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%. (Baille-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.

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


Crinnion, W. J. (2010). Organic foods contain higher levels of certain nutrients, lower levels of pesticides, and may provide health benefits for the consumer. Alternative Medicine Review, 15(1), 4-10.


Kharrzian, D. (2010). Why do i still have thyroid symptoms when my lab tests are normal? Garden City: Morgan James Publishing, LLC.

