

Weight Loss Through Cleansing and Nutrition

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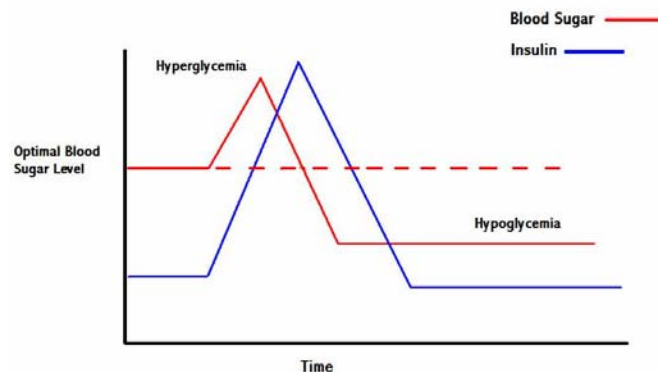
Principles of Weight Loss

Key physiologic issues with weight management:

- Hormones- insulin, cortisol, androgens, estrogens, IGF-1, thyroid

Insulin

- fat hormone; signals the body to store fat, increases appetite
- insulin release is stimulated by the ingestion of simple sugars and carbohydrates.
- ingestion of these types of food will lead to increased insulin release resulting in increased storage of fat.



Cortisol

- cortisol is a hormone released by the adrenal glands in response to stress. It is responsible for delivering energy to the cells by stimulating the body to release glucose.
- mental stress is a potent stimulator for the release of cortisol and will trigger the body to release excess fuel into the blood stream. Because it is mental stress, there is no way for the body to spend the excess fuel so it is deposited as fat.
- dieting and calorie restriction act as a stress on the body and often serve to increase cortisol release
- very important to normalize cortisol and implement ways of dealing with mental stress. Avoid severe diets and calorie restriction and instead make the right food choices.
- intense food cravings are most often due to an imbalance of cortisol and insulin

Thyroid Hormone

- Triiodothyronine (T3) is a thyroid hormone produced mainly from the peripheral conversion of T4.
- T3 has a much stronger bioactivity than T4 and serves as the main stimulator of metabolic activity of our cells
- in times of stress, particularly starvation, T4 is converted to the much less bioactive form of T3 called reverse T3. This is done in an effort to decrease metabolic activity and conserve energy. The overall metabolic rate of the body is decreased.

- intense dieting and calorie restriction stimulate the body to down-regulate its overall metabolic rate. So although weight may be lost initially, once calorie restriction is discontinued the weight comes back on even faster as a result of an overall slowed metabolism.

Androgens

- testosterone, DHEA, androstenedione are anti-fat

Estrogen

- stores fat

Principles of Cleansing

1. Enhance the body's natural abilities of elimination
2. Remove obstacles to health and healing
3. Nurture and repair the gastrointestinal system

Elimination

The 5 emunctories

- 5 main ways the body eliminates toxins

1. Skin
2. Lungs
3. Liver
4. Kidney
5. Gastrointestinal Tract

- Hydrotherapy

Increases circulation to vital organs in the body and enhances the ability to eliminate toxins

Removing obstacles to health and healing

This involves looking at your lifestyle and habits on many different levels.

- Mental/emotional obstacles from relationships, work, family, money, ect
- Physical obstacles

1. sedentary lifestyle
 - a. the importance of exercise
 - i. increases metabolism
 - ii. stimulates circulation
 - iii. increases cleansing via perspiration
 - iv. normalizes blood sugar and insulin
 - v. stimulates the immune system
2. Proper diet and nutrition

Nurturing the GI system

In order to have an effective cleanse one must restrict the amount of work done by the gastrointestinal system. Further, the body should not be expending great energy digesting complex foods, it should be utilizing energy to detoxify and cleanse. The principles of a cleansing diet encourage digestive rest and aim to not overwhelm the body with new substances.

The Cleansing Diet

- This is a very simplified food program which only includes foods that nourish the body and promote health.
- Often times a cleansing program will last several weeks. During each week different types of foods are recommended.
- The diet consists of mainly fresh vegetables and whole grains.
- When considering cleansing and weight loss, foods low in sugar and carbohydrates are important to keep insulin levels and blood sugar stabilized.
- Usually, in a three week program the first week is primarily vegetarian with lean meats like chicken, fish and turkey allowed occasionally. The second week is strictly vegetarian, utilizing protein powders, vegetables and whole grains.
- The most important thing about a cleansing diet is not what to eat, but what not to eat. (refer to anti-inflammatory diet)

Other Aspects of a Cleanse

- herbs to enhance liver detoxification
- fiber supplements for GI elimination
- water
- deep breathing
- hydrotherapy
- castor oil packs
- dry skin brushing