



ALL-ROUND WEIGHT LOSS
Holistic Weight Management
By Stephen Lau

Author's Note

Thank you for downloading this book on holistic weight management. On the market, there are innumerable books, programs, and products to help you lose those extra pounds. Anything that claims to be a quick-fix should be taken with a grain of salt. Before you jump into anything, you must have a comprehensive concept of weight loss, and this is what this book is all about: giving you everything you need to know about weight loss in simple language.

Empower your mind with knowledge to enable your body to take the necessary steps and actions, guided and supervised by your spirit, to lose weight as if everything is a miracle.

Thanks once again for downloading this book. I hope you enjoy it.

Stephen Lau

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FOREWORD

Today, the mass media and the multi-billion-dollar weight-loss industry have bombarded the public with tons of *misinformation* about weight loss. As a result, many individuals in most advanced countries around the globe experience epidemic-like weight problems and their related health issues.

One of the objectives of this book is to present weight-loss information in a readable and easy-to-follow format. You need not read the entire book, though it is recommended that you do. This book is organized in such a way that you can browse the detailed Table of Contents with appropriate headings to find the information that may be of interest to you.

This book is a compilation of many years of research in that it covers virtually all aspects of the body, the mind, the emotional, the intellectual, and the spiritual aspects of weight loss.

Weight loss is a myriad of complex problems, which are often inter-related. This book provides you with information to help you lose weight *your way*. In fact, it may even facilitate you to cheat your weight through self-devised strategies and state-of-the-art products to achieve your goal of losing those extra pounds for ultimate health and wellness.

Knowledge is empowering. Without the right tool, many may blindly follow others or become victims of the hype spun by the weight-loss industry.

INTRODUCTION

According to current research, by the age of 10 nearly 60 percent of girls in the United States are on some kind of a diet. Sad, isn't it?

Has obesity become an epidemic in this country? Or is weight loss merely an obsession of the general public?

No matter what, the sad thing is that many individuals are lost in the battle of the bulge. Worse, the fight goes on, and there is little or no hope in the offing of winning the battle against obesity.

Why is that?

The reason is that there are three battlefronts in the combat against overweight.

The Battle Fronts in the Battle of the Bulge

The first battlefront is the *food industry*, which is forever giving the consumers an array of new products to entice them into the snare of indulgence and excess.

The second battlefront is the *weight-loss industry*, which is forever coming up with gimmicks and all sorts of ridiculous hypes and numbers to make consumers part with their cash. Remember, all those slim-looking images you are bombarded with only reinforce your own negative images; according to the Law of Attraction, negative images create negative thoughts, which attract negative energies into your life, that is, making you gain weight instead of losing weight. As a result, most consumers end up losing everything, including their body image, their self-esteem, and their money—except those extra pounds.

The third battlefront is YOURSELF. Yes, you may be your worst enemy in your battle of the bulge. Instead of accepting yourself for what you really are, you strive to become someone else you are not. Haunted by images of perfection and obsessed by craving for recognition or acceptance, you may desperately turn to all ways and means to lose weight. Going from one fad diet to another, your body weight may simply yo-yo. Finally giving up all hopes of weight loss, you allow your body weight to balloon, and you become obese. It seems so depressing, but how true!

The Silver Lining

The good news is that you can lose weight permanently through this book **All-Round Weight Loss**.

Weight loss is a complex problem that involves the intellect, the mind, the emotions, and the spirit—it is not just about food and eating.

CHAPTER ONE: Why Weight Loss?

In this chapter, you will read about . . .

[Body Weight and Body Image](#)

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These days, almost everybody wants to lose weight for different reasons. Weight loss has become a fad and fancy, and part and parcel of the Western culture, especially in the United States, where weight loss is a multi-billion dollar industry.

People want to lose weight for different reasons:

(1) Body Weight and Body Image

Body weight is important because it determines your *body shape*, which defines your *body image*.

Body weight is so important that Americans are spending billions of dollars each year to maintain their body weight just to keep them in better shape for an ideal body image. Sadly, many are lost in this battle of the bulge.

Why is body image so important?

Body image has an important impact on *how* you feel about yourself. There is a direct connection between body image and self-esteem: they reinforce each other. If you have a positive self-image, you will not only feel better about yourself, but also pay more attention to what is happening to your body and your appearance. Self-confidence and self-esteem are critical to the success of any attempt at weight loss. If you don't *believe* that you can lose weight, then how *can* you lose weight? It becomes a self-fulfilling prophecy. Self-confidence is an important contributing factor to weight loss.

Simply, body image is a health-oriented incentive.

In the past, men were concerned about how their bodies *functioned*, and women were concerned about how they *looked*. Today, *both* sexes are concerned about *both* their looks and their bodies.

Men are concerned about their physique. Many focus on [muscle building](#) and getting [six-pack abs](#): body shape image not only boosts their self-confidence but also enhances their long-term health (with more muscles, the body burns away faster the body fat even while sleeping). An ideal physique makes a man not only look and feel younger, but also become more attractive to the opposite sex.

Remember, over time, your body image will *change* no matter what. However, weight management can preserve your body image a little *longer*, and this is also one of the objectives of this book.

(2) Body Shape and Health

Heart Health

According to studies, your body shape may be a good indicator of your heart health:

If your body shape is like that of *an apple* (i.e. with extra weight in the midsection), you may have a propensity for diabetes, high blood pressure, and stroke. The reason is that in a beer belly, your abdominal fat is more easily converted into cholesterol, and hence ultimately affecting your heart health.

If your body shape is like that of *a pear* (i.e. with extra weight around the hips instead of in the midsection), you may be *less* at risk for heart disease.

In fact, your body shape is a reflection of your overall health. An ideal body weight is anti-aging. Therefore, good weight management is important to wellness.

Overweight has the following adverse effects on heart health:

Extra workload for the heart to get nutrients to your cells

High [blood pressure](#)

High [cholesterol](#) levels

Loss of muscle replaced by body fat

Liver Health

The liver is a fat-burning organ: it not only burns fat but also pumps excess fat out of your body system. Your liver controls your body weight. Take care of your liver to maintain your body weight.

Too much fat in the abdominal area (“spare–tire”) may impair your fat metabolism, turning your liver into a “fatty liver” which then becomes a fat-storing organ. A “fatty liver” is an obstacle to any attempt at weight loss, which begins at the liver.

In addition, the liver turns glucose (blood sugar) into glycogen (energy) for storage in your liver. Your glycogen controls the amount of glucose released into your bloodstream, thereby maintaining your blood sugar level. Your liver regulates your carbohydrate metabolism (important for weight control)!

Excess body weight may deplete your liver of bile, resulting in undigested food that not only alters the pH ([acid-alkaline balance](#)) of your intestines but also produces toxic waste products. This alters bile composition, producing kidney stones.

Thinking of weight loss, think the liver! Liver health is overall health.

Digestive Health

Overweight is often an indication of poor digestive health. It is a result of imbalance and lack of coordination of all body organs associated with digestion, absorption, and elimination of the digestive system. Abnormalities begin to arise in the digestive system as well as in other parts of the body, leading to diseases:

Diseases of the mouth: herpes, [tooth decay](#), mouth and tongue ulcers

Diseases of the stomach: heartburn (esophageal reflux), gastric ulcers (bleeding, perforation of the stomach wall), stomach tumors

Diseases of the pancreas: [diabetes](#), jaundice, pancreatitis (inflammation, suppuration, and thrombosis of the pancreas), malignant tumors

Diseases of the liver: hepatitis infections, liver failure, gallstones, and liver tumors

Brain Health

Your body shape affects your brain. Your brain health has everything to do with your heart health. Remember, what is bad for the heart is also good for the head.

The strongest evidence linking brain health to heart health is that your heart pumps about 20 percent of your blood to your brain, where billions of brain cells are nourished by oxygen and nutrients from your blood.

Consequently, if your heart is not pumping well, your brain cells may have trouble getting all the food and oxygen they need. Insufficient blood flow to your brain cells may result in poor nourishment, leading to cognitive decline, dementia and neurological dysfunction - which accelerate aging.

A long-term study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia in later life, and that those who also had high cholesterol and high blood pressure had six times the risk for dementia.

Remember, your brain controls your thoughts, the sum of which becomes who you are and what you have now become; that is, you are your thoughts, and your thoughts become you. Your thoughts control your decisions and choices in life, and hence your actions and their respective results. To lose weight, you need a healthy brain to empower yourself.

Body Pain

Osteoarthritis is a degenerative joint disease due to wear and tear of the joints in your hands, wrists, hips, knees, feet, shoulders, or spine.

The No. 1 cause of osteoarthritis in the knees is *overweight*. Research has indicated that every ten pounds of extra weight may increase the risk by 30 percent because excess body weight puts chronic stress on your knee joints.

Maintain an ideal body weight, with good posture, to avoid osteoarthritis and even lower back pain.

Your body weight is directly related to your body health. This is one of the major reasons why people want to lose weight.

(3) Weight Loss and Money Saving

Weight loss means money saving in food (especially junk food).

Weight loss means money saving in medical bills and medical insurance.

However, don't pay for weight loss or dieting programs. Not only do they not work, but they also suck your cash continuously. Weight loss is money saving, not money spending.

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CHAPTER TWO: Why Is Weight Loss So Difficult?

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Many people wish to lose weight, but many of them become only victims in the battle of the bulge. There are several reasons why it is so difficult to lose weight:

If you want to lose 10 pounds, consider this: 3,500 calories equal one pound of your body weight; to lose 10 pounds of body weight, you have to expend 35,000 more calories than you consume. Mathematically, to lose 10 pounds in two weeks, you need to burn 2,500 more calories a day. You know this is not a piece of cake! So forget it!

There is *no* magic bullet to weight loss. If you want a quick fix to your weight problem, forget it!

If you want to jump from one diet to another, your body weight will only “yo-yo” more, creating more frustration, and many more health problems down the road. Forget about fad diets!

Low-calorie foods are generally disagreeable and unpleasant to the palate. To use low-calorie foods to lose weight is an ordeal. Food is to be enjoyed. Nobody has the perseverance for sustained self-denial. Forget it!

(1) The Difficult Environment

You are living in a difficult environment—an environment that promotes overweight, if not obesity.

As a baby, you are stuffed, and your parents want you to look plump, so you would look cute.

As a child, you are told to clean up your plate, so as not to waste your food. Often times, you parents bribe you with a candy, so you would behave yourself. When you are a guest in someone's house for dinner, you never turn down a desert, so you would look appreciative of hospitality.

As an adult, you are bombarded with coupons for cheap junk food.

As an American, you are pressurized into taking the Standard American Diet (SAD). The typical Standard American Diet (SAD) is loaded with fat—unhealthy saturated and even hydrogenated fats (now they are trying to ban this from the fast food industry).

A typical fast-food burger has over 500 calories and over 30 grams of saturated fat.

Even the healthy-looking salads touted as health food in some fast-food restaurants are nothing short of calories and fat: with the fattening dressing, some may even exceed those of a burger.

Everyday about one quarter of the U.S. population eats fast food.

Twenty years ago, the average American consumed less than 2,000 calories a day, but today the average calorie consumption has increased by a staggering 60 percent.

The billion-dollar food industry is forever creating new products to allure you into eating more and gaining more. Maybe you are meant to be obese!

(2) The Difficult Culture

You are living in a difficult culture—a culture that focuses on a quick fix to *any* problem (as evidenced by the recent financial bailouts by the federal government). Instead of encouraging personal responsibility, the American culture tends to look at the solutions rather than the underlying causes of problems. If their kids are overweight, they start pointing fingers at vending machines in schools, instead of teaching them about weight management. There is always somebody to blame, except themselves.

Many Americans resort to professionals to help them deal with their overweight problems. Remember the following:

Your weight problem is *your* problem—not somebody else’s problem. Only *you* can find the solutions to your problem—nobody else *can*!

“A wise man should consider that health is the greatest of human blessings, and learn how by his own thoughts to derive benefit from his illnesses.” **Hippocrates**, the father of medicine

Nutritionists may give you *misinformation* about what you should or should not eat. Don’t forget that a great part of their education is from grants funded by the food and diet industry. For example, a chocolate manufacturer funded a recent research study on the health benefits of chocolate.

YOU tell yourself what you should eat, not somebody else!

“The natural healing force within each one of us is the greatest force in getting well.”

Hippocrates

(3) The Difficult Self

You are your own worse enemy when it comes to weight loss.

You love to eat, and food is delicious. You simply cannot resist the temptation.

Your choice of food is predominantly based on your taste preference and past experience—difficult, but not impossible, to change. Overweight has more to do with your lifestyle, or more specifically, your eating habits. If your parents are overweight, most probably you are too, because you have assimilated their eating habits. It is difficult to *unlearn* what you have learned since childhood.

You may love socializing, such as social gatherings and dining out—they give you more calories than eating at home.

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CHAPTER THREE: Different Approaches to Weight Loss

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Overweight is a universal problem. In particular, obesity has become an epidemic in Western countries, especially in the United States. There are many different approaches to weight loss.

(1) The Oriental Approach

The Oriental approach to weight loss is essentially “weight control.”

According to traditional Chinese medicine (TCM), weight problem is a multi-faced problem of the body and the mind. Given that Chinese physicians tend to focus on the “causes” rather than addressing the “symptoms” of a health issue, the approach to weight loss is geared towards “control” rather than “remedy.”

Weight problem originates from *imbalance* within the body caused by malfunctioning of the spleen and liver organ systems. This imbalance is based on the *yin* and *yang* concept of harmony according to the Five Elements, and the internal life energy (known as *qi*), which is the result of the balance or imbalance.

The Yin and Yang Concept

For centuries, the Chinese have observed the importance of balance and harmony, manifested in the concept of *yin* and *yang* (represented as the *female* and *male*, respectively, or any two opposing forces in Nature that balance and complement each other, resulting in perfect harmony).

Yin is always *within yang*; likewise, *yang* is always *within yin*. In other words, all things are *both yin and yang simultaneously*, and therefore they are *inter-dependent* on each other.

The terms *yin* and *yang* describe the opposite yet complementary energy states in the universe. A balance between the two polarities can help you stay in beneficial energy alignment, which is fundamental to weight control, as well as healing and wellness. *Yin* embodies negative electrical charge and contractive energy, while *yang* demonstrates positive electrical charge and expansive energy.

The balance of *yin* and *yang* is reflected in the Five Elements.

The Five Elements

This concept of balance and harmony originates from the Five Elements: *wood, fire, earth, metal, and water*.

Wood feeds *fire*. Fire creates ashes, which form *earth*. The *metal* inside earth is heated by fire, producing *water* through condensation. Water gives life to trees, which become wood. This is the natural *cycle* of life.

These Five Elements balance and complement each other. Water nourishes trees. Without water, there will be no wood. Without wood, there will no fire. Without fire, there will be no earth. Without earth, there will be no metal. Without metal, there will be no water. These elements are *inter-dependent* on each other.

These Five Elements not only are fundamental to the cycles of Nature, but also correspond to the different *organs* of the human body.

In your body, *wood* relates to your *liver (yin)* and your *gallbladder (yang)*.

In your body, *fire* relates to your *heart (yin)* and your *small intestines (yang)*.

In your body, *earth* relates to your *spleen (yin)* and your *stomach (yang)*.

In your body, *metal* relates to your *lungs (yin)* and your *large intestines (yang)*.

In your body, *water* relates to your *kidneys (yin)* and your *urinary bladder (yang)*.

In addition, each of these Five Elements also corresponds to a *specific color* in your diet.

Wood corresponding to green

Eat *green vegetables*, from asparagus to dark leafy greens, such as spinach.

Eat *green fruits*, such as lime, and melon.

Eat *green seeds*, such as pumpkin seeds.

Eat *green-colored beans*, such as lentils, and mung beans; and *grains*, such as rye.

Fire corresponding to red

Eat *red vegetables*, such as hot red peppers and bell peppers, or beets.

Eat *red fruits*, such as red apples, or cherries.

Eat *red nuts*, such as pecans.

Eat *red-colored beans*, such as red lentils, and red beans; and *grains*, such as buckwheat.

Earth corresponding to orange and yellow

Eat *orange and yellow vegetables*, such as pumpkins, squash, and yams.

Eat *orange and yellow fruits*, such as mangoes, oranges, and papaya.

Eat *orange and yellow nuts*, such as almonds, and cashews.

Eat *orange and yellow beans*, such as chickpeas, and *grains*, such as corn and millet.

Metal corresponding to white

Eat white vegetables, such as cauliflower, and daikon radish.

Eat *white fruits*, such as bananas, and pears.

Eat *white nuts*, such as macadamias, and pine nuts.

Eat *white-colored beans*, such as soybeans and white beans; and *grains*, such as barley and rice.

Water corresponding to black, blue, and purple

Eat dark-colored vegetables, such as black mushroom, eggplant, and seaweed.

Eat *dark-colored fruits*, such as blackberries, blueberries, and raisins.

Eat *dark-colored nuts*, such as black sesame, and walnuts.

Eat *dark-colored beans*, such as black beans and navy beans; and *grains*, such as black wild rice.

According to the famous *Yellow Emperor's Classic of Medicine*, health and longevity are contingent on a balance and harmony of all five elemental energies. Therefore, you are recommended to eat a diet that includes vegetables, fruits, nuts, beans and grains of *all* the colors to create balance and harmony for optimum weight management.

The Concept of "Qi"

Chinese medicine is all about internal life energy or *qi*. The human body is nourished by, cleansed by, and created to be dependent on the smooth flow of *qi*.

According to the Chinese concept, you are born with a certain amount of *qi* (positive life energy) that you inherit from your parents (something like your genes, but not exactly). You also get a constant supply of *qi* from the *air* you breathe in (that is why optimal breathing is vital to wellbeing), as well as from the *food* you eat (always eat super foods). Oxygen nourishes each and every cell in your body in the form of *qi*, without which you die. The nutrients from the food you eat also supply *qi* to every part of your body, providing proper sustenance for its specific function in your body.

The free flow of *qi* is significant. In Chinese medicine, there is a saying: “If there is pain, there is no free flow of *qi*. If there is free flow, there is *no* pain.” So everything about your health, including your body weight, has to do with your *qi*.

Qi and *blood* nourish your body. Your *qi* is *yang*, while your *blood* is *yin*. Your *qi* moves your *blood*, but your *blood* is “mother” to your *qi*. So they *complement* each other, just like *yin* and *yang* balancing each other. Neither one can function without the other.

Weight loss has everything to do with your *qi*, because *qi* affects the health of your body organs, in particular, your spleen and liver. The malfunctioning of these vital organs is the cause of weight gain and its associated problems. The spleen and the liver oversee your digestive and metabolism systems, which ultimately control your body weight.

The Spleen

Digestion is the key function of the spleen, because it not only transforms food into *qi* or its nutrients, but also transports the nutrients to different parts of the body.

Your food enters your stomach. The nutrients go to your liver, and any excess goes to the sinews. Your spleen separates clean and unclean body fluids. The pure fluids go up to your lungs, while the unclean ones go down to your intestines and kidneys for further purification. For this reason, a healthy spleen loves *dryness* and hates *dampness*. Therefore, cold icy drinks lead to spleen imbalance.

In addition, your spleen governs your body muscles. Deficiency in spleen is the root cause of chronic fatigue, as well as arthritis and muscle pain.

Furthermore, spleen imbalance contributes to *worry*—an endless loop of repetitive thoughts. The impaired spleen is responsible for a lack of mental focus or a foggy mind. There is a Chinese saying: “Your spleen houses your thoughts.” If you have trouble concentrating, your spleen may be dysfunctional.

Spleen dysfunction contributes to slow metabolism rate, and therefore overweight or obesity.

Common signs of spleen deficiency include the following:

Fatigue

Weakness and heaviness in the four limbs

Bloating due to water retention

Stuffy feeling in the chest

Frequent nausea

Loose stools

A foggy brain

A sallow complexion

The best indication of spleen deficiency is in the tongue.

For centuries, the Chinese have extensively used the tongue to diagnose disease and to determine an individual's overall health.

Look at your tongue in the mirror the first thing in the morning: closely observe the size, the shape, the contour surface, the margins, and the color of your tongue. A sign of spleen deficiency is a swollen tongue with teeth indentations ("scallops" on the edges).

To improve your spleen health for better weight management and more efficient weight loss, the Chinese eat more warming and drying foods.

Cooling foods and drinks include: raw vegetables (you don't find a salad bar in a Chinese restaurant), fresh fruits; cold drinks or drinks with ice. Avoid them as much as possible, if your spleen is dysfunctional.

Warming foods and drinks include: cooked vegetables; warming spices e.g. ginger, cayenne, cinnamon, black pepper, nutmeg; soups and stews cooked over a long time; cooked fruits. Eat more of these, if you have spleen deficiency.

Dampening foods include: dairy foods (ice cream in particular); grains with gluten; soy and soy products (including tofu); sugar and fat; fried foods and hydrogenated oil. Eat them sparingly, if you must.

Here are samples of eating according to the Oriental way to improve spleen health for weight loss:

Breakfast: oatmeal with pumpkin and sunflower seeds with a pinch of cinnamon

Meals: carrot soup; seafood stew with collard greens, kale and scallions; steamed Brussels sprouts with ginger; brown rice with cooked beans

Drink: ginger tea with raw honey

Dessert: stewed fruits (dates, figs, peaches with cinnamon)

The Liver

In Chinese medicine, the liver is responsible for the smooth flow of *qi* and *blood*. It complements the functioning of the spleen. Liver disharmony may result in food cravings and compulsive behaviors, such as compulsive eating.

"Liver fire" is liver imbalance. It is due to excess *internal heat*, caused by poor diet, overwork, and stress.

The signs of a dysfunctional liver are as follows:

A red tongue

A red complexion

Red eyes

Frequent thirst

A bitter taste in the mouth

Susceptibility to styles, ear infections, and cold sores

Cool the internal heat by eating cooling foods, such as green leafy vegetables, raw food, and tofu. Use bitter and cooling herbs, such as dandelion. Avoid heavy foods (animal proteins), hot and spicy foods.

A congested liver is the cause of spring allergies, common in contemporary life. Liver heat and *qi* stagnation impair the proper functioning of the lungs and the respiratory tract. In Chinese medicine, it is called "liver insulting the lungs." As a result, the lungs and the liver become *hypersensitive* to pollens, scents, and atmospheric pollutants, leading to spring allergies. De-congest your liver, instead of taking over-the-

counter medications to fight your allergies—they only further weaken your liver, making you more prone to ultimate weight gain.

There are many causes of a congested liver (liver heat and *qi* stagnation):

Insufficient blood

Rich and spicy food

Strong emotions, such as anger, resentment, impatience, and irritability

Sugar cravings

Chemical toxins from processed foods, and the environment

Enhance liver health to improve body metabolism for more efficient weight loss.

Your liver (bitter taste) prefers sweet flavor. Therefore, licorice and dates are soothing and beneficial to your liver. But avoid sugar.

To cool your liver heat, consume more raw food, green leafy vegetables, celery, and tofu.

Avoid warming heavy foods, such as eggs and buckwheat, and animal proteins.

Include herbs, such as fresh ginger, cinnamon bark, marjoram, mint, rosemary and sage.

Increase intake of bitter foods, such as bitter melon to clear liver congestion. Bitter melons are available at all Chinese supermarkets.

Get up early in the morning.

Acupuncture

For thousands of years, the Chinese have been using acupuncture to treat various diseases, including weight problems.

The objective of acupuncture is to increase circulation of the *blood* and *qi* to stimulate metabolism and calm the nervous system for ultimate weight loss. Acupuncture focuses on treating the imbalance of body organs, in particular the spleen and the liver, which play a pivotal role in weight loss.

Much of your body's energy or *qi* flows along the major channels and numerous minor channels. These flows influence the flow of all your body's fluids and energies. Each one of these flows passes through and influences an internal organ by nourishing it with the nutrients required.

Acupuncture points, as many as five hundred, are used to regulate the flow along these channels. The Chinese have discovered that ear points are particularly effective for treating weight problems. The reason is that, according to Chinese medicine, the human ear is a micro-system of the human body in an inverted fetal position; as such, it embraces acupuncture points relating to all major organs and body parts.

These auricular points are stimulated with small tacks and small magnets taped to different points on the ears. These auricular points include:

Point to stimulate the spleen to promote better digestion

Point to calm the mouth to avoid overeating

Point to control hunger and avoid compulsive eating

Point to reduce stress to calm the nervous mind

Point to enhance body metabolism for better weight loss

Tai Chi Breathing and Exercise

Breathing is the basis of Oriental healing. Optimal breathing enables better circulation of *qi* and *blood*, which are conducive to spleen and liver health.

In addition, Tai Chi strengthens the inner core of self and self-worth, which may help overcome eating disorders leading to weight problems. By balancing internal rhythms and needs of contemporary life's demand, Tai Chi aids weight loss through shifting your body weight in a series of 13 slow, graceful movements.

Learn Tai Chi, Qi Gong, , or Yoga—they all contribute to gradual, but consistent, weight loss.

Buddhism and Weight Loss

Buddhism may help you find a path to peace and inner freedom in the midst of contemporary life.

Aside from the religious teachings of rebirth and reincarnation, Buddhism is a philosophy of living.

One of the profound teachings of Buddha is that *all* life experiences—whether they are delightful or painful—come and go: they are fleeting and transient, because everything *changes* with the moment. That includes your body weight and body shape.

Buddha has another important teaching on *suffering*. Human suffering occurs when you want things to be *different* from what they are or what they are supposed to be. For example, you want to be slim when you are not. You are not accepting what you do not have, but instead struggling against your craving to be slim—*that*, according to Buddha, is the fountainhead of human miseries. Accept the fact that you may not be able to change your body shape or wish away those extra pounds on your body.

The wisdom of Buddha's teachings is [mindfulness](#). The essence of mindfulness is: look within! The solution to all life's problems is to look within yourself. No one can be mindful *for* you. Only you have all the answers to your problems, including weight loss.

Buddha said: "Don't believe me. Look and see for yourself. Peace and freedom are just as available to you as it is to me. But you must discover the truth for yourself."

Buddha's *nirvana*, which is *self-enlightenment*, has to be intuited through the *self*. In other words, you have to become your own authority on weight loss, and you have to discover the truth about weight loss for *yourself*.

Buddhist teachings do not directly bring about weight loss, but they certainly may change the way you *think* about *your* weight loss.

(2) The Biblical Approach

Can the life-transforming power of God's Word bring about weight loss?

If you are a believer, God's Word *can* renew your mind and even change your life. But can God's timeless Word make you *really* lose weight?

It is interesting to know that weight loss is more than just about what goes into your mouth. Weight loss is more than dieting.

Oprah Winfrey told *People* magazine: "My greatest failure was in believing that the weight issue was just about weight." It is *not* just about weight! It is about EVERYTHING!

Weight loss is also about your *renewed mind*—which is possible only through the Word of God.

"Do not conform to the wisdom of this world, but be transformed by the renewing of your mind." (**Romans 12: 2**).

With a renewed mind, and with the grace of God, you may be able to see the *reasons* for your repeated failures in your struggle with diets and weight loss programs.

A renewed mind enables you to separate the *truths* from the myths created by the billion-dollar diet industry.

“Do not deceive yourselves. . . .the wisdom of this world is foolishness with God.”
(1 **Corinthians** 3:18)

“. . .keep yourself from being polluted by the world.” (James 1: 27)

A renewed mind changes your *attitudes*. Remember, only about 20 percent of weight loss success is due to dietary factors. A change of attitudes may contribute to success in other weight loss factors.

One of the most important reasons to keep you physically healthy through weight loss is that *God wants you to be healthy*.

“. . . for I am the Lord, who heals you.” (Exodus 15: 26)

The Bible says that your body is the temple of God.

“What? Know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own?” (1 **Corinthians** 6:19)

Therefore, it is *your* responsibility to keep your body clean and healthy.

“Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.” (Philippians 3: 19)

Weight loss is *not* about enhancing your *own* body image.

“Whether, then, you eat or drink or whatever you do, do all to the glory of God.” (1 **Corinthians** 10: 31)

“You were bought with a price. So then, honor God and bring glory to Him in your body.” (1 **Corinthians** 6: 20)

Remember, we are all created in the image of God. Learn to *like* your body, as it is; do your best, and let God do the rest!

As with every other mundane endeavor, weight loss can be disappointing and frustrating. There are times when the will is strong, but the flesh is weak. Forget about will power: instead, connect yourself to a much higher power.

“All things are possible to him who believes.” (Mark 9:23)

“I can do all things through Christ which strengthens me.” (Philippians 4:13)

But you may ask: “What would Jesus eat?” or “What should I eat?”

As to the first question, the answer is: Nobody knows! Jesus traveled most of the time. Probably he ate fish and bread. In those days, there were no McDonalds.

As to the second question, you could be in a dilemma, just as St. Paul was:

“I do not understand what I do. For what I want to do, I do not do, but what I hate, I do.” (Romans 7:15)

So, let the Holy Spirit guide you along. Take the best action, and do it for the glory of God. But it is important to take appropriate actions.

“. . . faith by itself, if not accompanied by actions, is dead.” (James 2: 17)

Call on God for the help you need, especially after repeated failures.

“Call on me and I will answer you and tell you great and unsearchable things you do not know.” (Jeremiah 33:3)

“Whether you turn to the right or to the left, your ears will hear a voice behind you saying, ‘This is the way, walk in it.’” (Isaiah 30:21)

Jesus was constantly praying because He, too, like us, was confined to a human body: He faced all the desires and temptations that we all face in our everyday lives. But He showed us a way out: He modeled the practice of prayer as He lived on earth.

So, pray for your success in weight loss.

(3) The Western Approach

The Western approach to weight loss is different from the Oriental approach.

Western medicine often regards obesity as a disease or disorder that requires medical attention. Many Western medical doctors believe that diseases and symptoms are *not* separate entities. As a matter of fact, it is a common belief that removing the symptoms of a disease is tantamount to eradicating the disease itself. Accordingly, an aggressive approach to disease is often reflected in drastic measures to eradicate the symptoms with the notion that the end justifies the means.

The obsession with weight and dieting has become a national crisis in the United States, such that the medical community, the powerful weight loss industry and its entrenchment with Congress policy makers are aggressively addressing weight loss in the United States.

As a result, there is a dazzling array of weight loss methods available to the public.

Weight-Reduction Surgeries

Instead of advocating only for patients with obesity-related risks or lifestyle limitations, weight-reduction surgeries are now recommended for those who want a “desirable” weight. They have become “options” for weight loss for the general public. To many, weight-loss surgery seems to be the easy way to solve a complex problem as obesity.

The following are some of the more common types of weight-reduction surgeries:

Laparoscopic gastric banding (Lap-Band)—a surgery in which an inflatable band is placed around the upper stomach to create a pouch, limiting food consumption and giving a feeling of fullness

Roux-en-Y gastric bypass (RGB)—a surgery in which surgical staples are used to create a smaller stomach pouch

Vertical banded gastroplasty (VBG)—a surgery in which the stomach is divided into two parts with a band to limit the intake of food

Diets

In the United States, approximately 50 millions go on a diet each year to attempt to lose weight.

There are many different diets from the popular ones, such as *Atkins Diet*, the *Slim Fast Diet*, and the *South Beach Diet*, to the outlandish ones, such as the *Banana Diet* and *Peanut Diet*, among others. New diets are emerging continually—as long as the gullible public demands them.

Basically, all diets are related to *carbohydrate*, *protein*, and *fat* consumption. Many of these different diets only vary according to the *amount* of food consumed in these different categories of food types.

Simply put, there are generally *two* types of diet: the low-fat-high-carbohydrate diet, and the high-fat-low-carbohydrate diet. There are, however, many variations in between.

All fad diets require reduced calorie consumption, refrain from eating certain foods, and, most importantly, lifetime maintenance.

Meal Plan Programs

Meal plan programs provide different plans, each with a breakfast, lunch, dinner and dessert for each day. Food, which is pre-portioned, is delivered to consumers with tips and instructions.

Nutri System is an example of meal plans aimed at reduced portions to help participants lose weight.

Diet Pills and Supplements

Diet pills and drugs generally contain PPA (phenylpropanolamine) and benzocaine, which are appetite suppressants.

To circumvent the need for FDA approval, weight-loss quackery relies heavily on the exploitation of herbs and “natural” products, as long as no drug claims are made on the label.

Exercise

Exercise is widely used in the West to procure permanent weight loss:

- It makes your body a calorie-burning machine.

- It keeps your body from regaining the weight after you have lost it.

- It helps maintain lean body mass.

- It improves functional capacity and promotes wellbeing.

- It reduces cardiovascular risk.

Exercise burns calories. Weight loss results when the calories burnt exceed the calories consumed. However, some dieters may become addicted to exercise, resulting in compulsive and obsessive exercise.

In the West, for many, especially men in their 40's and 50's, excessive exercise has become a secondary dependency aimed at weight loss.

Laxatives, Diuretics, Purging

In a desperate attempt to lose weight, young adults, and even some children, may use vomiting, abuse of laxatives, diuretics and ipecac syrup, enemas, and dehydration (such as wearing plastic garments while exercising) as methods to bring about weight loss.

Smoking

The decline in smoking in the United States has been slower among women than men because many female smokers use *nicotine* to avoid weight gain. There is evidence that a great percentage of women returning to smoking as a result of subsequent weight gain and increased appetite after quitting the habit.

Studies reported that *nicotine* may help smokers lose about ten pounds, and this weight loss is usually kept off while smoking continues, but it is regained once the habit is kicked. On average, women regain 10 pounds, and men about 6 pounds. This explains why many female smokers refuse to quit the habit.

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CHAPTER FOUR: Knowing The Fundamentals

In this chapter, you will read about . . .

[Know Your Body Weight](#)

[Know the Calories](#)

[Know Your Basal Metabolic Rate](#)

[Know Your Cholesterol Levels](#)

[Know Your Blood Pressure](#)

[Know Your Blood Sugar Levels](#)

Before you attempt any weight loss, you need to understand the fundamentals of weight loss. More importantly, you need to know the fundamentals of the self. This is *your* weight loss. You want to do it *your way*. Nobody can do it for you, except YOU!

(1) Know Your Body Weight

Know your body weight, but do not become obsessed with your body weight. The bathroom scale does not tell you how much fat or muscle you may have; nor does it tell you if you are healthy or not, unless you are grossly overweight.

Remember, your body weight *always* fluctuates—which is a fact, and which is only *normal*.

Having said that, you still need to know your body weight to see if you are overweight or even obese.

You need to know your weight to assess your current health status as well as to define your current starting point at weight-loss management. However, it does not mean that you need to step on the scale *everyday*.

To determine if you are overweight, you need to examine the following:

Your height

Your weight measurements

Your waist size: Measure your waist circumference (between your rib cage and above your belly button). A waistline of 35 inches or more for most women, and a waistline of 40 inches or more for most men indicate an increased health risk for developing chronic diseases and disorders.

Your Body Mass Index (BMI)

Body Mass Index (BMI) is a measure of body fat based on your weight and height: BMI is determined by the formula: $BMI = (\text{body weight in pounds}) \div (\text{body height in inches} \times \text{body height in inches}) \times 703$.

To illustrate, if you are 5'11" tall and you weigh 165 pounds, your BMI will be: $(165/71 \times 71) \times 703 = 23$

The BMI numbers have the following implications:

Any BMI that falls between 19 and 24.9 is considered ideal and healthy.

Any BMI that is below 18.5 is considered underweight.

Any BMI that ranges from 25 to 29.9 is considered overweight.

Any BMI that is above 30 is considered obese.

Do not step on the scale too often (such as daily): once a week or even once every two weeks is adequate.

(2) Know the Calories

Are calories important in weight loss? Yes, they are. But *counting calories* is something else; it is irrelevant in weight loss.

Counting calories irrelevant in weight loss

Calories are critically important to weight loss. Your body begins to lose weight only when the calories you consume are *fewer* than the calories you use up. Overweight is a result of consuming too many calories.

Having said that, counting calories is not only *difficult* but also *inaccurate* for the following reasons:

- The inability to accurately quantify the mathematic values of foods

- The discrepancy in the biochemical differences in different foods

- The differences in each individual's biochemical and genetic makeup

- The variation in metabolism rate due to age, sex, health, and energy output.

Counting calories will only drive you crazy. Did your ancestors ever count calories? If they didn't, then why should you? So, stop counting calories!

More muscle mass, more weight loss

Given that lean muscle mass requires calories even while you are at rest, the amount of muscle you maintain affects your metabolism in a *positive* way: you burn calories while you sleep. Therefore, the more muscles you have, the higher your metabolism rate becomes, and the more calories you will burn.

The converse is also true: as you lose your muscle mass (if you starve yourself), the metabolism rate decreases, and so does your weight-loss rate. So this is the frustrating aspect of weight loss: you eat less, and you don't lose weight.

Water loss, not fat loss

The maximum amount of weight loss (fat or muscle) in one day is about one half pound. Since your body is made up of 60 percent water, and one gallon of water weighs about eight pounds, any additional weight loss greater than one half pound may only be *water*, and *not* your body fat. Therefore, when your body replaces the water lost, weight gain will resume, and you may be right back to where you started at an unhealthy weight.

To lose weight, you need to expend more calories than you consume.

(3) Know Your Basal Metabolic Rate (BMR)

Weight loss has everything to do with your intake of calories. If you consume more calories than you expend, the net result is weight gain. In general, the more calories you consume, the heavier you become. Hence, there is a daily calorie allowance based on an individual's age, height, and body weight.

Your daily calorie allowance is determined by your Basal Metabolic Rate (BMR).

Your basal metabolic rate, or BMR, is the minimum calorific requirement needed to sustain life in a resting individual. BMR is affected by many factors, including genetics, age, sex, and gender, among others.

Your BMR decreases as you age.

Eating less in hopes of losing weight decreases your BMR (a foil to intentions at weight loss)

A regular routine of cardiovascular exercise increases your BMR

[Calculate your BMR.](#)

If you have a problem with your Basal Metabolic Rate, you may have fat metabolism problems:

Elevated blood pressure and cholesterol levels

Excess weight gain

Pot belly

(4) Know Your Cholesterol Levels

Dietary cholesterol is a fat-like substance found in all foods of animal origin: egg yolks, meat, poultry, and fish, milk and dairy products.

Because your body makes cholesterol, it is not required in your diet.

However, because most of the foods you eat contain cholesterol, it is important to *avoid* any excessive amount that may damage your heart health. The amount of cholesterol you consume can affect your blood cholesterol levels.

High blood cholesterol is a significant risk factor in heart disease. Lowering blood cholesterol through increased physical activity, weight loss, smoking cessation, and proper diet may lower that risk.

Cholesterol by itself is not a toxic sludge with a bad reputation. Oxygen is transported to your brain by your blood. If blood supply to your brain is reduced due to blockage of cholesterol deposits, your brain cells may become deprived of nutrients and deteriorate rapidly as a result.

Keep your total cholesterol below 200 milligrams per deciliter of blood, with your LDL below 130 and HDL above 65.

Total cholesterol

Less than 200 mg/dL (Desirable)

200 - 239 mg/dL (Borderline high)

240 mg/dL and above (High)

LDL cholesterol

Less than 100 mg/dL (Optimal)

100 - 129 mg/dL (Near optimal)

130 - 159 mg/dL (Borderline high)

160 - 189 mg/dL (High)

190 mg/dL or above (Very high)

HDL cholesterol (higher is better)

Less than 40 mg/dL (Low)

More than 60 mg/dL (High)

A desirable total cholesterol level is below 200 mg/dL

Lower your cholesterol *naturally*.

[The 60 Day Prescription Free Cholesterol Cure:](#) shows you how to maintain healthy cholesterol levels as well as lower cholesterol *naturally* without the use of statin drugs for your optimum heart health.

(5) Know Your Blood Pressure

Blood pressure is a measure of the force of blood against artery walls. It is expressed as two numbers: (1) the upper number, *systolic pressure*, represents the force as the heart beats; and (2) the lower number, *diastolic pressure*, is the force as the heart relaxes between beats. Normal blood pressure is 138/85. Your ideal blood pressure is 120/80. You may have high blood pressure when readings of 140/90 occur over an extended period.

New evidence links high blood pressure to increased risk of cognitive decline and dementia.

Control blood pressure [naturally](#) without drugs.

(6) Know Your Blood Sugar Levels

Regularly check your blood sugar levels to see how well your body uses glucose to provide energy for your body cells. After a meal, your blood glucose rises. A hormone called insulin helps transport the sugar into cells, where it can be used as fuel. Blood sugar then gradually drops back to normal. However, blood sugar levels that remain higher than normal signal two problems:

Cells are “starving” because they are not absorbing enough glucose.

The extra sugar circulating in the blood can damage your eyes, kidneys, nerves, heart and blood vessels.

Blood sugar problems may result in the following

[Diabetes](#)

Fluctuation of sugar levels

[Sugar craving](#)

Your blood sugar should be regularly monitored beginning at age 45 or earlier if you have risk factors for diabetes. Control your sugar cravings to avoid weight gain.

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CHAPTER FIVE: The Intellectual Aspect of Weight Loss

In this chapter, you will read about . . .

[The Importance of the Intellect](#)

[The First Step in Weight Loss](#)

[The Truths, the Half-Truths, the Myths](#)

[Controversial Food and Drinks](#)

[Controversial Diets](#)

“All men by nature desire knowledge.” **Aristotle**

(1) The Importance of the Intellect

Cultivate your intellect to begin your weight loss. Begin weight loss with knowledge acquisition. Knowledge is empowering.

First and foremost, you need knowledge about *yourself*: *who* you are, and *what* you want.

Are you overweight? This is a simple and straightforward yes-or-no question.

There are three possible scenarios to the question.

Scenario one

Your body shape and the figure on your bathroom scale, or even your doctor's warning may not indicate whether or not you have a weight problem, because you see *no evil* and *hear no evil*. You simply *ignore* the facts confronting you. In other words, you are in a state of *denial*. Not confronting the truth is an easy way out of any difficult and undesirable situation in life. If you see no problem, then there is *no* problem.

Scenario two

You are fully aware of your weight problem. But you *choose* not to do anything about it. Knowing is one thing, while taking action is another. You may have a live-and-let-live attitude. You may have resigned to the fact that there is not much you can do about your problem anyway, so why bother yourself with solving it. Yes, there is a problem, but so what? You live to eat, not eat to live. To you, tomorrow is another day, and possibly a *better* day at that.

Scenario three

You are hurt badly enough that you want to make a meaningful change. You are short of breath when you climb the stairs, you wobble, instead of walking, and you look grossly out of shape.

The Complexity of Weight Loss

So, it is not that easy to answer that simple question: *Are you overweight?*

The following questions may shed some light on *how* to answer that simple question:

Do you have high [blood pressure](#)?

Are your [blood cholesterol](#) levels normal?

Do you experience regular physical pain, or frequent [headaches](#)?

Do you have difficulty going to [sleep](#)?

Do you have insatiable cravings for certain unhealthy foods?

Do you have [anxiety](#) or mental depression?

Is everyday life [stressful](#) to you?

Do you have any degenerative disease or chronic illness?

Because the answer to that simple question "Are you overweight?" is far from simple, you can now see *why* weight loss is such a complex problem—so complex that most of us may choose to ignore it, instead of dealing with it.

After all, we are human, and it is human nature to avoid any complex problem, and to procrastinate in doing what we ought to do.

But why is that?

It is because we have been exposed so much to the media and bombarded by the weight-loss industry that many of us become confounded and overwhelmed. Many of us simply don't know what to do, or what to believe. There are many truths, but also many myths, as well as half-truths.

Weight loss is a complex problem. As such, the only solution to this problem is the *intellect*, which is the power of the mind to know, to understand, and to differentiate. To initiate any meaningful weight loss, you need the faculty of the mind to reason and to

acquire knowledge. Without that faculty, it is difficult to separate the goat from the sheep, or the weed from the grass.

(2) The First Step in Weight Loss

Knowledge helps you perceive *who* you really are, with all your innate problems. Once you see the need to lose weight, you are already taking the first step towards weight loss. Lao Tzu, a great Chinese philosopher, once said: “A journey of a thousand miles begins with the first step.”

Take the first step. *Educate* yourself. Find out *everything* you need to know about weight loss.

Before you buy any weight-loss product, enroll yourself in any weight-loss program, or take any drastic measure in weight loss, such as weight-reducing surgery, get all the information. If you are not prepared, you are in fact preparing yourself for failure in any weight-loss endeavor.

Remember, knowledge is empowering.

It gives you more options in your strategies in weight loss.

It enables you to make your *own* decisions regarding your weight loss, instead of replying on doctors or the industry.

It helps you set your goals. Nobody can do that for you.

It shows you *where* you are. Accordingly, it facilitates any adjustment to your plan in weight loss.

It enables you to overcome hurdles you are bound to come cross in your weight-loss endeavor.

Once you have become aware of your own conditions, that is, your need for weight loss, make a *decision* to bring about the necessary changes—a change in your attitude, and a change in your diet and lifestyle.

Adopt the right attitudes towards weight loss. The right attitudes include your quest for health information.

According to a research study at Purdue University by **Mohan J. Dutta-Bergman**, published in the *Journal of Medical Internet Research*, “Individuals who searched for health information on the Internet were indeed more likely to be health-oriented than those who did not. Consumers who sought out medical information on the Internet reported higher levels of health-information orientation and healthy activities, as well as stronger health beliefs than those who did not search for medical news on the Internet.”

Embrace learning about weight loss as a valuable objective in your life. Knowledge is power.

(3) The Truths, the Half-Truths, the Myths

Jesus said, “You will know the truth, and the truth will set you free.”

Nowadays, there are simply too many controversial foods and drinks. The following are some of the most controversial ones.

Controversial Food and Drinks

Beer

Not all beers are alike. Some contain more calories, and some more carbohydrates. Beer contains no fat. In addition, beer is low in sugar, and has no cholesterol.

But beer contains *alcohol*, which can have the following effects on your weight:

Beer may cause your blood sugar to drop drastically, thus stimulating you to eat *more*.

Beer has about 7 calories per gram of alcohol, which may go right to your stomach, leading to weight gain. One 12-ounce serving of beer every night may add up to an extra 10-15 pounds per year, if you do not burn those extra calories.

Your liver, in the process of detoxifying excess quantities of alcohol, may become filled with fat, resulting in a characteristic “beer belly.” Typically, fat distribution shifts to your belly and trunk, and some men may even grow “female breasts” as estrogen accumulates in their systems. If you want to retain your body shape, simply drink *less* beer.

However, the beer industry has extolled the virtues of beer drinking:

Beer may help you *socialize*—but as you talk more, you also drink *more*.

Moderate alcohol consumption (no more than 3 glasses a day) may protect you against cardiovascular diseases—but red wine may be a better option in terms of health.

Beer is a good source of soluble fiber to slow down digestion and absorption of food—but you drink more, and also eat *more*.

Beer, made from barley, contains B vitamins, biotin, magnesium, phosphorous, potassium, and selenium—but, more often than not, *inferior* barley is used for brewing beer.

Corn

Corn is prone to fumonisins (environmental toxins produced by molds found *mainly* in corn) and other fungal contamination.

The levels of contamination in processed corn products for human consumption may vary, depending on the milling and manufacturing processes that raw corn undergoes.

Fumonisin is associated with a variety of adverse health effects in livestock and experimental animals. Most recently, there have been numerous cases of poisoning in dog food due to contaminated corn, which is the main ingredient, resulting in animal fatality. If contaminated corn is bad for animals, are corn products safe for you?

Of course, there is no strong scientific evidence to prove that contaminated corn is actually *bad* for humans.

The Food and Drug Administration (FDA) has recommended maximum fumonisin levels to the industry, and urges more stringent self-regulation to protect both animal and human health. The FDA is regularly assessing the potential risk to animals and humans from exposure to fumonisins. Given the credibility of the FDA, are these measures sufficient to oversee the industry and protect consumers?

If corn is contaminated, corn may then be *universally* contaminated because corn products are found *everywhere*: a chicken nugget consists of corn-fed chicken with a corn-based batter sweetened with corn syrup. Look at all the processed foods at the supermarket: nearly all of them contain *some* form of corn.

Of course, the public has been presented with conflicting evidence:

One medium ear of sweet corn contains about 80 calories.

Corn is rich in vitamin A, vitamin C, iron, potassium, and dietary fiber.

With its antiviral and anticancer properties, sweet corn may help neutralize your stomach acid.

Presumably, corn is a health food—if it is *not* contaminated.

Milk

Is milk nutritious? This is forever controversial.

Look at some of the truths about milk:

Instead of the old-fashioned fresh green grass feeding and traditional methods of breeding, modern feeding methods of cows use high-protein, soy-based feeds, and high-technology breeding to produce cows with abnormally large pituitary glands so that they can produce much more milk. Today, an average cow may produce 30,000 to 40,000 pounds of milk per year, as opposed to the 2,000 pounds produced by its counterpart fifty years ago. Such discrepancy can be attributed to drugs, antibiotics, hormones, forced feeding plans, and specialized breeding.

Cow's milk is no longer as *pure* as it was before. Just think about *what* is in your milk! Milk contains powerful growth hormones, which may play a major role in human breast cancer cell growth. In 1990, a genetically-engineered hormone injected into dairy cows to make them produce more milk was declared safe by the U.S. Food and Drug Administration (FDA); however, recently, this “safe for human consumption” was challenged by the Canadian government and scientists. The safety of growth hormones has been called in question.

Milk, today, is *homogenized*, which means the fat molecules in milk are evenly distributed within the liquid milk such that there is no visible cream separation in the milk. By *artificially* changing nature's natural mechanism, milk proteins are *not* broken down, and are directly absorbed into your bloodstream without being digested. Undigested proteins may account for increased rates of cancers and heart diseases. This may explain why there is such low incidence of breast cancer in rural China, where dairy products are seldom consumed.

Milk is often fortified with *synthetic* vitamin D to replace the *natural* vitamin D complex during the process of homogenization. Synthetic vitamin D is known to be toxic to your liver. Milk “fortified” with vitamin D may not be a better deal.

Pasteurized milk (heated to kill bacteria in milk) loses its enzymes, which are destroyed in the process of heating. Without enzymes, milk protein is difficult to digest, thereby unduly stressing your pancreas, which may make you prone to diabetes and weight gain.

Milk has been aggressively promoted by the billion-dollar dairy industry with its deep pockets, as evidenced by multi-faceted images of celebrities with their famous “milk moustache.”

The milk industry has its own version of truths about milk:

There is very strong scientific evidence that dairy calcium reduces the risk of colon cancer, and whole milk reduces, instead of increasing, a woman's risk of breast cancer.

Milk and other dairy foods are recognized as among the best sources of naturally occurring calcium due to their high calcium content, high calcium bio-availability, and low cost relative to their nutritional value.

Recent research indicates that intake of dairy foods may reduce the risk for major disorders, such as osteoporosis, heart disease and stroke, hypertension, obesity, insulin resistance, and type-2 diabetes, as well as some cancers.

Milk contains magnesium, potassium, and phosphorus, which facilitate the absorption and utilization of calcium.

Milk contains casein, the protein only found in milk, which contains all of the essential amino acids.

Controversial Diets

A high-carbohydrate-low-fat diet

A high-carbohydrate-low-protein diet is controversial:

A high-carbohydrate diet provides energy for cell growth and maintenance.

Eating more carbohydrates and fewer fatty foods may help most people lower their risk of coronary artery disease, which kills more than 500,000 people in the United States each year.

Other experts, however, have given evidence that carbohydrates may have adverse effects on your health, including weight gain:

Due to your body's limited storage capacity for carbohydrates, any excess will be converted by the hormone insulin into fat or fatty tissue. Carbohydrates make you fat.

Your consumption of food high in carbohydrates may elevate your blood glucose, which will then trigger your pancreas to secrete more insulin into your bloodstream in order to lower the increased glucose. Increased insulin may lead to insulin intolerance, a precursor of diabetes.

In addition, any high insulin level in your body may suppress two other hormones—glucocorticoids and growth hormones—which are responsible for burning fat and sugar, and for promoting muscle development, respectively. This suppression further increases your propensity to weight gain.

Sucrose (derived from sugar cane, sorghum and sugar beet, most commonly found in table sugar and sweetened prepared foods and beverages) and fructose (found in fruit) have been implicated with increased breast cancer risk. Eating sweets and starches causes a rapid rise in your body's blood sugar levels, which in turn accelerates the production of insulin and triggers a biological process that may ultimately cause your cells to proliferate, resulting in cancer.

Insulin and insulin-like growth factor may also increase biologically active estrogens, a risk factor for breast cancer in pre-menopausal women. Approximately 90 percent of breast tumors are insulin-receptor positive with over-expressed insulin-like growth factor. It is believed that cancer and insulin are related.

A high-fat-low-carbohydrate diet

A high-fat-low-carbohydrate diet is also controversial:

Your body can cope with only a relatively small intake of excess fat—that is, no more than 40 percent of your calories deriving from fat.

Excess fat may damage your immune system through oxidation, which produces free radicals, damaging your cells.

As you grow older, your body produces *fewer* antioxidants, making it even more difficult to handle excess fat intake in your diet.

You may have raised blood cholesterol level due to consumption of too much saturated animal fat.

You may be at risk for cancer: a high-fat diet is believed to be conducive to many types of cancer.

Your high intake of excess fat may leach calcium from your bones, due to the increase of acid load, thus leading to osteoporosis. In the absence of carbohydrates, your body turns to fat for energy. The oxidation of fat creates an acidic environment requiring calcium, which is alkaline in nature, to neutralize it. A smelly body is often a good indicator of an overtly acidic body.

Your high-fat diet may only produce temporary weight loss as a result of water loss, rather than a lasting loss of your body fat.

Your high intake of animal protein may produce excess wastes, such as uric acid and urea in your blood, thus placing a strain on your kidneys and liver.

Again, there are conflicting evidence supporting a high-fat diet:

A high-fat diet can result in spectacular fat loss—as long as carbohydrate intake is kept very low. Your body, in the absence of carbohydrates, may then turn to your body fat for energy, as in the *Atkins Diet*, thus exhausting and eliminating your excess body fat in the process

Saturated fat in a low-carbohydrate diet actually *improves* cholesterol ratios, according to some scientific studies.

Saturated fat may produce strong cell walls against oxidation, instead of producing harmful free radicals during the oxidation of fats.

Saturated fat may enhance your immune system, protect your liver, and build strong bones. Research has shown that high protein intake, in the presence of alkalinizing fruit and vegetable intake, and together with adequate calcium intake in the form of supplements, may even have a positive effect on your bone mass, instead of leeching your calcium to cause osteoporosis, as some other experts have claimed.

Plaques in the arteries are *not* primarily composed of saturated animal fat. A high-fat diet may not be the culprit of heart disease.

Studies have also shown that the French who are fond of eating cheese, the Grecians who consume high levels of butter, cheese, and animal fat, and the Thai who eat a lot of coconuts and pork—all have a low risk of heart disease. These studies have demonstrated that a high-fat diet and heart disease are *unrelated*.

Glucose can be obtained from protein and fat without raising the insulin level, as opposed to the consumption of carbohydrates in order to obtain glucose for energy.

From the above, you can see *why* you need knowledge to separate the truths from the half-truths and the myths.

At some points in your life, you need to make a decision concerning your health or your weight loss, and that is when you need knowledge to know why you have to make certain decisions, not because someone else is telling you to.

Empower yourself with information about weight loss. Do not rely solely on doctors or weight loss experts to make you slimmer. After all, it is *your* weight loss, and you may want it *your* way. And you may even want to *cheat* your weight.

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CHAPTER SIX: The Mental Aspect of Weight Loss

In this chapter, you will read about . . .

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[Preparing for Success in Weight Loss](#)

[Success and Self-Esteem in Weight Loss](#)

[The Mind and the Will](#)

[Changing the Thinking Mind](#)

“Your thoughts control your attitudes,
and your attitudes lead to your actions.” **Adrian Rogers**

You want to lose weight, don't you?

To lose weight successfully, you need the *right* mindset.

Every year there are millions of people going on a diet, and approximately only 5 percent of them are successful. You don't want to be one of those 95 percent individuals who struggle unsuccessfully in their weight loss.

(1) The Right Mindset

The mind is most powerful in that it controls *how* you think, and *what* you do. The key is to learn to *control* your mind, instead of letting your mind control you.

Preparing for Success in Weight Loss

To give yourself a good chance of success in weight loss, you want to *prepare* yourself for success.

Benjamin Franklin once said: “By failing to prepare, you are preparing to fail.”

Knowing your true self is preparing for success: what you are capable of doing or accomplishing; your positive strengths and your negative weaknesses. In other words, do you have the commitment to pursue your success in losing weight?

Shakespeare said: “To thine own self be true.”

Don't aspire to be someone else that you are not. So, know your *true self!*

Be optimistic, but also be realistic about how much weight you can lose, and how fast you can lose those extra pounds!

Knowing the basics for success in whatever endeavor you may be pursuing is preparing for success.

Knowing the basics of weight loss is preparing for success in losing weight. Spend time in educating yourself on the basics of weight loss and the science of eating.

Setting expectations of success is preparing for success. Expectations with determined efforts bring about self-confidence and self-efficiency.

Finding a supportive group or choosing a role model to learn from is also preparing for success.

Success requires having a bigger and healthier vision in life. Setting your goals is preparing for success. Assess your abilities and from where you are starting. Make your goals flexible. Based on your own judgment, set both short-term goals (one month) and long-term goals (six months to one year) for accomplishment. Setting your goals is

based on the level of your commitment (which is sacrifice and determination). Always keep your goals in front of you.

After setting your goals, visualize the potential result of your weight loss. Visualization is important in that it can make the end result “tangible” and therefore within reach.

Taking action is preparing for success. Once you have mapped out your goals, take appropriate action. [Procrastination](#) is not only the thief of time, but also a robber of success. Take your first step when you are good and ready. With a purposeful focus on what is ahead of you, you are well on your way to success.

Preparing for setbacks is preparing for success. Master each step before moving to the next one. No matter what, setbacks and disappointments are inevitable. Learn from your mistakes, and be prepared to move on as planned. You may be struggling on your way to success, but persevere your struggle without giving up.

Remember, great effort resulting in great success gives you happiness and satisfaction of a sublime kind, while great effort with little success brings only cynicism and frustration that may negatively impact your desire for weight loss. Always be prepared for success: failing to prepare is preparing for failure.

Success and Self-Esteem in Weight Loss

Success is the benchmark of how good you are—or how good you *feel* about yourself. Success begets self-confidence, which builds self-esteem.

According to Thomas Tutko, professor of psychology, self-esteem can do wonders to your life in the following ways:

It removes your anxiety in life that may come naturally with age.

It forges your determination to pursue your dreams and fulfill your personal goals.

It increases your willingness to accept new challenges in life.

It enhances and complements your self-confidence.

Self-esteem is not about fame and fortune—it is about your *inward vision*, that is, how you view yourself in relation to others. Essentially, you don't look to others for approval. Even if you are overweight, you don't feel ashamed of your body. You set your own standards of success in weight loss, which has to do with only *you* and no one else.

Building Self-Esteem

You can build your self-esteem in several different ways:

Physical image

Your physique may give you a sense of self-esteem. Enhance how you perceive yourself physically by:

[Building more muscles](#)

[Losing more body fat](#)

Self-affirmations

Use [positive self-affirmations](#) not only to talk back to your negative inner voice, but also to reinforce the positive quality innate in you.

Self-evaluation

Take stock of your achievements and accomplishments to date, however small and insignificant they may be, and apply them to your endeavor in weight loss.

Setting goals

Lao Tzu, a great Chinese philosopher, once said: "A journey of a thousand miles begins with the first step." Setting goals is taking the first step. Taking one step at a time increases your self-esteem.

Taking courage

In life, it takes courage to do the things you have never done before, or never thought you could do. Making a decision to lose weight may be a big challenge to you—not to mention taking the requisite actions.

Step outside your box, and you may be surprised to find abilities and strengths you never thought you had. Just take courage and *do* it!

Discipline for self-improvement

Discipline is strengthening the weaknesses in your character through *repetition* and *adjustment* in order to improve yourself.

Like-mindedness

Seek out those who share your dreams, not those who put you down, always saying, "You can never lose your weight!"

No great expectations

Life is full of failures, which are inevitable; without them, there would be no new challenges. Just do your best, and be your best, but do not expect the best.

Quality of patience

Patience comes from learning not to expect perfections out of everyone and out of every situation, but from being willing to accept that bad things do happen to good people. Cultivate the quality of patience, with the understanding that real change in your lifestyle and eating habits can take time. Just be more patient!

Given that good decision-making holds the key to success, learn to take time to think through the consequences of your actions and weigh carefully with patience the best approaches to eating for weight loss.

No worrying

Worrying is feeling there is nothing you can do about your weight, and so you don't do *anything*. Worrying is the precursor of procrastinating.

A sense of balance

Self-esteem is the ability to keep everything in your life in perspective, including your weight problems. Without that balance, life can become one-dimensional. You need the richness, the depth, and the variety of accomplishment to feel good about yourself. Always strive for a sense of balance in your life.

Pursue your success in weight loss the Zen way.

There is a saying: "If you seek Buddha, you will lose Buddha." Essentially, it means focusing on the effort and the process, not the end result; spontaneity eliminates stress in the pursuit.

The way of Zen is the profound wisdom of consciousness without being self-conscious. Spontaneity holds the key to your pursuit of success in weight loss, and to dealing with the stress resulting from it. To illustrate, if you desire *success* in weight loss, focus only on the *process* of your pursuit, not its *outcome*.

Understanding this wisdom takes the anxiety out of your pursuit of weight loss. It is tantamount to the Western thinking of "Do your best, and let God do the rest."

(2) The Mind and the Will

Distinguish between your *mind* and your *will*. Your mind, a thought-producing machine, provides you with many options to choose from (e.g. choosing to lose weight or to accept your current weight as it is, and live with it), but it is your *will* that makes the final decision.

Only *you* can decide to lose weight. Your emotions and feelings associated with your body weight are created by your thoughts.

Happiness or unhappiness cannot exist on its own. It occurs because of your thoughts, which can be changed by your will, if you decide to do so. If you can *think*, you can *change*. How you *process* your thoughts will make a big difference in your weight loss!

Changing the Thinking Mind

Your brain is the hardware of your whole being.

If you want to be what you *really* want to be (e.g. a slimmer you), you must make your brain work *for* you, not *against* you. Your brain plays a pivotal role in your *personality*, *feelings*, and *behavior* because it is the seat of your *perception* and *experience*.

But YOU control your own thinking; your brain creates your own world—*how* you live your life, and *how* happy you want to be. It is all in your mind. You are responsible for *how* you feel—even the *stresses* in life. Learn to *rethink* your thinking. Change your thought patterns. Yes, you *can* do it! Everybody can!

Rethink your thinking of your thinking mind.

Steps in rethinking your negative thoughts

Step 1

Understand that your thoughts are *real*. They are *not* imaginary, but as real as life to you.

You have a thought. Say, a thought that you cannot lose weight no matter how hard you try!

Your thought sends electrical signals to your brain.

Your brain releases chemicals.

Learn to become *aware* of your own thinking.

No matter what you think, your thoughts are real to *you*, and must be treated as real. The goal is to *change* your *perception* of these thoughts.

Step 2

Be *aware* of your body's *reactions* to the chemicals released by your brain as these thoughts occur.

For example, if you are angry that you have added instead of having shed a few extra pounds, *notice* how your muscles tense up and how your heart beats faster; if you are happy that your weight is coming down slowly, *notice* how your body responds with a smile or a feeling of euphoria.

Train yourself to *notice the differences* in your mind when your thoughts are happy and when they are sad, and *notice the different reactions* of your body to these different thoughts.

Step 3

Think of negative thoughts as *bad*. *Talk back* to your negative thoughts whenever they occur.

Remember, your *automatic negative thoughts* (ANT) come to your brain *involuntarily* and *spontaneously*. But they are NOT correct, and they do not reflect the WHOLE truth.

Change your thoughts, and do not *believe* them. Learn how to *train* your mind to *change* your *thoughts*, and accordingly *change* your *feelings*. Reinforce your changed feelings by *talking back* to those negative thoughts.

Step 4

Given that your *automatic negative thoughts* (ANT) are incorrect, *challenge* them, and *talk back* to them *repeatedly* until they are gone.

This is *how*:

Write down your *automatic negative thoughts* (ANT). Do not use sweeping words (*always, never, no one, nobody, everyone, every time, every thing*), such as “I am *always* a failure in weight loss” or “*Nobody* likes me because I am fat.” Look at what you have written down, and *talk back* to them *repeatedly*.

Do NOT focus on negative thoughts about your body image or your failure in weight loss.

Do NOT think with your feelings. Remember, your feelings are often based on powerful memories from the past, but they may “lie” to you. Do not say: “I feel hopeless” or “I feel inadequate in my struggle against weight gain.”

Do NOT cherish the feeling of guilt, which is often a bad and negative emotion. Remove any feeling of guilt from your vocabulary, such as “I shouldn’t have eaten that pie!”

Do NOT play the blame game. Stop blaming anyone or anything. YOU are responsible for your feelings, and *no one else*! Don’t say: “You shouldn’t have given me that doughnut!”

The above are all common patterns of thoughts of an individual with distorted thinking that may affect adversely success in weight loss. But these thoughts may come to you *naturally* simply because you *permit* them!

Learn to *talk back* to them whenever they surface in your mind. It is a myth that you cannot do anything about your thoughts.

Other ways to banish negative thoughts

Exercise

Exercise can also help you banish negative thoughts:

It increases your energy output.

It accelerates your body metabolism.

It normalizes your *melatonin* production to induce restful sleep.

It improves your mood by providing your brain with more of the natural *amino acid tryptophan*.

Nutrition

Nutrition can help your mind function optimally. Essentially, your mind needs fat, specifically, [omega-3 fatty acids](#). According to the *American Journal of Psychiatry*, men who had the highest suicide rates had the lowest cholesterol levels. So some fats may not be too bad after all.

Your body needs proteins, which are building blocks of brain neurotransmitters.

Balanced meals with complex carbohydrates, milk, meat, and eggs boost up the levels of dopamine, serotonin, and norepinephrine, which benefit brain transmitters to prevent depression.

Mind aerobics

Mind aerobics utilizes state-of-the-art sound technology, integrated into soothing music, to create positive lifestyle changes in listeners to overcome inadequacy and to achieve personal goals, such as weight loss. Specifically, this amazing sound technology can actually put the human mind into different stages of deep relaxation, focused learning, enhanced memory, and overall wellbeing.

This technology is based on the scientific theory that in human beings certain electrical patterns in the brain correspond to different mental abilities and different mental states.

In your waking consciousness, your *beta* brain waves provide you with concentration, alertness, and cognition. At its highest levels, *beta* waves may result in anxiety and disharmony.

However, when you become relaxed, your *alpha* brain waves are in control, resulting in better concentration and more focused learning. In this mental state, your brain has the ability to learn, process, store, and recall large amounts of information quickly and efficiently.

If you become more relaxed, such as when you are sleeping, your *theta* brain waves are conducive to increased memory and integrative experiences, which enable you to look deeply into your inner self: you see who you really are in relation to others and certain life situations. *Theta* brain waves not only increase your creativity, but also *de*-stress you.

If you relax still further, your *delta* brain waves (the slowest of all brain waves) put you in a deep trance-like dreamless sleep while still making you mentally alert.

If you believe the “Mozart effects” can improve intelligence and enhance cognitive capabilities, then mind aerobics can certainly induce deep relaxation to reduce your stress and sharpen your mind to learn.

Utilize your [super mind](#) to focus on your subconscious mind to help you relax and get what you want in life, including weight loss.

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CHAPTER SEVEN: The Physical Aspect of Weight Loss

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(1) Detoxification

You do not become overweight or obese overnight. It must have occurred over the years through misuse and abuse of foods, drinks, and drugs—simply put, your *lifestyle*. In addition, the environment may have added insult to injury. The result is the buildup of toxins, which are stored and accumulated in the liver and tissues all over your body.

Your liver is a “fatty” organ. It is called a “liver” because it reflects how you “live.”

Over the years, knowingly or unknowingly, you may have poisoned your body with toxins coming from many different sources:

Pesticides and herbicides from agricultural products

Industrial wastes

Exhaust fumes from factories and automobiles

Polluted waters

Irradiation from use of cellular phones and towers, microwave ovens, power plants, radio satellite transmissions

Food contamination

Chemicals in food processing (most supermarket foods)

[Toxic pharmaceutical drugs](#) (prescription and over-the-counter drugs)

Toxic emotions and thoughts

Your body may have ingested these toxins through *absorption*, *consumption*, *inhalation*, and *radiation*.

Toxic buildup is one of the causes of weight gain and may interfere with conventional weight loss efforts. The only solution is *internal cleansing*, which draws out these toxins for a slimmer and healthier body.

Your body is equipped with complex systems to drain toxins from your body:

The liver

The kidneys

The lungs

The colon

The skin

According to holistic weight-loss experts, weight gain is mainly due to the chemical toxins in foods (pesticides, preservatives, MSG, artificial colors and flavorings, and artificial sweeteners) and other poisons in the environment, rather than calories, that make people gain weight.

Any weight loss will not be permanent unless the body toxins are removed. That explains why most diets fail over the long haul. Dieting without a cleansed body is like washing dishes in a sink of dirty water.

Common Symptoms of a Toxic Body

The toxins in your body may manifest physically, mentally, and spiritually in the form of:

Bad breath

Chronic constipation

Chronic fatigue

Frequent gas and bloating

Hemorrhoids

Irritability

Mental and spiritual lethargy

Recurrent headaches

Overweight

Internal Cleansing

Internal cleansing is *detoxification*, which involves *dislodging* your body toxins and waste products from within and between cells and joints, and *transporting* these wastes from your body for removal.

In addition to ultimate weight loss and weight management, other benefits of internal cleansing are:

Clean and clear skin

Disease prevention and treatment

Joint and muscle flexibility

Different Ways of Detoxification

Fasting to detoxify

Fasting is internal cleansing and rejuvenation—one of the most efficient ways to detoxify your body of toxins. Fasting is to recovery, as sleep is to recuperation.

Fasting is voluntary abstinence from food and drink, except water, for an extended period. Fasting is the *best* way to detoxify your body.

Fasting is uncomfortable only in the first two days of a fast. On the third day, *all* discomforts disappear—*guaranteed!* The difficulty lies in overcoming the initial pangs of hunger, and this is where the power of the mind comes into play.

The benefits of fasting

Fasting accelerates the *self-healing* process of your body because fasting temporarily stops the continuing work of your digestive system, and therefore instrumental in giving your digestive system a meaningful break.

Fasting benefits your *cardiovascular system* by softening your blood vessels to help decrease your [blood pressure](#).

Fasting activates the *immune system* to enhance the functioning of your digestive system.

Fasting relieves the burden of not only your digestive tract, but also your liver and kidneys, which have to work extra hard to remove additives and toxins accumulated in your body through improper eating.

Fasting enhances your body metabolism to control and manage your body weight.

To lose one pound of body weight, you need to burn up 3,000 calories *more* than you consume—which is virtually impossible unless you exercise vigorously. The body is composed of mostly water. Sodium in food retains water. As soon as you fast, huge amount of water is eliminated or flushed out from your system (that is *how* and *why* fasting cleanses), despite the large quantity of water you consume. In weight control, calories *do* count. In fasting, there is *nothing*—no calorie, no protein, no carbohydrate. The rate of losing weight is *directly proportionate* to the degree of your overweight.

Fasting enhances your taste, hearing, and eyesight. The ancient Greeks utilized fasting to *purify* their bodies and to *sharpen* their minds. The American Indians used fasting to *induce* better vision.

The process of fasting

Eat more vegetables and fruits prior to a fast. Reduce the consumption of meat, and refrain from eating any meat the day before a fast.

On the *first day*, you may feel pangs of hunger, with a white coating on your tongue.

On the *second day*, you may begin to feel gradual dissipation of hunger, with more white coating on your tongue.

On the *third day*, you may feel complete disappearance of hunger and the clearance of coating on your tongue.

The first two days of a fast are most challenging. However, once the challenge is overcome, you are well on the way to rejuvenating your entire body for ultimate weight loss.

What to do during a fast

Drinking plenty of water is required since your body may easily become dehydrated due to the discharge of body fluids.

Continue your normal daily routine activities, but avoid all strenuous activities, especially those outdoor ones. However, exercise as normal.

Bathe more frequently. Brush your body to stimulate your skin to rid toxins from your body.

Stop taking your daily vitamins while fasting.

Stop smoking, if you are a smoker. That is as good a time as any to quit smoking for good.

Stop taking medications, but consult your physician first regarding any prescribed medication.

How to break a fast

Break a fast on fruits and vegetables juice. An apple is ideal for breaking a fast.

Gradually increase your intake of solid food. Eat slowly and chew thoroughly. Overeating too soon may cause abdominal pain and even vomiting.

Avoid taking salt and pepper immediately after a fast, lest they damage your stomach lining.

Continue to drink plenty of water after a fast.

Remember, the longer the fast, the less you should eat at the *first* meal.

Duration of a fast

A *clear* tongue and *clean* breath are a good indication that the cleansing is more or less complete.

The length of a fast depends very much on an individual. The following is just a general guideline:

A one-day fast, as often as required, preferably weekly, for weight control and health maintenance

A three-to-four-day fast for general health and well-being, several times a year

A one-week fast for complete internal cleansing, every year or so

[Eat Stop Eat](#) is a solution not only to your weight problem but also to a host of health problems. It shows you how to fast and eat normally for lasting weight loss.

If you absolutely abhor the idea of fasting, there are other effective alternatives for detoxification, though they may not be as thorough as fasting:

Skin brushing to detoxify

Skin brushing, which is an external way for detoxification, is an effective time-honored method to increase blood and lymphatic circulation to remove dead skin cells, and rid your body of toxins, especially through its pores.

Brush your entire body daily with a natural-bristle dry-skin brush. Be persistent, and the initial discomfort will dissipate after a while when your body has become accustomed to the abrasive effect of brushing.

Foot patches to detoxify

Use foot patches to remove a myriad of pollutants that invade your body on a daily basis, as well as health-repressive toxins that prevent your body from achieving true wellness.

Two Japanese doctors, after spending years in search for the secrets behind longevity and wellness, eventually unlocked the mystical powers and energy in the growth of trees. They made the groundbreaking discovery that trees could grow and flourish for years even under the worst weather conditions, due to the presence of *wood vinegar essence*, which enables the absorption of water and nutrients through the process of *osmosis*.

According to Chinese medical knowledge, the human body has over 360 acupuncture points, with more than 60 acupuncture points found on the *soles* of the feet alone. Your feet, also known as the “second heart,” contain the reflective zones of your internal organs, where your body toxins accumulate and dissipate. For centuries, Chinese medical study has held the view that due to gravity, toxins tend to go

downwards in your body during the day, accumulating from the tips of the toes to the ankles at night.

Accordingly, when applied to the soles of your feet *overnight*, these foot patches not only warm up to open pores of the skin but also stimulate the reflex zones on your soles to draw out and absorb accumulated wastes under osmotic pressure from the blood and lymph systems in your body.

When lying horizontally, your body fluids collect in your head and feet. There is an acupuncture point on each of the sole of your feet, known as “gushing water spring,” through which excess toxins and moisture from your body will be excreted into the foot patches. By applying foot patches on your feet while sleeping, you may be able to extract toxins from your body through the process of osmosis in the form of moisture.

Foot patches are obtainable on the Internet or in Oriental drug stores.

Hydrotherapy to detoxify

Water is an invaluable nutrient to every living thing on earth. Every cell of your body requires water to carry nutrients and energy to it, as well as to transport toxins and waste products from it.

When you drink commercial water with additives, carbonation, flavorings, sweeteners, your liver must work overtime to filter them before the water can be absorbed by your body to carry out its proper functions, one of which is to flush out toxins and wastes from your body system.

Always drink only pure water in order to lessen the workload on your liver.

The circulating system of blood and lymphatic fluids is vital to all your organs, tissues, and cells in that it enables the removal of waste products from your body.

Hydrotherapy involves alternating applications of hot and cold water aimed at increasing your blood flow to different tissues of your body. Take a very hot shower immediately followed by a very cold one, and repeat the process two or three times. After the hydrotherapy, snuggle into your bed, staying warm for half an hour or so. You will feel completely refreshed and rejuvenated.

[Hydrotherapy](#) provides substantial detoxification benefits to your circulating system:

The alternating hot and cold water opens up pores in your skin for more effective elimination.

Blood flow increases circulation to your intestines in the abdomen (an empty stomach yielding the best result), thereby promoting digestion.

The filtering organs of your chest and abdomen are relaxed through the induced circulation.

The nerves along your spinal cord also become stimulated and relaxed.

Exercise to detoxify

Exercise not only stimulates blood circulation and the movement of lymphatic fluids, but also promotes the reduction of fat reserves, thereby instrumental in facilitating the removal of toxins stored in your body.

Low-impact aerobic exercise, such as jumping rope or a bouncer, significantly improves your body's circulation to benefit detoxification.

Foods to detoxify

Use *foods* for regular detoxification, further rejuvenation, and daily maintenance.

Alfalfa sprouts

Alfalfa sprouts are excellent “health food.” Recent research showed that in addition to being a superb source of nutrients, they also have important *cleansing* ability due to their concentrated amounts of phytochemical (plant compounds).

Sprout some home-grown alfalfa seeds for your daily salad or soup.

Beets

Beets help you detoxify your *liver* and *blood* while providing important nutrients to your body. By providing nutrients critical to liver function and the breakdown of toxins before they accumulate, beets help protect your liver. The vitamins and other nutrients contained in beets also enable proper fat absorption, transportation, and metabolism.

Include beets in your vegetable juice or salad.

Burdock

Burdock, a carrot-like root grown in China, Europe, and the United States, has a sweet taste and a sticky texture. It is a good source of minerals and essential oils. As such, burdock serves as a vegetable in Japan.

Burdock, with its potent anti-bacterial and anti-fungal properties, is a popular folk medicine around the world. As a main source for a variety of herbal preparations, it serves also as a diuretic.

Burdock is a potent *blood purifier*, which clears toxins from your bloodstream by enhancing the function of many organs of elimination, including your liver, kidneys and bowels. For example, it induces sweating as an aid in neutralizing and eliminating toxins, and thereby instrumental in helping your kidneys filter uric acid from your bloodstream.

Burdock is a very safe herb and food product. However, consider the source and quality prior to purchasing burdock root due to the possible contamination of the root. Buy *organic* burdock.

Green barley

The young barley leaf is a green cereal grass that contains the greatest and the most balanced concentration of nutrients found in nature. It contains enzymes, minerals, and vitamins, including Vitamin C, Vitamin A, and B vitamins. In addition, it has the perfect balance of amino acids, essential fatty acids, carotenoids, bioflavonoids and chlorophyll, supplied in their proper balance as Nature has perfectly provided. The chlorophyll in green barley, which is the substance allowing plants to photosynthesize (making their own food), has the ability to break down carbon dioxide and release oxygen, thereby enabling the destruction of anaerobic bacteria.

Green barley, in addition to its natural form, is also available in capsules or powder.

Rice

Rice is one of man’s oldest foods. First introduced in Asia around 3,000 B.C., rice has become a staple food of the Asian diet, with some 300 pounds consumed per person each year. However, in the United States, the average American consumes only about 20 pounds per year.

Brown Rice (organic) is a light, gluten-free food, which is easily digestible and rich in antioxidants. Brown rice protein is essential to tissue detoxification.

Herbs to detoxify

Your body is a self-cleaning mechanism, which utilizes your liver, kidneys, urine, feces, breath, and sweat to detoxify your toxins.

Herbs can provide you with safe, natural, time-tested methods to improve the natural functions of your body to continue to support its natural cleansing process for health and wellness enhancement.

Some of the most common herbs include:

- Black walnut
- Cascara sagrada
- Cayenne
- Dandelion
- Echinacea
- Fennel seed
- Indian rhubarb root
- Licorice root
- Milk thistle
- Psyllium husk
- Red clover
- Slipper elm inner bark
- Yarrow

These herbs not only promote elimination but also boost your immunity. Always look for everyday [home-made remedies](#), instead of those over-the-counter pharmaceutical drugs, which are dangerous chemicals.

Chelation therapy for metal detoxification

Toxic metals come from the environment and your diet. Remove toxic metals from your body through chelation therapy. Chelation is a process by which heavy metals are bonded to an amino acid called EDTA (Ethylene-Diamine-Tetra-Acetic Acid) to be subsequently removed from the body.

Remember, do not fast during a heavy metal detoxification program because your body needs sulfur-bearing amino acids to facilitate the detoxification process.

(2) Rejuvenation

After internal cleansing, it is important to rejuvenate your body to prepare for your weight loss. Rejuvenation prevents any relapse.

Free Radicals

Free radicals increase the toxicity in your body.

Free radicals occur naturally as byproducts of oxidation, such as during respiration and other chemical processes. For example, during breathing, life-giving oxygen is produced and harmful carbon dioxide is released; digestion is another oxidation process, and your body obtains its energy from food through oxidation, during which free radicals are generated in the form of waste buildup. Ironically, what gives life may also take away life.

Free radicals are normally present in your body in small numbers, without causing too much harm. However, over time, the accumulation of free radicals may cause irreparable damage to your cells and tissues, especially if such accumulation is unchecked.

In addition, free radicals can also be caused by external factors, including the following:

Alcohol

Chemicals and pesticides (from foods and dangerous [pharmaceutical drugs](#))

Heavy metals, such as cadmium and lead (from the environment)

Radiation (from the sun and other sources, such as cell phones)

Tobacco smoke

In particular, heavy metals in your body can dramatically increase free radical chain reactions. The more toxic metals in your body, the higher is the free radical activity.

Combating Free Radicals

A simple home urine test to check your level of free radicals is available from naturopathic centers and alternative doctors. It uses the byproducts of free radical metabolism to determine the level of toxicity in your urine.

Heavy metal detoxification

[Dentox](#) is a potent metal detoxifier to remove mercury from amalgam, aluminum, lead and other toxic metals from your body.

Antioxidants

Antioxidants are powerful scavengers of free radicals in your body. They are substances in foods that disarm free radicals. Antioxidants include beta-carotene, and vitamins A, C, and E.

Foods to fight free radicals

Foods that are rich in antioxidants (loaded with vitamins A, C, and E) are scavengers of free radicals

Chlorella

Chlorella is an alga containing high levels of chlorophyll (the green substance in plants). It is one of the purest and most potent foods on earth. Chlorella is a powerful detoxification agent against heavy metals and chemicals in your body. It not only breaks down persistent hydrocarbon and metallic toxins, such as mercury, cadmium, and lead, and DDT and PCE that you may have ingested in your body, but also strengthens your immune system.

Garlic

As far back as the first century, garlic was used to clear the arteries. For centuries, the Europeans have been using this herb as an all-around treatment for preventing atherosclerosis (a disease affecting arterial blood vessels), the cause of heart disease and strokes.

From the Roman times to World War I, garlic poultices had been used to prevent wound infections.

In World War II, this potent herb was called "Russian penicillin."

Eat several *raw* garlic cloves a day to fight free radicals. Overcome the odor by chewing some fresh *parsley*.

A standard dosage of garlic is 900 mg daily of a garlic extract standardized to contain 1.3 percent *alliin*, the potent ingredient in garlic. Take your garlic oil if you don't like natural garlic.

A Balanced Acid and Alkaline Level

Your body cells need an optimum environment for replication and rejuvenation. They need a balanced *acid-and-alkaline* environment.

Acid and alkaline are substances that have opposing qualities. Your body functions at its best when the pH is optimum, which is slightly alkaline. The pH of your blood, tissues, and body fluids directly affects the state of your cellular health.

The pH scale ranges between one and fourteen. *Seven* is considered *neutral*. Anything *below* seven is considered *acidic*, while anything *above* seven is considered *alkaline*. Deviations above or below a 7.30 and 7.40 pH range can signal potentially serious and even dangerous symptoms, forewarning you of a disease in process.

When your body is too acidic, the tissues of your cells are forced to relinquish their alkaline reserves, depleting them of alkaline minerals, which are the components of the tissues themselves.

The acute shortage of alkaline minerals will lead to a dysfunctional digestive system, which may adversely affect your body weight.

Acidification

Acidification comes from: excess intake of foods containing great amounts of acid; insufficient elimination by the body through the kidneys (urination) and the skin (sweating)

Not too much acid can actually stay in the bloodstream, and, accordingly, any excess is directed to other body organs and tissues, where it can accumulate. Too much acidification damages your liver and kidneys, which play pivotal roles in weight loss.

The sources of acidification

Contemporary lifestyle is the main cause of excess acidification in your body cells, which may ultimately lead to disease and weight gain.

Diet

Diet is the main contributor to excess acidification in your body.

The main sources of acidity from foods are:

Animal proteins (difficult for complete digestion and assimilation by the body)

Cereals (good for the food industry, but not for your health)

Sugars (bad for body metabolism and overall health)

The main sources of acidity from drinks are:

Alcohol

Coffee

Sodas

Sugary drinks (often disguised as “health” drinks)

Tea

Tobacco

Tobacco smoke causes acidification in your respiratory system.

Quit smoking now!

Exercise

Too much exercise (more may not necessarily be better), or the lack of it, may lead to acidification.

Stress

Stress in everyday life may cause physiological disturbances, resulting in acidification of your body system. Stress changes your body chemistry, creating your food craving, which leads to weight gain.

Acidification is often an inability of your body to metabolize a particular nutrient, such as sugar and animal protein. The wisdom is to avoid sugar totally and to reduce intake of animal protein, both of which are the main culprits of excess acidification in your body.

Foods rich in weak acids, such as fruits, vinegar and yogurt, are normally quite easy to oxidize, contributing to a large number of alkaline elements in the body. However, if you experience *poor oxidation* in these foods, your metabolism debility may make you prone to acidification instead. There are no hard-and-fast rules governing how these weak-acid foods may become acidic or alkaline for different individuals. Just beware!

Measuring acid and alkaline levels

Measure the acid and alkaline levels in you body by performing a simple urine test with litmus paper (obtainable in most local pharmacies).

Reduce or eliminate acidification in your body by the following:

Change your lifestyle: make it *less* stressful.

Adjust your diet for more alkaline foods and drinks.

Consume [medicinal plants](#) to promote the flow of urine (diuretics) and to improve the production of sweat.

Take alkaline mineral supplements to facilitate internal cleansing.

Go on a water or juice fast to enhance elimination of toxins lodged in the deep tissues of your body.

Exercise moderately to prevent acidification.

Foods to balance acid and alkaline levels

Your diet is the primary source that determines your acid-alkaline levels in your body. An acidic body not only slows down your body's rejuvenation process after internal cleansing, but also makes weight loss difficult.

All the foods you eat can be divided into three main groups:

Acidifying foods

Acidifying foods are characterized by their high-protein content, and/or fats, including the following:

Meat, poultry, fish and seafood

Eggs

Cheese

Vegetable oils

Whole grains

Beans, such as broad bean, chickpeas, peanuts, soybeans, and white beans

Bread, pasta, and cereals

Sweets and sugars, including brown sugar and honey

Sugary drinks and sodas

Alcohol, coffee, and tea

Your digestion of protein produces amino acids (containing acid minerals, such as phosphorus and sulfur) during digestion, and uric acids during acidic degradation.

You utilize fat in the form of fatty acids, and your digestion of saturated fat is often incomplete, resulting in toxic acid substances that contribute to acidification.

Your digestion of glucose may be adversely affected by inadequate or poor metabolism, turning originally alkaline elements into acidic ones.

Your consumption of too much sugar (the average person in the United States consumes approximately 90 pounds per year—which is much too much!) strains your body metabolism in converting it into energy, and thus creating more acid in the process.

In summary, consume *less* acidifying foods.

Acid foods

Acid foods may be alkalizing if your body metabolism is efficient. In other words, if your body can easily *metabolize* and *oxidize* them, these foods can be transformed into alkaline elements, making your body more alkaline, instead of more acidic.

Acid foods contain a good deal of acid, and are acidic in taste, include the following:

Blueberries, raspberries, and strawberries

Oranges, grapefruit, lemons, and tangerines

Sweet fruits, such as watermelon

Unripe fruits

Acid vegetable, such as rhubarb, tomato, and watercress

Honey

Vinegar

Yogurt

Always eat the fruit, instead of drinking its juice. The reason is that alkaline minerals are present in the pulp: the juice without the pulp is therefore more acidic.

Cooking fruits does not remove their acidity.

Alkalizing foods

Alkalizing foods contain little or no acid substances, and they do not produce acids when metabolized by your body. Alkalizing foods include the following:

Green vegetables

Colored vegetables (except tomato)

Chestnut

Potato

Avocado

Black olives

Bananas

Dried fruits

Almonds and Brazil nuts

Milk

Alkaline mineral waters

Cold-pressed oils

Potato, especially its juice, is good for stomach acidity and ulcers. It is often an ideal alternative to acidifying cereal grains.

Dried fruits are alkalizing because much of the acid is removed through the drying process. Eat more dried fruits, rather than their cooked counterparts.

Alkalizing medicinal plants

Black currant: Black Currant fruits are a good source of vitamin C and other vitamins and minerals, including an omega-6 fatty acid to increase blood flow and to reduce inflammation (often a source of many types of body pain, including [rheumatoid arthritis](#)—a condition due to overweight).

Black currant seed oil is especially good for alkalizing your body to prepare it for weight loss. Black currant seed oil is also beneficial to cardiovascular disease (a byproduct of obesity) due to the presence of its omega-6 fatty acids.

Burdock

Burdock is a plant native to Asia and Europe, which has become available to all parts of the world. Ancient Chinese and Indian herbalists used burdock to treat respiratory infections, abscesses, and joint pain. Burdock detoxifies your body for better weight loss.

Cranberry

Cranberry has been in use since the Iron Age, but the Romans were the first to recognize its medicinal values. Cranberry contains anti-asthmatic compounds, and is high in vitamin C and antioxidants.

Cranberry makes your body more alkaline. An over-acidic body creates food craving.

Alkalizing energy boosters

Spirulina

Spirulina is a green alga, rich in chlorophyll, containing the highest protein and beta-carotene levels of all green super foods. It is the highest known vegetable source of B-12, minerals, trace elements, cell salts, amino acids, DNA and RNA, and enzymes.

Spirulina helps with digestion, elimination, detoxification, internal cleansing, tissue repair, skin problems, healing, and prevention of degenerative disease. It also promotes longevity. Spirulina is useful in weight-control diets because its high nutritional value helps satisfying the hidden hunger of deficiencies.

Blackstrap molasses

Blackstrap molasses is an excellent source of iron and calcium, copper, magnesium, manganese, and potassium. It can even reverse your gray hair due to its copper content.

Make a healthy drink with a tablespoon of organic blackstrap molasses (mixed in some hot water first) and $\frac{3}{4}$ cup of soymilk. Add ice.

Cod liver oil

Cod liver oil, which comes from fatty fish, such as salmon and sardines, is rich in vitamin A and vitamin D, and essential omega-3 oils. It enhances the absorption of calcium and maintains a constant level of blood calcium. Cod liver oil improves brain functions and the nervous system.

In 2005, researchers at the University of California reported that Vitamin D might lower the risk of developing different types of cancer, cutting in half the chances of getting breast, ovarian, or colon cancer.

Alkaline supplements

Alkaline supplements should contain calcium (Ca), sodium (Na), silica and copper, and other minerals to aid de-acidification of your body. More importantly, they should contain every mineral in similar proportion to that found in the human body.

Remember, the human body functions *synergistically*: the whole is greater than the sum of its parts. Every mineral has a crucial role to play in the human anatomy.

Supplement your diet with coral calcium to keep all mineral levels up, and each and every mineral in balance.

(3) Digestion

After all, weight loss has much to do with eating and foods. Therefore, it is important to know the mechanism and function of your digestive system.

The Digestion Process

Digestion process begins with your ingestion of food in your mouth. Your teeth and tongue break down or masticate food in your mouth, and your salivary glands initiate chemical digestion by immediately secreting saliva with liquid enzymes to break down starches into sugar. Once the food is chewed and softened, your tongue rolls it into a ball, and then pushes it to the throat to be swallowed.

The food then passes into the esophagus, a muscular tube connecting the mouth with the stomach. The esophagus moves the food to the stomach by a series of muscular contractions.

When the food reaches your stomach, the gastric acid containing enzymes mixes with the food and begins mechanical digestion in which food is churned to break down proteins in your food. Proteins are the only substances digested in the stomach, but proteins are only *partially digested* in the stomach.

The undigested food then passes into your small intestine. Bile is released from your liver to prepare digestion of fats, and pancreatic juice containing enzymes begins digestion of carbohydrates, while the digestion of your partially digested proteins continues. In addition, the walls of your small intestine also release enzymes to *complete* the digestion in your small intestine.

Nutrients from your digested food are absorbed into blood vessels on the walls of your small intestine, and carried to all your body cells.

The material that has not been absorbed moves into the large intestine or colon. Here, water and salts are absorbed, and the remaining solid waste, converted to fecal matter, goes out of the body through the anus.

Incomplete Digestion

Incomplete digestion occurs when there is insufficient stomach acid to digest proteins, and inadequate pancreatic juice to digest carbohydrates and fats.

The presence of undigested food causes an overgrowth of unfriendly bacteria in the lower small intestine and in the colon. The toxins from these bacteria may begin to stress the liver, which has to work overtime to remove those toxins produced.

Poor digestion of food and inadequate absorption of nutrients may cause the following symptoms:

- Anxiety
- Chronic fatigue
- Depression
- Headaches
- Hypertension
- Insomnia

Digestive problems may result in the following:

- Abnormal bloating
- Constipation
- Gallstones
- Hemorrhoids

Irritable bowel syndrome
Nausea and vomiting
Reflux.
Overweight

Efficient Digestion

Poor digestion may be the culprit of cancers of the colon, the liver, and the pancreas, vascular disease, and aging. Therefore, efficient digestion should be encouraged. Improper dentures, over-sensitive teeth, and diseased gums may affect your ability to chew your food adequately.

Always chew your food thoroughly.

Eat several smaller and lighter meals, instead of one or two heavy meals. As you grow older, reduced blood supply to your small intestine may adversely affect your capability to absorb nutrients from your food.

Do not gulp liquids, or talk, while chewing food. Always eat in a relaxed manner—not watching the television or working on the computer. Be aware of the taste, texture of every morsel you put into your mouth. Simply, enjoy your food!

Eliminate dairy products from your diet, especially if you are allergic to them; avoid too much high-fat food.

Avoid excessive eating when you are stressed.

Avoid smoking and too much alcohol drinking, which may irritate your stomach lining.

Eat a piece of fresh ginger with lemon before a heavy meal to activate your salivary glands to produce enzymes to aid digestion.

Avoid cold drinks during a meal. Drink at least half an hour before or after a meal, but not *during* a meal.

Do not lie down immediately after a meal; do not eat before you go to bed.

Learn to follow Nature's prescription of suitable times for your meals. Your lunch should be the heaviest meal, since your digestive fire is at its maximum potency. A late dinner interferes with your body's mechanism to detoxify and digest food from the day, making you feel tired the next morning you wake up.

Over 90 percent of Americans suffer from everyday digestive problems. If you are over 40, you may have become less tolerant of certain foods. As you become more advanced in age, your digestive problems may worsen due to reduced production of enzymes, which are essential to efficient digestion.

A healthy stomach needs enough acid to digest your food fully and to absorb the nutrients efficiently. In spite of all the commercials about heartburn, antacids, and acid-blockers, you may not be having too much, but in fact too little, stomach acid. If you do not have enough stomach acid to break down your food, you are, in effect, starving yourself to death, even if you are eating four or five meals a day.

Efficient Elimination

If you are not eliminating approximately the same amount you are eating, you are not clean inside. Waste matters will begin to pile up inside your colon, leading to further impaired digestion, constipation, improper absorption of remaining nutrients from your fecal matter, weight gain, development of hemorrhoids, bad breath, recurring headaches, frequent colds, and a protruding belly.

Worst of all, parasites may begin to live on the “dead” foods in your intestines, creating more toxins, which are absorbed into your bloodstream and transported to different parts of your body. That is often the beginning of disease.

Efficient elimination requires the following:

Liver cleansing

A healthy liver needs regular detoxification.

Drink organic unsweetened apple juice daily for 2 to 3 consecutive days to initiate detoxification.

Eat a raw diet of only fruits and vegetables, with no dairy products, for 2 to 3 days.

Drink a mixture of organic pure olive oil (4 ounces) and equal amount of fresh squeezed lemon juice. Shake well, and drink immediately before going to bed.

Drink ginger tea daily for liver and bowel cleansing.

Juice one lemon, a two-inch fresh ginger root, four cloves, and one stick of cinnamon. Add juice to two cups of water in a saucepan. Bring to boil, and simmer for 15 minutes.

Colon cleansing

Bowel movements are the basis of your health. The longer time it takes to remove the waste products from your digestive system, the transition time to remove toxic waste materials from your body, the more time they are allowed to putrefy and ferment, and possibly be re-absorbed into your body system. Disease usually begins with a toxic bowel.

A proper colon cleansing removes all mucous plaques from the colon. If you attempt to clean your liver, blood, or lymph without first addressing a waste-filled bowel, the excreted toxins will only get re-cycled into your body.

[Colon cleansing](#) is a must for a healthy digestive system.

Add one teaspoon of Epsom salts (magnesium sulfate) to one glass of water. Drink this first thing in the morning for up to three weeks. Do this treatment twice a year to maintain a clean colon.

Alternatively, take one to three teaspoons of Castor oil in a glass of warm water. Drink it first thing in the morning or on an empty stomach before going to bed. Do this treatment on a regular basis, or as needed.

Colon cleansing is a procedure, which may include the use of many different supplements, and several days of fasting. A good intestinal cleanse will also include a parasite cleanse.

A standard bowel cleanse contains:

Fasting on water, juices, raw fruits and vegetables

[Probiotics](#) (replenishing friendly bacteria)

[Psyllium husk and/or](#) seeds or flax seeds (absorbing water to expand the colon)

[Bentonite clay](#) (edible clay to absorb water)

Salt-water enema

The procedure of the bowel cleanse is as follows:

Take bentonite clay with one tablespoon of ground flaxseeds in a glass of water first thing in the morning (wait at least 30 minutes before eating) and before bedtime.

Drink at least 8 glasses of water per day to avoid constipation.

Take the bentonite separate from medications or supplements because it may interfere with absorption.

Kidney cleansing

A kidney cleanse is any procedure that involves drinking a large amount of liquid, accompanied by eating a good diet, to cleanse the digestive system so as to relieve the extra workload for the kidneys.

A juice fast is a kidney cleanse, and so is any form of fasting, such as a pure water fast to dissolve kidney stones the natural way.

Check to see if you may have kidney stones by pulling the skin under your eyes sideways toward your cheekbones to see if there is any visible pimple or protrusion, or discoloration of the skin.

Fasting to detoxify

Go on a pure water fast at least once a month to detoxify your body of accumulated toxins.

Drinking enough water

Drink enough water to maintain adequate bile production and bile consistency.

Eating natural unrefined sea salt

Add a pinch of sea salt to your drinking water to alkalize it, as well as to provide important minerals and trace elements to enhance elimination.

A healthy lifestyle

Adopt a healthy lifestyle with adequate sleep and without undue stress. Exercise regularly. Quit smoking.

Get some detox and cleanse recipes for healthy eating.

(4) Assimilation

You eat to live, and *not* live to eat.

“Tell me what you eat, and I’ll tell you who you are.” Jean-Anthelme Brillat-Savarin

Food provides you with more than 50 nutrients that your body needs for the following functions:

Providing energy

Promoting growth

Maintaining metabolic processes

In order to eat right, you must understand food basics, and the science of eating.

Your body needs essential nutrients, which must be assimilated from the food you eat.

Carbohydrates

Carbohydrates provide all the cells in your body with the energy they need for proper functioning. Upon consumption, carbohydrates are turned into glucose, which supplies energy for your body. Excess glucose is then stored in your liver and muscle cells as glycogen to be available later when needed. Any extra glycogen, not fully utilized subsequently, is turned into your body fat.

That is why exercise is needed to burn away your “extra” glucose. That is why many experts often attribute carbohydrates to overweight. And that is why carbohydrates, often associated with “sugar,” have acquired such a bad reputation for making you fat.

But, like good fats and bad fats, carbohydrates, too, have good carbohydrates and bad carbohydrates.

Complex carbohydrates

Complex carbohydrates provide the healthiest form of sugar. Their conversion into glucose for fuel to be used by your body may take more time than simple carbohydrates.

Good carbohydrates, which are nutritious, are found in natural sources such as seaweed, in high-fiber vegetables such as broccoli, in grains such as brown rice, in fruit pectin, gums of tree, and plants such as Aloe Vera. These nutritious carbohydrates enhance the functioning of your immune system to optimize your metabolic rate..

Simple carbohydrates

Simple carbohydrates are easily broken down and converted into glucose to be used as fuel by your body

Simple carbohydrates are refined carbohydrates, such as corn syrup, dextrose, glucose, high-fructose, maltose, and sucrose, are simple carbohydrates, and they are *bad* for you because they give you the calories without the nutrients. For example, one 12 oz. soda pop has 40 grams of carbohydrate, but with no nutritional value. That means you need to get *more* calories from elsewhere to get the nutrients your body may need. In other words, a soda pop gives you only “empty calories.” Refined carbohydrates can make you *fat*.

Simple sugar in the form of whole fruits (including their natural fiber) should be consumed only in moderation.

Fruits should not be juiced, so as not to unduly increase overloading your pancreas (a gland producing insulin, which is a hormone to regulate your metabolism of carbohydrates and fats). If fruits must be juiced – when you are on a juice diet or fast – *dilute* it with at least one-third the amount of water, so as to get the taste without exhausting your pancreas.

The amount of carbohydrates needed

For your body to function efficiently and optimally, you need at least 100 grams of carbohydrate. If your body does not get enough carbohydrate from your diet, your body may begin a *starvation mode*, which is an alternate metabolic pathway to obtain the glucose it needs.

A starvation mode may make you shed a few pounds, but at the expense of damaging your metabolic rate. That explains why even when you eat *less*, you may still *gain weight*.

Your body needs at least 250 grams of carbohydrate and a minimum of 2000 calories a day.

For a 2000-calorie diet, approximately 60 percent of the calories should come from carbohydrate (preferably complex carbohydrates). Given that 4 calories make one gram, you can calculate your daily carbohydrate intake:

(Total Calories x 60%) divided by 4 (calories per gram) = daily requirement in grams

A 2000-calorie diet requires: (2000 x 60%) divided by 4 = 300 grams of carbohydrate.

But how much is an intake of 300 grams of carbohydrate?

One 12 oz. soda pop: 40 grams

One large potato: 60 grams

One 8 oz. yogurt: 40 grams

One 8 oz. fruit juice: 30 grams

One large bowl of cereal: 40 grams

Isn't it easy to exceed 2000 calories a day? If you drink 4 cans of soda, you have already used up more than half of the calories for the day. Unknowingly, you may be adding extra pounds to your body. Over the long haul, you become overweight. Before long, you are obese.

But do you have to actually *count* how many grams of carbohydrate you have consumed?

No, not necessarily. If your body is non-toxic and your acid-and-alkaline level is optimum, you will know *intuitively* your carbohydrate intake. You just eat *naturally*. If you eat a little bit more today, and a little less tomorrow, your body will balance it out accordingly. Only when your body systems are dysfunctional, then everything will go out of order and out of proportion.

Proteins

Your high-fat diet may only produce temporary weight loss as a result of water loss, rather than a lasting loss of your body fat.

A high intake of animal protein may produce excess wastes, such as uric acid and urea in your blood, thus placing a strain on your kidneys and liver.

You do not need too much protein: the average American eats about *twice* the amount of protein required for optimum health.

According to the American Heart Association (AHA) and the National Institutes of Health (NIH), as little as 50-60 grams of protein is adequate for most adults. This breaks down to about 10 - 20 percent of total calories daily. Your body needs only 0.36 grams of protein per pound of body weight.

To calculate the exact amount you need, multiply your *ideal* weight (not your *actual* weight) by 0.36. This will give you your optimum daily protein requirement in grams. Since the amount of protein needed depends on the amount of lean body mass and not fat, *ideal* weight should be used instead of your *actual* weight.

To illustrate, if you actually weigh 190 pounds, although your ideal body weight should be 160 pounds, then your daily protein intake should be 57.6 grams (160 x 0.36 grams = 57.6 grams).

Fats

Basically, there are *four* types of fat, according to their level of saturation, which is indicated by the number of hydrogen atoms attached to the fat

"Saturated" or "hard" fat (with the maximum number of hydrogen atoms) remains hard at room temperature. Butter is a classic example.

"Monounsaturated" fat (with one pair of hydrogen atoms missing) is the healthiest because it is most easily *digestible*. Olive oil is highly recommended monosaturated oil.

"Polyunsaturated" fat (with more than one pair of hydrogen atoms missing) are thin oils commonly used in salad dressing and deep-frying.

"Hydrogenated" fat (also known as "trans" fat) is an unsaturated vegetable oil altered by adding atoms to make it saturated. Margarine is a classic example. Most junk food, such as chips, cookies, and processed food contain hydrogenated fat, which is extremely bad for your health because it is difficult to digest, and may clog your arteries.

Your body can cope with only a relatively small intake of excess fat – that is, no more than 40 percent of total calories deriving from fat.

Excess fat may damage your immune system through oxidation, which produces free radicals, damaging your cells, including your liver and kidneys, which are critical to weight loss.

Fiber

Fiber is the part of plants that your body does not digest.

Fiber serves the following functions:

It aids digestion, and prevents constipation by keeping undigested food moist through retention of water.

It keeps swift transit of food through the intestines by keeping the food bulky and loose to reduce the absorption of calories.

It gives you a feeling of fullness, and therefore makes you eat less.

There are *two* types of fiber: soluble fiber (legumes, barley, barley bran, potatoes, apples, oranges, and grapefruit); insoluble fiber (wheat bran, whole grain breads and cereals nuts, fruits and vegetables).

Foods high in dietary fiber help weight control: they make you eat less, and reduce your calorie absorption.

Fruits: blackberries, black currants, dates, dried figs, prunes, raisins

Vegetables: beans, Brussels sprouts, kale greens, leeks, parsley, spinach

Cereal products and bread: oats, rye bread, 100% bran cereal, wheat bran

Your body needs 20 – 35 grams of fiber. To meet your daily needs, avoid processed foods. Increase your fiber intake *gradually* to allow your body to adjust. Drink more water.

How much is 35 grams of fiber?

One apple: 4 grams

One pear: 5 grams

One potato with skin: 3 grams

One bowl of cooked brown rice: 3 grams

(5) Exercise

Weight Training for Weight Management

Studies have shown that weight training—in particular, doing leg presses and squats—boosts your body's natural production of hormones to increase not only your muscle mass and strength but also your metabolic rate.

Astronauts in weightlessness in space tend to lose more calcium in their bones due to the absence of gravitational weight on their bones. Therefore, weight training enhances bone density, making your bones stronger – this is especially if you are overweight.

Weight training can be performed with state-of-the-art equipment, or just simply using [dumbbells](#) or even just [a towel](#) to do routines and exercises to get the same results. The choice is yours.

The Importance of Muscles

Your muscles not only keep you in shape but also maintain your health and wellness. Your muscles are essential for life. Muscle protein is dynamic when it is converted into amino acids.

Your muscles control your weight because they burn calories even while you sleep – one pound of muscle burns 30 to 40 calories a day.

More muscle means less fat.

More muscle means less inflammation (excess fat producing more cytokines, responsible for artery, joint, and tissue inflammation).

More inflammation means more plaque in arteries (greater risk of heart attack and strokes, as well as memory loss).

More muscle means more body strength, greater mobility, and less risk of developing diabetes later in life.

Your muscle is important. Use it or lose it!

A study on master athletes at the University of California indicated that muscle mass has little to do with age. In other words, you could still have the same amount of muscle mass as someone who is 10 to 20 years younger than you are. Muscle mass is anti-aging. Do [weight training](#) to preserve your muscle mass and keep you in shape to look younger for longer.

Women, in particular, benefit more from weight training, because they have less muscle mass than men have, and adding more muscles means burning more calories, and therefore losing more weight.

Loss of Muscle Mass

As you age, your muscle protein dwindles. An average person loses half a pound of muscle and gains a pound of fat a year. Between 30 and 60, you may expect to lose 15 pounds of muscle and gain 30 pounds of fat (if not more). *That* alone will put you not only out of shape, but also in health hazards. That explains why you gain more weight as you continue to age.

Loss of muscle mass may be due to the following:

Increase in cortisol (a hormone for regulating your blood sugar, blood pressure, immune function, and inflammatory response), which breaks down muscle mass

Decrease in growth hormone (stimulating growth and cell reproduction) and testosterone (male and female hormone)

Increase in fat (more fat, more inflammation, and less muscle mass – a vicious cycle of ill health and weight gain).

To prevent loss of muscle mass, continue to build your muscles even as you age. The human body is perfectly capable of getting the exercise it needs with very little extra equipment. For instance, a simple towel can be used as one of the most effective and versatile fitness accessories for strength and flexibility training to enhance your muscle mass.

Qigong is a set of self-healing exercises designed to balance your *qi*, bringing you back into harmony with Nature.

These exercises incorporate your *posture, movement, breathing, meditation* and *visualization* to move oxygen and nutrients from your blood to organs and tissues. Distress and anxiety are dispelled during meditation; positive thinking with great confidence is affirmed; and concentration is emphasized. Through *Qigong*, you gain control of your body and mind, thereby instrumental in stimulating the circulation of your blood and *qi*.

Yoga is more than an exercise: it is a science that has been practiced for thousands of years, based on ancient theories, observations, and principles about the connection

between the mind and the body. The intrinsic benefits of Yoga have been proven by modern medicine.

Yoga not only provides you with the most practical approach to attaining a high level of physical fitness, but also stabilizes your emotions and elevates your mental attitudes. In other words, Yoga *unites* your mind, your body, and your spirit. Essentially, it is a *holistic* approach to your wellbeing. Through *awareness* of your body's posture, alignment, and patterns of movement, Yoga is therapeutic in that it helps your body find true harmony, thereby healing the body and the mind.

Because of its holistic approach to wellbeing, Yoga exercise also requires the application of its basic principle of nutrition, which is the consumption of small quantities of high-quality life-giving foods, such as fresh fruits, vegetables, whole grains and nuts, with meat in strict moderation.

Supercharge your body with [Five Secret Tibetan Rites](#) with simple-to-do exercises to give you more energy and to maintain your weight with the metabolism in your twenties.

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CHAPTER EIGHT: The Emotional Aspect of Weight Loss

In this chapter, you will read about . . .

[Eating Disorders](#)

[Compulsive Eating](#)

[Food Addiction](#)

[Emotions and Weight Gain](#)

[Depression](#)

[Stress](#)

(1) Eating Disorders

Excessive weight gain is, in many ways, an eating disorder, and eating disorders are due to distorted thinking or emotional disturbances—often a result of frustration, guilt and shame, setting the groundwork for depression and other behavioral disorders.

Compulsive Eating

Compulsive eating is uncontrollable binge eating, leading to weight gain. It is a psychological disorder using food to cope with disturbed emotions.

Causes

Ironically enough, dieting may cause binge eating because it creates *deprivation*, which makes you feel deprived of the enjoyment of eating. With inadequate self-control, you may succumb to the desire of wanting food during a diet.

Failure in dieting (or worse, with repeated failures in one fad diet after another) engenders frustration and self-deprecation, leading to depression, which often causes an individual to turn to "comfort food."

Overcoming compulsive eating

Compulsive eating makes you overweight. Remember, nobody can lose weight *for* you.

Strategies to overcome compulsive eating for weight loss are as follows:

Make a daily commitment to focus on changing your lifestyle. Make an agreement with yourself that you will spend some time each day to think about *how* to adopt healthy living and change your eating habit to eat healthy again.

Detach yourself emotionally from food. Remind yourself that binge eating *cannot* solve your emotional problems; it only makes the problems *worse*.

Set only a number of times each day for eating—disciplined eating plays a pivotal role. Set regular mealtimes: breakfast, lunch, and dinner—with 4 - 5 hours in between. Never-ending mealtime is a recipe for binge eating and overweight.

Make your food choices based on your nutritional needs. Understand that the purpose of eating is to give your body nutrients, and neither to make you "feel better" about yourself nor to alleviate your guilt. Remember, every food item you choose gives you either good health or poor health.

Avoid reading cookbooks or watching cooking shows. They increase your appetite for food more than they increase your culinary skills.

Keep yourself busy to take your mind off food. Knitting and gardening often do wonders, if you find exercise too strenuous.

Hold up your head and be confident, irrespective of your size and shape. Low self-esteem is often the culprit in binge eating. Just stand tall, push your body back, and hold your head high! Do not feel ashamed of your body shape!

Avoid planning your weight loss or setting any target until you have overcome your compulsive eating. Be realistic because any disappointment and frustration will only lead to more episodes of binge eating.

Food Addiction

Food addiction is another eating disorder that may play havoc with your weight. Food addiction leads to food cravings, which ultimately result in weight gain.

Your brain has a pleasure center that serves the functions of making you *eat*, and making you want sex in order to reproduce—the two primal functions of human existence.

A pleasurable experience makes your brain produce dopamine, a brain chemical responsible for producing pleasure. Cheese, chocolate, cookies, and French fries, among others, contain addictive substances that cause a habituation, which may affect different people with different degrees of intensity.

Given that the pleasure center in your brain is responsible for pleasure from food as well as pleasure from sex, if one does not have the libido (sexual attraction), one is more inclined to look for pleasure from food. Hence, for those who are bored, lonely, overstressed, and unloved, food becomes more than a source of nutrition - an unstoppable *food addiction*.

Stimulating the brain's opiate receptors can make you high or feeling good. This is *how* an individual may become addicted to sex or to food.

However, what goes up must also come down. The brain learns to adjust itself in order to *anticipate* such stimulation to *continue*—in this way, the brain comes to rely on addictive substances to make these euphoric feelings disappear. Then, if you break the addiction, you would feel bad, and thus making you want to reach out for yet another addictive substance to make you feel better again. This is how food addiction or *any* addiction cycle is formed!

How to overcome food addiction

Using mental power to overcome food addiction requires ammunitions from the *physical body*:

Physical strength and bio-chemistry balance

Regulate your blood sugar level: low blood sugar makes you easily succumb to junk food.

Enhance your appetite-controlling hormone: *leptin* (appetite-controlling hormone, also known as “thin” hormone) controls abnormal eating patterns due to dieting.

Balance your body's acid and alkalinity: excessive acidity produces toxins, which play havoc with your body's bio-chemistry.

Take an [acid-alkaline diet](#) to restore your body's biochemistry to help you overcome food addiction.

Reduce your hormone swings (if you are a woman): fluctuating estrogens account for food cravings.

Eating enough

Eat three regular meals: a breakfast, a lunch, and a dinner. Eat at regular times as much as possible.

Do not skip a breakfast, or any meal for that matter. Skipping a meal leads to a reduction of *leptin*—your appetite may rebound and become out of control.

Using foods to stabilize blood sugar level

A balanced blood sugar level does two things:

It prevents impulse eating.

It keeps hunger at bay for longer time

Eat fiber-rich foods to break food addiction.

(2) Emotions and Weight Gain

Emotions affect your brain, which affect your thinking, and thinking affects your physical actions, especially your eating. Therefore, emotions have a great impact on your weight.

People who are obese often have a low self-esteem—it is not sure whether it is the cause of or the result of obesity.

Depression

Depression is emotional instability due to distorted thinking. Depression is a complex mental disorder.

Causes

There is no single cause of mental depression. Psychological, biological, and environmental factors may all contribute to its development. Generally, depression may be caused by one or more of the following:

Genetics

There is scientific evidence of a genetic predisposition to mental depression. When there is a family history of mental illness, there is an increased risk for developing depression. However, not everyone with a genetic predisposition develops mental depression.

Brain chemical imbalance

Norepinephrine, serotonin, and dopamine are three neurotransmitters (chemical messengers that transmit electrical signals between brain cells) implicated in the cause of mental depression.

Diseases

According to a recent study, half of all people with advanced or terminal cancer suffer from some form of depression, anxiety or adjustment disorders.

Hormones

Your mood, memory, and other cognitive functions depend on the efficiency of your neurotransmission, which is the communication between brain cells. Hormones in your body play a pivotal role in regulating chemicals in your neurotransmission—norepinephrine, serotonin, and dopamine—which in turn regulates your moods.

Your estrogen level has significant impact on your brain not only in enhancing the growth and survival of your brain cells, but also in regulating your emotional states, such as anxiety and depression.

As women age, their estrogen levels decline, and they are more vulnerable to depression. As men age, they, too, are at greater risk of major depression due to declining testosterone.

Your thyroid hormone regulates the metabolism of your entire body. Low thyroid hormone levels are both a cause and effect of low estrogen, thus leading to mental depression and mood disorders, such as bipolar depression.

Nutritional deficiencies

Depression may be caused by nutritional deficiency, such as [magnesium](#) deficiency responsible for neurotransmission abnormalities.

Environmental toxins

Research studies have linked environmental toxins, such as chemicals, pesticides, pollutants, to depression.

Even some commonly prescribed drugs, such as sleeping pills, high-blood pressure drugs, antibiotics, and painkillers are implicated in neurotransmission abnormalities.

Diet to help the mind to help weight loss

Your diet may play an important role not only in your major depression but also in your weight loss. A healthy diet is killing two birds with one stone.

Minerals

Magnesium: Magnesium, a youth-preserving mineral, is responsible for neurotransmission abnormalities, in addition to its implications in diabetes, osteoporosis, heart disease, and thyroid dysfunction—all directly or indirectly related to overweight. Magnesium is found in whole grains, nuts, seeds, and legumes. An anti-depression healthy diet should be rich in magnesium.

If necessary, take a magnesium supplement of 200-300 mg to remedy your nutrient deficiency. **Calcium:** Calcium is an important component of a healthy diet. This nutrient deficiency also plays a part in major depression. The use of calcium-fortified foods is not the same as a healthy diet with foods that are *naturally rich* in calcium.

According to a study, depressed individuals with suicidal inclination show lower levels of calcium and magnesium.

Omega 3 fatty acids: Omega 3 fatty acids are an essential ingredient in brain structure and functioning: about 30 to 35 percent of your brain is made up omega 3 fatty acids. Research has shown that nutrient deficiency of omega 3 fatty acids contributes to *de-stabilizing* moods in bipolar depression. Salmon and sardines are particularly rich in omega 3 fatty acids. Include them in your healthy diet.

Food allergies and toxins

Pay attention to your thoughts: see if they are changeable throughout the day. If they are, probably you are suffering from *anxiety*, which often results from nutrient deficiency, toxins, and food allergies, according to **Dr. Abram Hoffer**, an expert in orthomolecular psychiatry.

Dr. Abram Hoffer recommends the following:

Eliminate processed foods loaded with additives, artificial flavorings, artificial sweeteners, and food colorings and preservatives. These chemicals may be responsible for food allergies in certain individuals. A healthy diet should eliminate these toxic chemicals.

Eat whole foods, which seldom cause food allergies. Your healthy diet should be made up of whole foods, not artificial or processed ones.

Avoid all the sugar: blood-sugar disorder (hypoglycemia) is the basis of most anxiety disorders, such as panic attacks, and food allergies.

Eat all-natural foods, not their processed counterparts.

Antioxidant vitamins

Get all antioxidant vitamins from your healthy diet, preferably not their supplement counterparts. Antioxidants include vitamin B complex, vitamin E, and vitamin C.

Hippocrates, the father of medicine, once said: “Let food be your medicine, and medicine your food.”

A healthy diet should be your medicine to protect you from depression and to help you lose weight.

Points to remember

Don't use *alcohol* to fight depression, because alcohol is a depressant that can drag you further into the dumps.

Do not use *food* to overcome depression. The so-called “comfort food” does not comfort you: it only reinforces your feeling of guilt and poor self-image.

Don't use *spending sprees* to get you out of a depression; it won't—especially the guilt from buying things you don't need with the money you don't have.

Stress

Stress is your body's response to increased tension.

Stress is normal. You need stress to do the following:

Accepting challenges

Concentrating on doing a difficult task

Having sex

Making important decisions

Indeed, stress can be conducive to health. For example, sex creates stress: it increases your pulse rate and heartbeat, and stimulates your brain cells. Stress can be enjoyable, such as physical challenge in competitive sports.

But too much stress can increase your production of hormone epinephrine (and thus wearing out your hormonal glands) with the following effects:

Blood sugar elevation to produce more energy

Breathing rate acceleration to get more oxygen

Muscle tension

Pulse rate and blood pressure increase

Excess sweating to cool down the body.

After the initial stressful stimuli, your body should be able to relax, slow down, and return to a state of equilibrium. However, if this does not happen, you become *distressed*.

Always stay stressed but avoid *distress*—which is alienation, anxiety, fear, frustration, and ultimately depression.

Stress upsets your body metabolism, leading to weight gain and binge eating.

The causes of stress

Stress may be caused by many factors:

Financial problems

Finance is one of the main stress factors in contemporary life due to:

Unemployment

Not having enough money to make both ends meet

Debt from credit cards, gambling, or overspending

Home foreclosure

To relieve yourself from financial stress, learn how to [control and manage debt](#), and how to [make money on line](#). In times of recession, learn to become a [recession survivor](#).

Health problems

The American Academy of Family Physicians once estimated that two-thirds of all family doctor visits are stress-related.

Health problems can be triggered by alcohol, sugar, and [tobacco addiction](#). Chronic health problems are particularly stressful. A clean bill of health keeps you free from stress.

Relationship problems

Relationships are often a source of emotional and psychological problems, such as:

Breakup in a love relationship

Separation and divorce

Dealing with teenager problems

Coping with aging parents

Work environment problems

According to the American Institute of Stress, up to one million employees' absence per day is stress-related.

Work environment creates stress due to:

Feeling unproductive

Inability to concentrate on work

Unrealistic and unreasonable demands from employer or co-workers

Racial discrimination

Sexual harassment.

Stressful life events

Special life events—whether they are positive or negative—can be stressful, such as:

Marriage or a wedding

Graduation

A new job

Buying a home

Going on vacation.

Your experience of stress can be past, current, and future.

Past stress (also known as “residual stress”) is stress from the past that you cannot overcome completely despite the passage of time.

Current stress is a current state of arousal caused by an existing situation that requires your immediate attention but that you do not enjoy addressing.

Future stress is “anticipatory stress” or worry about what might happen in the future.

Residual stress can lead to future stress, passed on from unpleasant past experience.

The perceptions of stress

Stress is nothing more than your own perceptions of it. That is to say, it is an *attitude* or a *personal reaction* to certain events in life. In other words, what is stress to you may *not* be stress to another person.

William Shakespeare once said: “There is nothing either good or bad, but thinking makes it so.”

Therefore, stress is your own perceptions. Controlling your perception is controlling your stress.

Your perceptions of stress are generally based on the following:

Care and value—the more you care about something, the more stressful it is to you.

Choices and options—the more choices and options open to you, the less stressed you are.

Conscientiousness—the more conscientious you are, the more stressed you may become.

Enjoyment—the more you enjoy doing something, the less it is stressful to you.

Responsibility—the more you are responsible for the stressful situation, the more stressed you become.

You can use your [subconscious energies](#) to control your perceptions of stress or just about everything in life.

The practical measures to manage stress

The key to managing stress is achieving the *right balance* between tension and relaxation.

First and foremost, you must *identify* the main stressors in your life, that is, the causes of your stress, and why they stress you.

Then, you adopt practical measures to cope with them. There are both short-term and long-term measures to deal with stress.

Self-evaluation

Be honest with yourself: what you can do and cannot do. Do not overreach yourself to create the unnecessary anxiety and resultant stress. Also, be honest with others: do not wear a mask. To foster a genuine relationship of honesty and integrity, you need to be honest with others, as well as with yourself.

Support, not withdrawal and isolation

Withdrawal and isolation may be consequences of the inability to cope with stress. Withdrawal and isolation only aggravate the stressful situation. To avoid this:

Join a social group: you must feel accepted and appreciated by others.

Seek a confidante: someone you can confide your deepest feelings of anxiety, fear, and frustration. The confidante can be your spouse, your counselor, or a very close friend.

Choose a supportive environment: be around people who are supportive and encouraging, and who share your views and values. Studies have shown that having a close, supportive network not only reduces stress but also promotes cardiovascular health.

A good diet and a healthy lifestyle

A good diet prevents disease, which may become a stressor in life.

Caffeine and nicotine are known to stimulate the production of epinephrine, which accentuates your body's stress response.

Adequate sleep helps you relax both physically and mentally.

Exercise reduces muscular contraction due to poor posture and tension.

Change of situation or environment

A change of situation or environment may help alleviate the stress, such as changing a job, moving to a new place. However, the change may call for major decisions, which may, ironically enough, contribute to new stress.

Self-improvement

Learn new skills to deal with difficult situations. Learn to be assertive:

Learn to say yes or no in a calm, relaxed, and reasonable manner without violating the rights of others.

Learn to consider your basic rights without having to give reasons or justifications.

Learn to put your own wishes before those of others.

Learn to express your own opinions and beliefs.

Learn to take responsibility of your own feelings and behavior.

Change of perception

Change the way you think may change your perceptions of your stress. Learn to use [positive affirmations](#) to bring about the change. You can even use [self-healing expressions](#) to overcome your health problems.

Time management

Good time management means you have time for yourself to relax and to recharge your energies.

Good time management means you balance home, work, and leisure effectively, such that you have space and time for yourself.

Procrastination is not just the thief of time but also the stressor in life. Stop procrastination today!

Stop driving yourself crazy amidst the hassles of contemporary life. Manage your time for a stress-free lifestyle.

Relaxation techniques to manage stress

Relaxation holds the key to managing stress. Relaxation reduces your body's response to the effects of stress.

Sleep

Sleep is the best anti-stressor for your body and mind. Build up your body's stress-proof reserves by getting adequate sleep.

Create a bedtime ritual for yourself. Parents often give their sleep-resistant children a routine ritual before putting them to sleep. This strategy can also apply to grown-ups.

Do not get into the habit of watching TV to make you doze off. Once the habit is formed, you may find it difficult to sleep without the TV.

If you feel that you are an individual who needs more than 24 hours a day, tell yourself that a refreshed sleep will help you get things done faster and more efficiently, and that sleep is a way to recharge yourself.

If you toss and turn in the bed because of inability to sleep, get up and do some pleasant things—like a breathing exercise or meditation. Even if you can't go back to sleep, you will get to relax, and hopefully you will soon become drowsy.

To treat insomnia, you may like to lightly wind a soft cotton bandage around your forehead, eyes, and temples to exert light pressure on your facial muscles to induce a relaxed sleep.

Meditation

For thousands of years, meditation has been practiced in the East as a discipline to attain tranquility and spirituality. The benefits of meditation have been documented:

Increasing mental sharpness

Lowering blood pressure

Preventing heart disease

Reducing chronic pain

There are many [meditation techniques](#). The easiest one is awareness meditation, which you can practice practically anywhere and anytime.

Close your eyes.

Be aware of your breath: notice *how* you breathe, your body's reactions to your breaths, such as your lungs and abdomen.

Be aware of the flow of energy and blood throughout your body.

Be aware of the surrounding, such as the sounds, the lighting conditions, the temperature, the odor, and the movements around you. Focus your attention on them, instead of on any thoughts that might drift into your mind.

Do this for a few minutes per session.

You will experience calmness, and your mind will become relaxed

Color therapy

There is an innate self-healing power within you, but you need to harness it with a simple practice that involves visualizing the colors associated with each of the five organ systems in your body.

According to *The Yellow Emperor's Classic of Medicine*, the most important theoretical text in the huge corpus of traditional Chinese medical literature, the five elemental colors corresponding to the five organ systems are:

Blue for the kidneys

Green for the liver

Red for the heart

White for the lungs

Yellow for the spleen.

By creating images from a spectrum of colors that are balancing and purifying, you can attain relaxation and tranquility. Color therapy is an ancient mental practice.

Develop a daily relaxation routine: spend at least 30 minutes each day, during which your mind and body become totally relaxed. How you spend your time is totally up to you; there is no single right way to go about it—deep breathing, meditation, or yoga.

Weight problem may not be a problem. If you can make yourself live in a world with no problems, then your weight problem will not be a problem to you. Philosophers, sages, and wise men have been telling you for years that there are NO problems in your life, but you still worry about your problems in life, because nobody tells you HOW.

[Wisdom in Living](#) tells you exactly HOW to live in a world with no problems.

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CHAPTER NINE: The Spiritual Aspect of Weight Loss

In this chapter, you will read about . . .

[The Importance of Spirituality in Weight Loss](#)
[Ways to Become More spiritual](#)

(1) The Importance of Spirituality in Weight Loss

Man is spiritual in that he needs a belief system of some sort to guide or manage his emotions in an effective way (self-efficacy).

Your emotional reasons for overeating must be dealt with and resolved before any permanent success in weight loss can be achieved. Your emotions are related to your spirituality.

Spirituality is important to weight control. Spirituality oversees your whole being. It transforms you from a mundane to a spiritual attitude towards your everyday problems, in particular your eating problems.

Your Creator has created you to be a steward of all your assets, including your health and body image (You were created in the image of God.). With the help of spirituality, you may find greater strength in overcoming any weakness of the flesh and resistance to change for the better.

If you are a believer, use spirituality to guard your heart and mind. “The grace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (**Philippians 4:7**)

(2) Ways to Become More Spiritual

There are several ways to help you become more spiritual in order to alleviate your emotional problems, which precipitate your weight problems:

Simply your life: clear away the physical clutters in your living environment as the first step to free yourself from material and mundane clutters.

Focus on your soul or more spiritual things, such as [mindfulness](#) of compassion and loving-kindness.

Get to know more about yourself, especially your *needs* and *values*. Remember, needs and wants are *not* the same.

Learn to look within yourself for answers to your life problems: you will become more *self-reliant* and *self-sufficient*.

Find your *inner voice*: what you love to do, and what touches your heart and your soul. Your inner self knows the *truth* when you hear it. Nobody knows you better than yourself, and there is no better physician than yourself, who know what is best for your body. This intuitive wisdom is important to weight loss. Only you, and no one else, knows what to put into your mouth; nobody knows what you should eat or not to eat. It is *your* weight loss, not somebody else's. Listen to your inner voice, which will give you freedom in your choice of foods.

Nourish your physical body with nutrients to keep it healthy—a prerequisite for spiritual health.

Jesus attested to this when He said that fasting (the physical) and praying (the mental) prepare you for your spiritual walk with God. Even Buddha and Mohammed and many other great spiritual leaders all shared the need of the physical and the mental for higher spiritual advancement.

Live according to your own highest ideals, which form the platform for your weight loss.

Consciously improve your everyday attitudes and feelings, not just about yourself, but also towards others. Every moment in your day-to-day interactions provides an opportunity for you to become more spiritual, if you will consciously avail yourself of that opportunity.

Using Mother Teresa's example, begin by conveying warmth to someone who least expects it, and this gesture of compassion is spirituality. Your spiritual thinking causes your personality and daily interactions with others to become an expression of your soul: your daily actions *speaks* your mind. A healthy mind is full of spirituality.

Feed your mind with positive thoughts to avoid distorted thinking that may lead to depression and other mental disorders. Avoid negative self-talk, a destructive habit that may talk you out of actions you deem too scary or uncomfortable for you. Use [positive affirmations](#), and reinforce them with mental visualization, which enables you to focus all your mental energies on only positive images, thereby eliminating negative thoughts on your weight loss endeavors.

Replenish your soul with spiritual feelings, such as unconditional love, gratitude, and forgiveness, among others. *Love* melts your resistance to change for the better; love makes you overcome all emotional hurdles in life. *Gratitude* will not make you compare your current state (health and wealth) with that of others; gratitude is a great attitude in healthy spiritual living. *Forgiveness* is a necessary requirement for health and healing; forgive yourself for not trying hard enough at weight loss, because mistakes are necessary for the learning process in life.

Always look *outside* of yourself. Learn to *pray*. There is one prerequisite: You must *ask*. Ask and you shall receive! Whatever blessings, be they small or great, that come your way, come from above. Prayer works by altering your brain chemistry. Like anti-depressant drugs, prayer can help you build up the feeling-good brain chemicals, such as serotonin. Prayer restores your hope, strength, and health: it makes you younger for longer.

Healing your body, mind and emotions is in itself part of your spiritual evolution. Live in total harmony with the biological, emotional, mental and spiritual laws that govern your health and wellbeing. There are certain laws of Nature that cannot be broken without dire consequences for your physical, mental, and spiritual wellness--if you abide by those laws, you may become enlightened and have the capability to look at your weight problems from different perspective, and thereby instrumental in breaking your emotional bondage—which is often an obstacle to weight loss.

Enhance your [spiritual growth](#) to help you overcome obstacles you may encounter in your struggle against weight problems.

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CHAPTER TEN: The Health Hazards of Weight Loss

In this chapter, you will read about . . .

[The Sudden Death Syndrome](#)

[The Health Hazards of Dieting](#)

[The Dangers of Drugs](#)

[Laxatives and Vomiting](#)

[The Health Risks of Smoking](#)

[The Compulsive Exercise](#)

[The Risks of Surgery](#)

According to the Centers for Disease Control, approximately half of the women and one third of the men in the United States are trying to lose weight at any one time.

Obsession with weight loss can be devastating. The fear of fat has driven many people to use drastic, and even dangerous, measures to lose weight.

Remember, weight loss is a health-related endeavor. As such, it must be an educated and well-informed one. Unfortunately, this is often the exception rather than the rule. As a result, weight loss can be hazardous to health.

(1) The Sudden Death Syndrome

Weight loss can result in sudden death. Women are more prone to sudden death syndrome than men.

Sudden death may be due to the following:

- Total and prolonged fasting
- Too-low-calorie diets over an extended period
- Obesity surgery

(2) The Health Hazards of Dieting

There are many nutrient-deficient dieting programs with extremely low calories (less than 1200 calories a day), and they are tantamount to “starvation diets.”

Low-calorie diets, with vigorous exercise, may result in the following:

- Rapid weight loss (20 percent of body weight)
- Decrease in muscle mass (upper arms and upper thighs)
- Decline in heart volume (as much as 20 percent), accompanied by slower pulse rate
- Rapid drop in basal metabolism
- Physical fatigue and lethargy
- Loss of libido and reduction in sexual functions
- Irritability and depression
- Preoccupation with food (e.g. talking about food)

Low-calorie diets often lead to other eating disorders, such as anorexia and bulimia, or both. In addition, low-calorie diets may be the underlying cause of re-gaining weight.

(3) The Dangers of Drugs

The use of both oral and injected medications aimed at weight reduction can be dangerous.

Some of these weight loss drugs may contain *dexfenfluramine*, which can cause brain damage, as well as other toxic chemicals.

Diet pills with PPA (*phenylpropanolamine*) may cause fatal strokes, dangerously high blood pressure, kidney damage, and hallucinations, among other health hazards.

Even the over-the-counter weight-loss drug, *Alli*, recently approved by FDA to treat obesity is no more than a weight-loss aid. *Alli* promotes weight loss by decreasing absorption of fat by the intestines, which reduces the number of calories you may absorb. Even though you may eat fat-containing meals, you are strongly advised not to eat more than 15 grams of fat with each meal. Because your body cannot break down and digest the fat you consume, your body is going to put that fat on an express lane out of your system. Given that fat is oil, it becomes a great lubricant for your bowel movements, resulting in leaking, wet gas, and uncontrollable diarrhea. *Alli* has many undesirable side effects.

(4) Laxatives and Vomiting

Laxatives are used to promote elimination. Laxative abuse has the following side effects:

- Chronic dehydration

- Bloating

- Nausea

- Constipation

- Diarrhea

- Nerve Damage

- Kidney damage

- Loss of potassium, essential for muscle building and normal heart functioning

Self-induced vomiting is a purging behavior practiced by adolescents and young adults to control their body weight.

Self-induced vomiting may have the following adverse effects on health:

- Loss of potassium

- Tooth damage

Many individuals use Ipecac syrup to induce vomiting. Once the body develops tolerance, higher doses will be required.

Purging may lead to anorexia and bulimia, which are serious eating disorders that may result in death.

(5) The Health Risks of Smoking

Smoking is used by many individuals to control their body weight.

Tobacco contains the addictive drug, nicotine, which increases body metabolism.

According to a Swiss study, smoking 24 cigarettes a day accelerates the loss of calories by as much as 10 percent.

On quitting, the average weight gain is 6 pounds for men, and 8 pounds for women (one of the reasons why many women refuse to quit the habit).

(6) The Compulsive Exercise

Moderate exercise facilitates weight loss. Muscle mass burns calories even while you sleep. You need an exercise session of 30 to 60 minutes five times a week. Your body and your muscles need a break.

However, compulsive or obsessive exercise to target weight loss and burning calories may be dangerous, especially if it takes priority over everything else. In addition, compulsive exercise creates stress injuries to various parts of the body.

(7) The Risks of Surgery

Gastric surgery, even for high-risk patients, has a high risk of late complications and even death.

According to a Norwegian study, the first two years after surgery are the most favorable. After that, problems may develop. Late complications may result in re-operations. Only a small percentage of individuals manage to maintain their ideal weight.

Surgery is not a final solution to the problems of obesity.

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CHAPTER ELEVEN: Applications and Tips

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[Begin the Journey of Weight Loss](#)

[The Internal Cleansing](#)

[The Fear of Failure](#)

[The Temptation](#)

[The Healthy Weight Loss Diet](#)

[The Basics of Healthy Eating](#)

[Exercise](#)

[Tips for Success in Weight Loss](#)

[One Final Word of Wisdom](#)

“It is for us to pray not for tasks equal to our powers,
but for powers equal to our tasks,
to go forward with a great desire forever beating at the door of our hearts as we
travel towards our distant goal.”

Helen Keller

Are You Good and Ready?

By now, you should know your *true* self:

Your own reasons for weight loss

Your weaknesses and strengths in your fight against overweight or obesity

Your lifetime weight-loss goal

Begin the Journey of Weight Loss

Now it is time to embark on the journey to lose the weight you want and need to lose.

If you are obese, or being overweight has been a lifelong problem for you, the journey to freedom is long and winding. Indeed, it may take a very long time to lose the weight you always want to lose.

Just be patient. Nature desires balance for you in these areas of your life: *intellectual, mental, physical, emotional, and spiritual*. Your weight loss will not happen until you reach harmony in these areas. Nature cannot be rushed.

It is important to keep going forward, instead of backward. Success comes when you learn to begin again before you have gained every pound back. Falling backward is commonplace in any weight loss: take the challenge of never quitting.

Real freedom comes when you know the truth about weight loss, and live out the truth in your life. Jesus said: “You will know the truth and the truth will set you free.” (John 8:32)

Remember, the journey to weight loss is never easy. But take the first step nevertheless.

The Internal Cleansing

Weight loss will not truly begin until your internal system becomes clean and efficient.

If your body has been abused and misused all these years, it is like a neglected and mistreated machine not running at its peak efficiency.

Internal cleansing will do the following:

Normalize your appetite.

Restore your hormone levels

Eliminate internal inflammation, which is the main source of pain in joints.

Change naturally your unhealthy eating habits without much will power (which many people don't have).

[Master Cleanse Secrets 10-Day Diet](#) provides detailed information for optimum internal cleansing.

The Fear of Failure

Weight loss often invokes your fear of failure. You may have fear that you will not be able to lose the weight you need to lose, or that you will fail again after repeated failures. "So do not fear. . . I will strengthen you and help you; I will uphold you with my righteous hand." (Isaiah 41:10)

Fear weakens your determination to pursue your lifetime weight goal, saps your energy, and creates anxiety, which all undermine your success in weight loss.

The Temptation

Food is enticing. Temptation begins when you see or smell the food – sometimes seeing the food in my mind's eye is enough to whet your appetite.

Once the temptation begins, your mind should tell you right off the bat: "No, thank you!"

Any hesitation will lead to working out a *compromise*, which will end up in *participation*.

The Healthy Weight Loss Diet

If you wish to lose weight *your way*, you need to choose *your own* health weight loss diet, which should have the following characteristics:

A healthy weight loss diet should include all the 45 known nutrients to keep you fit and healthy.

A healthy weight loss diet should include all major types of food e.g. carbohydrate, protein, and even fat.

A healthy weight loss diet should have at least 1500 calories.

A healthy weight loss diet should help you shed 1 to 2 pounds per week.

Basics of Healthy Eating

No matter what diet plan you may choose, always remember the basics of healthy eating:

Eating to live, not living to eat

You become your food, and your food becomes you, because you are what you eat. What you eat and drink becomes your body chemistry: it constitutes the optimum [acid and alkaline level](#), which is the source of wellness.

Eating less, not more

Follow the "three-quarters" rule of eating: stop eating when you are three-quarters full. Never [overeats](#).

Eating frequently, not necessarily three times a day

You need not follow the habit of eating three times a day. Eat only *when* you are hungry, not because it is time to eat. Eating smaller meals more frequently is less taxing on your digestive and metabolic systems.

Eating living foods, not dead foods

Eat only living foods: fresh, wholesome, and organic foods.

Do not eat processed foods (most supermarket foods that come in boxes, containers, and packages), which are loaded with colorings, preservatives, and taste enhancers.

Do not eat empty-calorie foods, such as white flour and white sugar: foods are supposed to give you energy and nutrients, not just calories.

Also, stop eating foods that damage your [thyroid](#), which is critical to your immune health, and ultimately your overall wellness.

Eating sea salt, not table salt

Eat [sea salt](#), which is loaded with minerals. Avoid table salt. Research has shown that increased salt intake proportionately increases cancer risk in the bladder, esophagus, and stomach. Add a little pinch of sea salt to *alkalize* your drinking water.

Eating no refined sugar

Get your sugar only from fruits and vegetables. Stay away from refined sugar.

Artificial sugars, such as aspartame, saccharin, or sucralose, are more dangerous than refined sugar. Stop your [sugar cravings](#)!

Eating raw occasionally

For optimum digestion, your body needs enzymes, which are destroyed by heat in cooking. You need not be a vegetarian to go raw in order to become younger and healthier for longer, but vegetarians generally suffer fewer degenerative diseases and cancers than their carnivore counterparts. A [raw diet](#) boosts your enzymes for better digestion and assimilation: it makes you lose weight faster and more efficiently.

Chewing thoroughly

Chew your food thoroughly – at least 30 times before swallowing. The benefits of thorough chewing are:

Activating enzymes for better digestion

Facilitating the absorption of vitamins and nutrients

Feeling fuller, therefore eating less (better weight control)

Reducing the production of stomach acid (cause of heartburn)

Smart Cooking

Steam your food to preserve its nutrients. The next best cooking method is stir-fry. Boiling destroys half of the vitamins in vegetables. Deep-frying yields fatty foods and may produce trans fat (the worst kind of fat).

Exercise

Exercise turns your body into a fat-burning machine, and protects it against muscle loss, especially when you are on a low-calorie diet.

Shorter workouts are easier to start and to stick with.

Your body may take a week to two to adjust to high temperatures and humidity. Reduce your exercise intensity and duration accordingly.

Studies have shown that weight training – in particular, doing leg presses and squats – boosts your body's natural production of youth hormones to increase not only your muscle mass and strength but also your mental alertness.

Astronauts in weightlessness in space tend to lose more calcium in their bones due to the absence of gravitational weight on their bones. Therefore, weight training enhances bone density, making your bones younger for longer.

Weight training can be performed with state-of-the-art equipment, or just simply using [dumbbells](#) or even just [a towel](#) to do routines and exercises to get the same results. The choice is yours.

Tips for Success in Weight Loss

Success in weight loss is never easy, but it can be achieved if you have the know-how.

Do not focus on *controlling* your weight; instead, start living your life the way *you* really want to.

Do not play the *weight-loss games*. Going from one fad diet to another is playing with fire. Losing weight is not a game.

Self-acceptance makes you feel good about yourself. Irrespective of your current body weight. Feeling good about yourself, you will see the need to improve not only your body image but also your general health. With these incentives, you are well on your way to healthy weight loss.

Love yourself and be true to yourself.

Become *educated* about nutrition, and learn to deal with your emotions.

It is *your* body you are dealing with. If weight loss is a battle or challenge for you, it is *your* battle or challenge. Nobody can lose the weight *for* you.

Trust your body to take you to its ideal weight, and there is no ideal weight. Your body weight is just weight!

Use your inner wisdom as your guide in making your everyday food choices. Enjoy all foods, and just let your body guide you in the right amount.

Interestingly, individuals with no weight problems simply eat what they want to eat. It is only those with weight problems that start choosing. Once you start labeling foods as “good” or “bad,” you would want to eat them: it is only human nature to want something you cannot have, or you are not supposed to have.

One Final Word of Wisdom

Happiness is enjoying the process of life. Live as if you have no problems. You don't have to fix your weight problem – just let it go. Stop trying to lose weight *aggressively*. Live as if you had no problem.

Yes, philosophers, sages, and wise men have been telling you for years that there are NO problems, but you still worry about your problems, especially your weight problem, because nobody tells you HOW. My publication [THE BOOK OF LIFE AND LIVING](#) tells you exactly the wisdom in living, including living with your weight problems.

The End

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