

Releasing Toxic Weight

The Key To Permanent Weight Loss

Presented

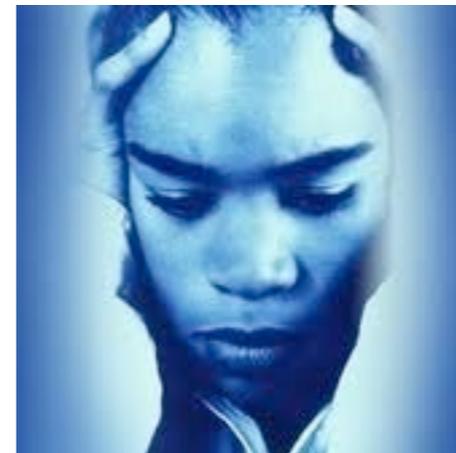
by

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What Makes Us Toxic?

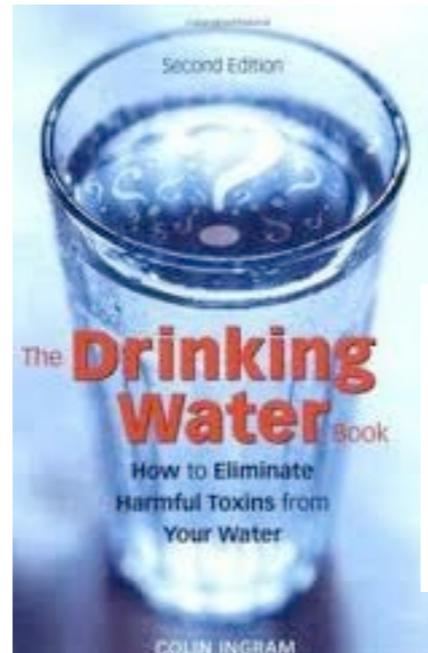
- Poor diet, chronic stress, and environmental pollutants that overload and poison our bodies and minds.

- Mark Hyman, MD



Where Are Toxins Found?

- Sugar, high-fructose corn syrup, trans fats, food additives, flavorings, and preservatives.
- Perfumes, toiletries, plastics, resins, solvents.
- Organochlorine pesticides (DDT), PCB's
- Hormones and antibiotics in our food and water.
- Mercury, lead, heavy metals.



Pesticides

- World pesticide use exceeded 5 billion lbs. in 2001. (U.S. uses 1.2 billion).
 - Only 0.1% make it to the target pest.
- Residue released in food and atmosphere.
- Chronic exposure known to damage our body's natural weight control mechanism.



(Crinnion, W., 2010)

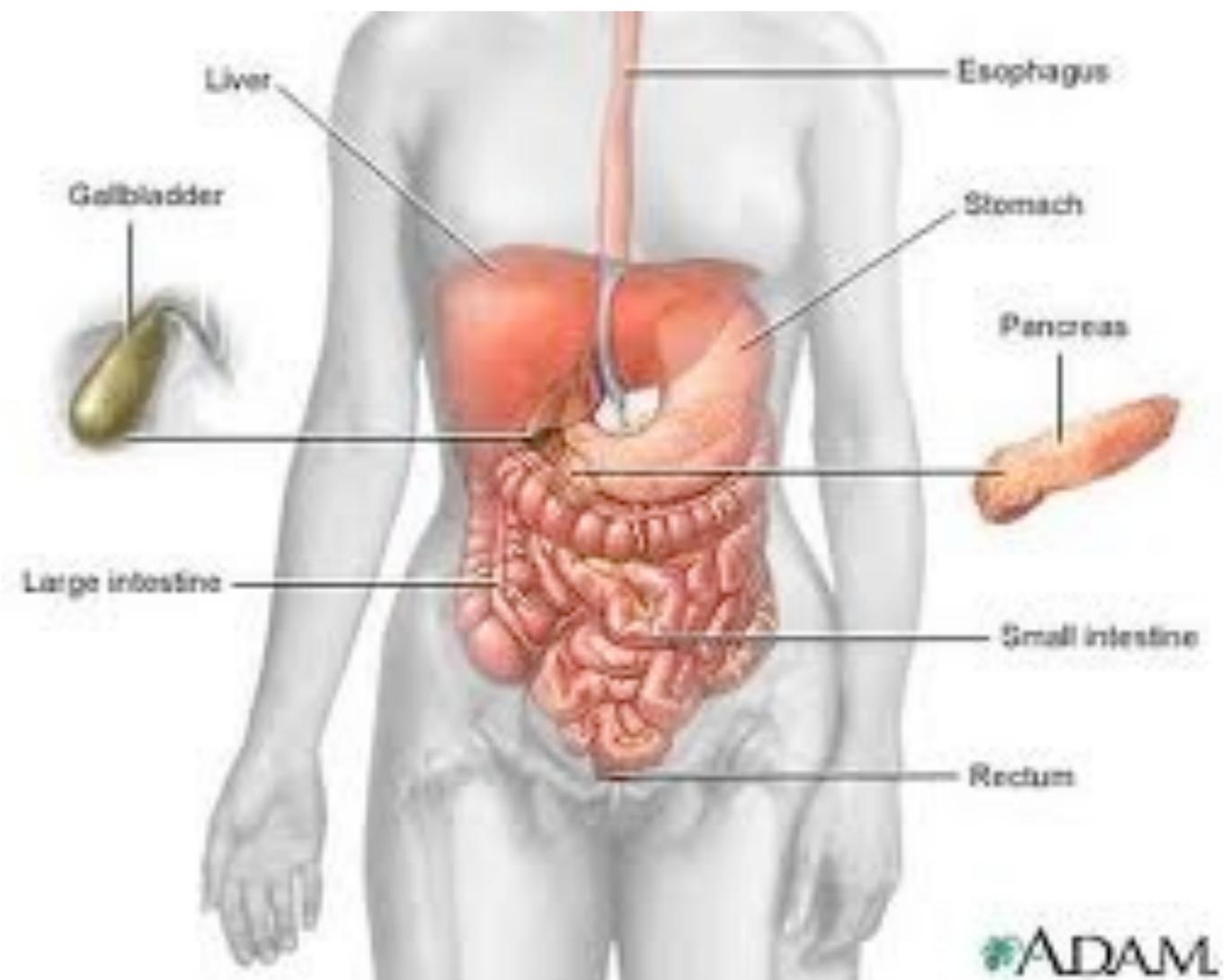
Organochlorines

- First appeared after WWII
- Used in agriculture to control vectors of diseases.
- Best known insecticide is dichlorodiphenyltrichloroethane (DDT).
- Banished in US and Europe in the 1970's.
- Still used in some countries.
- Evidence remain in our food.



Main Sources of Toxins

- External (The Environment)
- Internal (By-products of metabolism and imbalances in digestive system)



External Toxins

- Food Additives
- Solvents (cleaning supplies, formaldehyde, toluene, benzene.
- Certain prescription drugs
- Alcohol
- Pesticides
- Herbicides
- Mold, lead, heavy metals



(Hyman, M., 2007)

Internal Toxins

- Toxic thoughts, behaviors, relationships, and beliefs that keep us stressed.
- Bacteria and yeast in the gut (leads to inflammation and oxidative stress).
- By-products of protein metabolism (urea and ammonia).
- Lack of sleep, exercise, fresh air enable toxins to build up.



Toxicity

- Taking in more toxins than you can eliminate.
- Digestive system not functioning properly.
- Sluggish liver, blocked skin pores, congested lungs.



How Toxins Cause Obesity

- Significant amount of evidence is ignored. Positive association between toxic chemicals found in tissues and increased body weight.
- High levels of organochlorine pesticides are stored in human fat.
- Exacerbated by increases in body fat.
- Causes oxidative stress which causes obesity.
- Study of rats treated with pesticides gained significantly more weight even though food intake was reduced by 50%. (Baile-Hamilton, 2002)
- Chemicals cause weight gain by interfering with most of the body's elements that control weight.
- Reduces desire and ability to exercise.
- Alters neurotransmitters.

Prevalence of Obesity

- Adult obesity rose in 16 states last year
- In 2001, 61% of adults were overweight. Today, nearly 66% are overweight or obese.
- Almost 50% of African American women are obese. Nearly 80% are overweight.
- Obesity rates are highest in the South.
- Obesity is highest among the poor and uneducated.
- Significant increases in diabetes and hypertension.



(Levi, et al., 2011)

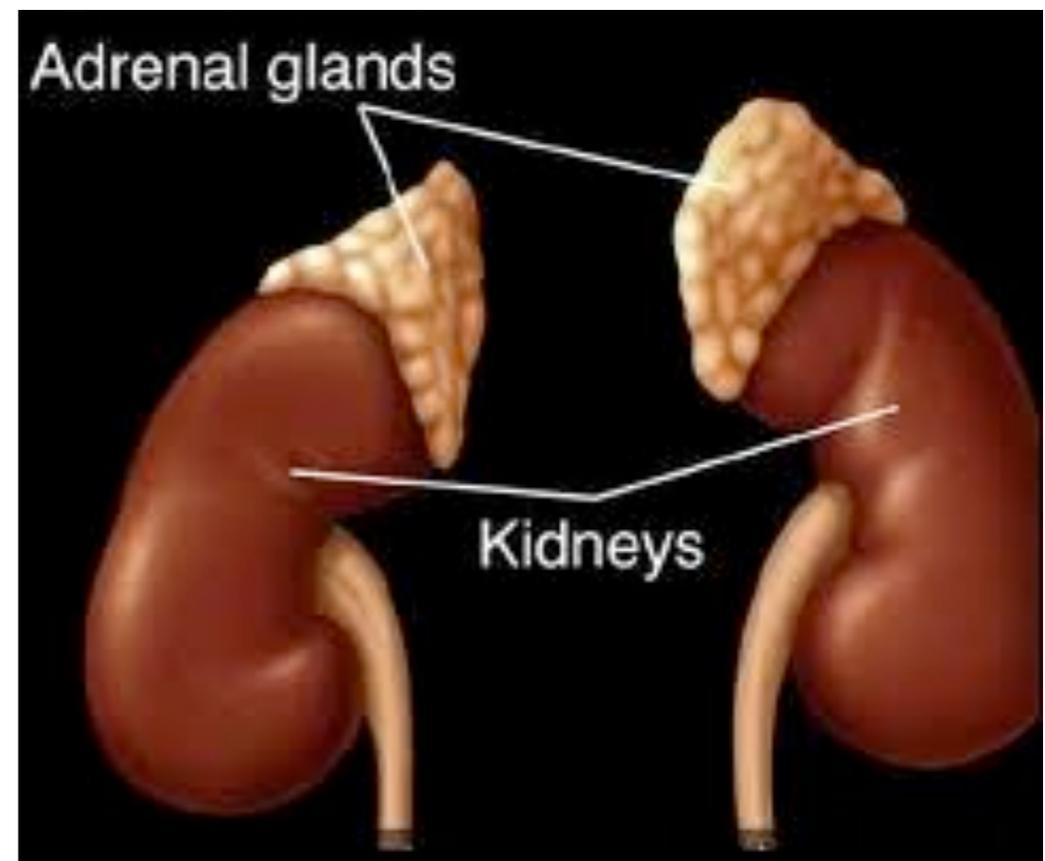
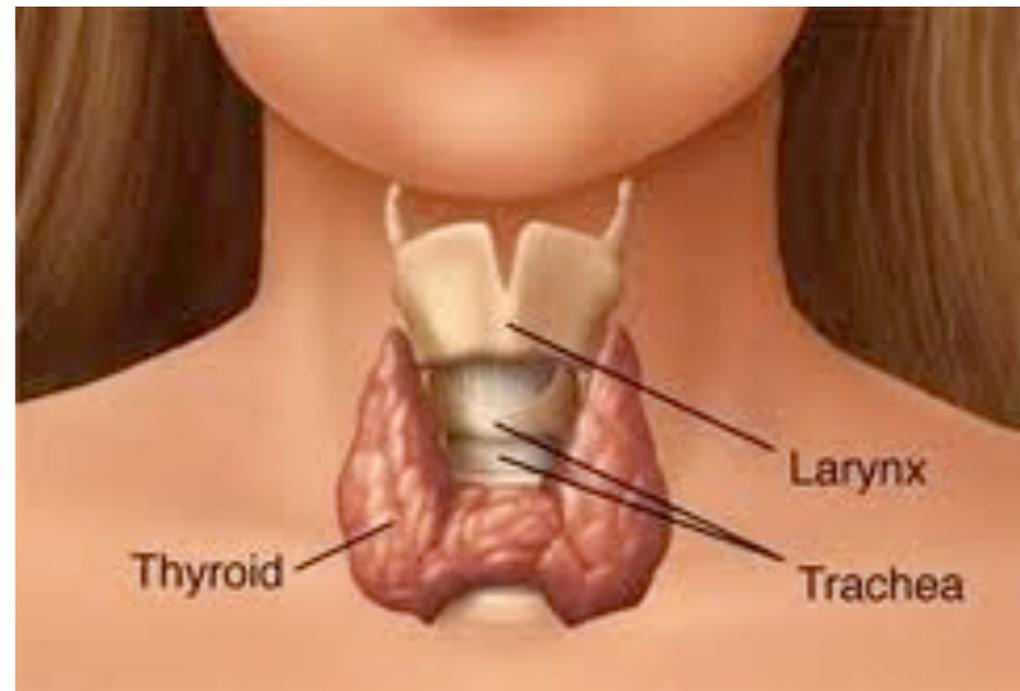
Interferes with Metabolism

- Toxins stops the body's natural weight-control mechanism from functioning properly.
- Disrupts thyroid, estrogens, testosterone, corticosteroids, insulin, growth hormone, and leptin.
- Alters neurotransmitters: dopamine, noradrenaline, and serotonin.
- Toxins changes our appetite, how food is digested, and how fat, protein, and carbs are metabolized.
- Damages nerve and muscle tissues.
- Decreases desire and ability to exercise.
- Responsible for weight gain.

• Bailee-Hamilton (2002).

Effects on Thyroid

- Creates a risk factor for developing Hashimoto's.
- Creates chronic stress on the immune system and adrenals, affecting the thyroid.
- Depressed autoimmune system may cause thyroid to begin attacking other areas.
- Can cause lesions of the thyroid gland.
- Competes for proteins.



Increases Oxidation

- Toxins release free radicals which cause oxidation (oxidative stress) in the body.
- Free radicals lead to oxidative stress which leads to obesity.
- Oxidative stress may be a major contributor to chronic diseases such as cancer, Parkinson's disease, Alzheimer's and heart disease.
- (Dirinck, et al., 2011)



Increases Inflammation

- Current research identifies inflammation as the main culprit leading to weight gain.
- Inflammation caused by:
 - The American diet high in sugar, fat, processed foods, glycemic load
 - Lack of exercise
 - High stress
 - Food allergies
 - Toxins

Disrupts Hormones

- Prevents proper functioning of:
 - Adrenals
 - Thyroid gland
 - Estrogen
 - Testosterone
 - Cortisol
 - Insulin
 - Growth hormone
 - Leptin

(Baillie-Hamilton 2002); (Dirinck, et al., 2011); Hyman, 2007)

What is Detoxing?

- Also known as cleansing.
- Improves the efficiency of the digestive system.
- Stimulates parts of the body to improve cleansing and elimination.
- Improves overall health
- Improves sleep
- Improves mood and inner harmony
- Increases immune system and ability to fight infection.
- Promotes weight loss

How Detoxing Works

- Liver is primary detox organ.
- Kidneys filter out waste products.
- Intestines push toxins from food into bowel for elimination.
- Lungs expel poisonous gasses
- Skin eliminates toxins through sweat, skin oil, and shedding dead skin.



How To Detox Your Body

- Minimize Exposure to Toxins
- Sweat
- Eat foods that detoxify
- Avoid toxic foods and toxic people
- Try herbals for detoxification
- Take supplements to support your liver
- Get lab tests

(Hyman 2006)



Foods to Detoxify

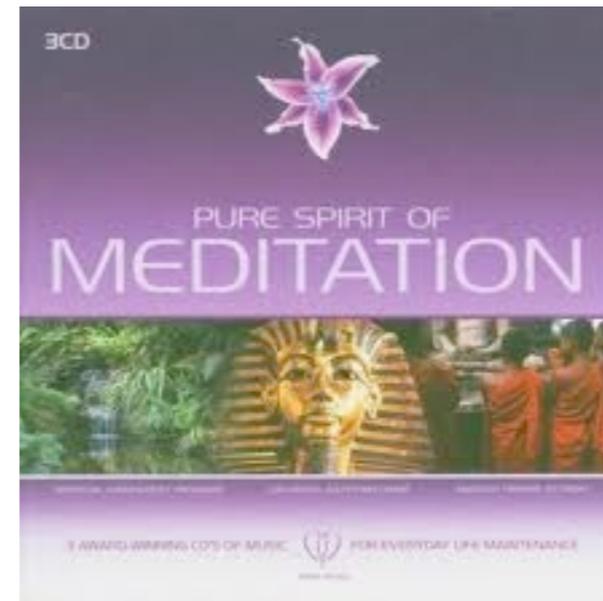
- Balance protein, fats, carbs, vitamins, minerals, and fiber
- Protein (beans, nuts, seeds, grains, lean meat)
- Phytochemicals (collards, kale, cauliflower, brussels sprouts, kale, spinach)
- Cranberry
- Garlic
- Ginger
- Rosemary
- Turmeric
- Polyphenols (berries, green tea, cocoa)
- Seaweed
- Quinoa
- Asparagus
- Apple (Hyman, 2007);Parragon, 2009)

Foods to Avoid

- Dairy products (cow's milk, cheese, yogurt)
- Caffeinated drinks
- Alcohol
- Wheat and wheat protein (gluten)
- Fast foods, fatty and fried foods
- Hormone fed meat
- Sugar
- Refined carbohydrates (pasta, rice, bread, flour)
- High fructose corn syrup
- Food colorings and additives
- Sodas
- Processed foods
- Salt

How to Detox Your Mind

- Meditate or pray daily
- Manage stress
- Maintain loving relationships
- Exercise
- Practice yoga
- Get 8 hours sleep
- Live your purpose
- Enjoy the journey



How To Detox Your Home

- Invest in a far-infrared sauna.
- Replace cleaning supplies, body care products, detergents with chemical free products.
- Replace plastics with glass
- Remove cleaner's bags
- Do not use pesticides
- Use air purifiers



Reducing Oxidative Stress

- Damage caused by oxidative stress is reversible
- Eat a reduced calorie diet
- Cook foods longer
- Use lower heat
- Eat foods high on the Oxygen Radical Absorbance Capacity (ORAC) assay, such as fruits, nuts, and certain fruits and vegetables like blueberries and red cabbage



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