and your fat cells are steadily increasing. Fourth, your energy producing factories (the mitochondria) are damaged which slows down your metabolism. And lastly, oxidative stress and free radicals are created which further slows your metabolism.

### Thyroid and Metabolism

I am certain most of you reading this article have experienced a weight-loss plateau. You lose weight and then it seems like all the burners have been turned off. What is it that shuts the weight loss mechanism down? Recent research has shown that when pesticides (organochlorines) and PCB's (from industrial pollution) are released from the fat tissue, where they are typically stored during weight loss, they lower your metabolic rate! This is done in multiple ways. If for example, you are one of the unfortunate individuals with a higher body mass index (BMI), you will store more toxins because of the increased body fat. One of the more serious problems toxins create affecting weight is an increase in thyroid hormone excretion by the liver. This does not bode well with your metabolism.

The hepatic (liver) enzyme (UDPGT) is activated by a toxic load, which in turn causes secretion of the inactive thyroid hormone T4. This leaves you with less T4 to boost your metabolism. Simultaneously, T3 (the active thyroid hormone) concentrations decrease, along with your resting metabolic rate (RMR) as organochlorine levels increase. Your metabolism now will most likely crash and burn.

On top of all this, metabolic toxins are in strong competition with thyroid hormones. These toxins can block your thyroid receptors (hormonal docking stations) and steal thyroid transport proteins making it extremely difficult for your thyroid to function normally.



## Metabolic Toxins Slow Fat Burning and Increases Inflammation!

Your mitochondria is damaged by toxins which reduces their ability to burn fat and calories. As your body is increasingly damaged with oxidative stress and free radical damage your genetic pool becomes damaged as well, especially the genes that regulate blood sugar balance, inflammation and energy production in the mitochondria. With all this damage going on the body's immunity (white blood cells) is activated which increases more inflammation. All of this metabolic chaos disturbs our hunger and fullness mechanisms. If that's not bad enough, a study conducted at Laval University in Quebec found that, during weight loss, people who released the most organochlorines from their adipose (fat) tissues had the slowest metabolism after weight loss. So, it appears that in some individuals weight loss appears to prevent further weight loss.

### Detoxification in the management of Obesity

**1. Liver Detoxification:** (e-mail dr. paul for specifics)

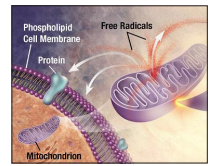
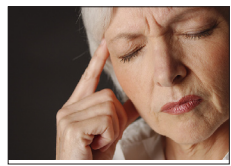
**2. Consume an Anti-inflammatory diet:** (see the Last Diet You Will Ever Need in your franchisee order form: LDCB The Last Diet Cook Book System by Dr. Harris)

**3. Sweat Out The Toxins:**

Whole body hyperthermia via Infrared heat is unparalleled for its detoxification benefits. Among other things it helps balance your autonomic nervous system, reduces stress, lowers blood sugar, burns calories, reduces pain, lowers blood pressure and boosts the excretion of pesticides and heavy metals through the skin. Although more research is clearly needed, a review paper on "thermal therapy" suggests many promising effects, including a reduction of inflammation and oxidative stress, as well as weight loss.

In a 2-week study of 25 obese adults, body weight and body fat were reduced after sauna therapy of 15 minutes at 140 degrees Fahrenheit daily for two weeks using a far-infrared sauna. One case report described an obese patient who couldn't exercise because of arthritis in the knee but still lost 38.5 pounds, decreasing body fat from 46 percent to 35 percent after 10 weeks of sauna therapy.

### NOTES:



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