

WHY DIETS DON'T WORK

There are a number of reasons why diets do not work long term in our present world.

The Polluted World:

The first reason is that we are now living in such a polluted world that major studies conducted by Mt. Sinai Medical School and other groups, such as National Geographic, have shown that our bodies are storing all of the pollution, acid and impurities in our fat cells. (*A copy of these reports are available upon request.*) And the liver specifically is creating more and more fat cells to enrobe the impurities and excess acids - this is our body's only way to deal with the pollution, waste and acids flooding our body.

We must supply our body with the proper nutrients and most importantly trace minerals in order to support our body in cleansing itself. This is important because trace minerals are responsible for speeding up enzyme reactions in our body. Enzymes are responsible for cleansing our body, digesting food and delivering nutrition. Without these trace minerals, the body does not have the necessary fuel to cleanse itself. The enzymes can only do their job if they have the fuel to do it.

Imagine you took out your garbage in the morning and discovered that night that the garbage truck never came. You call the garbage company the next day to complain and they say, "Haven't you seen the price of gasoline? We don't have the money to buy gasoline for our garbage trucks." In this example, the garbage represents the impurities in our body, the trucks are the enzymes and the gasoline would be the trace minerals.

These vanishing trace minerals were touched on in a Senate Report on the conditions of our soils in 1936. (*A copy is available upon request.*) The study said that our soils have become void of these trace minerals that were wiped out once we no longer rotated our crops and began using pesticides and herbicides to produce food.

Fat Burning vs. Sugar Burning:

The body is designed to either burn fat or sugar. The problem is that we are all burning sugar. Many of us are addicted to sugar - even fruit juices that you would believe are healthy contain too much sugar.

For example: Apple Juice, the very juice that we give to our babies has upwards of 26 grams of sugar - that is 6 times more than the brain needs to function!

Burning sugar does terrible things to the human body. It shoots insulin levels up. As soon as the body senses higher insulin levels it immediately produces a stress hormone called cortisol. Cortisol is necessary in situations like being chased by a bear and it is designed to be used for short periods of time. Because we are addicted to sugar and we are continuously burning sugar for fuel, our cortisol levels remain elevated and stops the body from burning fat. Long term, sugar burning produces lactic acid which prevents the cells from absorbing oxygen and the cells will eventually die. High cortisol levels will also inhibit the pancreas from producing enzymes for the digestive tract. The very enzymes that carry nutrition to the cells are the same enzymes that are responsible for removing impurities that are stored in our fat cells. As fat cells are burned for energy they release the stored acids and impurities into the body. The enzymes are there to carry these impurities to the liver, passing them on to the colon and then out the body. If you are burning sugar which triggers high cortisol the fat cells are not burning and are not releasing the impurities. And if fat cells were burning, high cortisol levels limit the enzymes available to carry the acid and impurities away.

This creates an even bigger problem: enzymes require trace minerals in order for them to work at their maximum efficiency. We are all familiar with essential minerals like iron and calcium. Trace minerals are rare and responsible for enhancing enzyme reactions. They are not at your health food store and they are no longer in our food supply. These vanishing trace minerals were touched on in a U.S. Senate Report on the conditions of our soils in 1936. The study said that 98% of the soils in North America were void of these trace minerals. Trace minerals were destroyed once we began using herbicides and pesticides on our soil. We increased the quantities of food as we bankrupted their nutritional value. Why is this important? Trace minerals are responsible for enzyme reactions in your body. Enzymes are responsible for cleansing your body, digesting food and delivering nutrition. Without these trace minerals the body does not have the necessary fuel to cleanse itself. The enzymes can only do their job if the necessary fuel which are trace minerals are present.

Even a diet that is high in vegetables does not detoxify us. Believe it or not, even juicers that process vegetables into a liquid form will turn into carbohydrates (sugar) when they enter the human body. Vegetables are grown in soils that are depleted of minerals and without the minerals in the vegetables the body converts them into sugar. That is why many vegans and vegetarians are overweight today.

WHY LOW CARB DIETS DON'T WORK

A low carbohydrate diet like Atkins is a great example of this. The brain must have sugar in order to produce energy. If the brain does not get sugar it will die - our body will not let this happen. Long before the body dies the brain will tell the muscles to stop burning fat for energy and to begin to burn sugar. This is easier said than done. In order for our muscles to burn sugar the muscle first breaks down the protein in the muscle into carbohydrates (sugar). Thus the body is burning sugar, not fat, for energy. Thus insulin levels go up which triggers cortisol to go up and here we go again on the merry-go-round. Believe it or not eating a low carbohydrate diet puts you in sugar burning mode - the opposite of what you would think.

Low carbohydrate diets will actually slow down our metabolism and people will eventually gain weight - even continuing on something like Atkins. Why does this occur? In our muscles there is something called mitochondria. Think of mitochondria as little furnaces – they are the work horses of our metabolism and are really responsible for how many calories we burn. The mitochondria is present to burn fat to produce the long term energy the body requires.

When you are on a low carbohydrate diet and you are losing weight you are also losing lean muscle mass. This lean muscle mass contains the mitochondria. Over a period of time as the muscle mass is reduced the mitochondria is reduced and so is your ability to burn calories. Thus, you are eating the same low carbohydrates and the same amount of calories but with less mitochondria to burn calories and thus you begin to put the weight back on.

CALORIC REDUCTION DIETS

The problem with caloric reduction diets in conjunction with conventional food or even organic food is that the food does not contain any or enough trace minerals. Typical diets reduce the number of calories you eat which reduces the amount of fuel to your body to burn fat. To make the problem worse, you are now depriving your body of the required amount of nutrients, vitamins and minerals to burn fat.

Because food has limited or no nutrients and minerals, it will crave more and more food and that is why we got fat in the first place.

The other thing that happens is that the reduced calories and lack of nutrition and minerals puts the body into stress producing cortisol. When you have cortisol you are burning sugar not fat. The very diet you are on is really preventing you from ever keeping the weight off long term.

The body has in the muscles something called mitochondria. Think of these as little furnaces. The mitochondria's job is to burn fat. The old saying use it or lose it applies to mitochondria. The sugar burning mode does not use mitochondria. In essence the mitochondria begin to atrophy. Thus, when you come off the caloric reduction diet you have fewer mitochondria available to burn fat and in essence your metabolism has slowed down. That means that even if you eat less food now your body will still begin to gain weight again. It is a terrible catch twenty two or yo-yo dieting.

THIN PEOPLE

The reality for thin people is: thin people can be fat inside according to a recent article out of London. (*A copy is available upon request.*) They tracked a large group of people over a 10 year period with the assistance of MRIs and found that although people appeared to be thin on the outside, they were actually fat on the inside! Unless you can provide the body with the proper nutrients and minerals (which do not exist in even the best organic foods), your body cannot sustain fat burning no matter how much you work out.

FAT CELLS, CARBON DIOXIDE AND CORTISOL LEVELS

Fat cells are primarily water. When you burn a fat cell, the by product is that you oxygenate the cell which is required for fat burning. The fat cell turns into water and in turn, power washes the acid and impurities out of the cells, into the liver and out through the colon. Also, a little known fact is that when a fat cell burns, the by product is carbon dioxide and carbon dioxide actually lowers your cortisol levels!

Lowering your cortisol levels enables your body to produce the proper hormones to create the proper brain chemistry to allow your body to function properly. It is now known that high cortisol levels are the major contributors to the disease states in human beings.

When you have high cortisol levels, your body can only burn sugar and when you burn sugar, you don't produce carbon dioxide. It is only when your body burns fat that you produce carbon dioxide which lowers your cortisol levels that produce the proper brain chemistry to make your body work effectively.

FAT BURNING

There are several steps that are required to get your body into fat burning mode. First and foremost you have to stop the body from burning sugar and there are several ways to do this.

You can go on a fast. If you stop supplying the body with solid food for just 4 hours your hypothalamus gland begins to produce growth hormone and it begins to build lean muscle mass and it starts to burn fat. It takes 24 hours of not eating solid food in order to use up the sugar and carbohydrates that are stored in the liver. It is the second 24 hours once the sugar is used up that your body must now turn to fat for energy.

It sounds like going on a fast is the answer. Unfortunately, today people are going on water fasts for 10 days and they are gaining 10 pounds. Once you put the body into fat burning, the fat cells as they burn are dumping the impurities and the acids into the body. Keep in mind, on water fasts you are only drinking water. You are not supplying the body with the nutrients and trace minerals to speed up the enzyme reactions to remove the excess acid and impurities that are now circulating inside the body. Your body would sense these high acid levels, and it would and does retain water to dilute the acid and impurities that are now dumped into the body. Thus, water retention results in weight gain.

The key is to stop solid food and to still supply the body with the nutrients and the trace minerals that will assist the enzymes in removing the acid and impurities that are being dumped out of the fat cells.