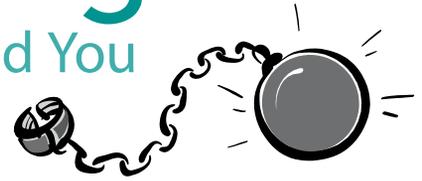


A Resolution for Healthier Weight

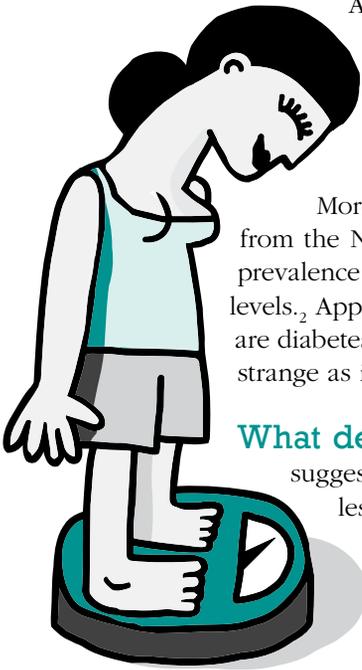
Breaking the Chains that Bind You



Everybody has fat cells. If you think your weight is healthy because of the numbers on the scale, read this article and think again.

Chances are if you're making New Year's resolutions, losing weight may be one of them, according to the USA.gov top ten list.¹ Despite their good intentions on sensible weight loss, however, you won't find some of the newer findings on why

Americans are getting fatter. The problem with obesity is multi-faceted and complex according to experts. It's also worldwide. Studies from Australia, Canada, European countries, Taiwan and India arrived at the same conclusion that U.S. researchers found. For some people, weight is not as simple as calories in, calories out but an intricate chain of events that needs to be broken.



More than two-thirds of U.S. adults are overweight with one third obese, according to statistics from the National Health and Nutrition Examination Survey (NHANES) 2003-2006 and 2007-2008. The prevalence has steadily increased among both genders, all ages, all racial/ethnic groups and all educational levels.² Approximately one third of U.S. children are overweight. Health disorders associated with obesity are diabetes, coronary artery disease, high blood pressure and cholesterol, an increased risk of cancer and strange as it may sound, malnutrition.

What defines obesity? The classic benchmark of measurement is body mass index or BMI. A suggested ideal BMI is 15. In 2009, the District of Columbia and only one state (Colorado) had BMIs less than 20%. Obesity is a BMI of 30 or above. Thirty-three states had a prevalence equal to or greater than 25%; with nine having a prevalence of obesity.³ But BMI only calculates the obvious discrepancy between height and poundage. In fact, women with normal BMI and weight are still at risk of developing weight problems if their inflammatory markers (like C-reactive protein) are elevated.⁴ Other factors in the picture include brain and gut messengers, sleep, nutrient deficiencies and the envirochemical equation.

The chain of command starts at the top in your head. Scientists know that two brain chemicals in particular, gherlin and leptin, prompt you when to eat (appetite) and when to stop (satiation). Several factors can disturb the normal action of these regulating chemicals. Higher gherlin (appetite) levels and triglycerides are found in obese than normal controls.⁵ Plus triglycerides block leptin signals to the brain that tell you to stop eating, resulting in leptin resistance. Sleep has been found to disrupt the status quo.⁶ Part of sleep architecture is that the brain "renews" as well. Could it be that the chemical cupboard does not get stocked? Lowering triglyceride levels and correcting sleep may help normalize levels.

Another link in the chain is nutrition. Healthy eating is about choosing nutrient dense foods that do the very thing they are naturally designed – supply your body with the necessary building blocks to stay alive. There are six main categories of nutrients: water, protein, carbohydrates, vitamins, minerals and fats. Most diets focus on calories, metabolism and tweaking the two for an end result of lost pounds on the scale. Your body does not care how much you weigh. It is a biochemical factory that relies on fuel to run, fuel that is highly specific to your brain, muscles, cells and so on. In fact, one way the body signals you that you're lacking is through food cravings for that missing nutrient. Thirst is a classic example for water, chocolate for magnesium, and carbs for stress.⁷ The nutritional value of foods has other implications. According to noted health expert Mark Hyman, M.D., we have "so few nutrients in our diet



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Healthier Weight

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that we now have an epidemic of nutritional deficiencies that promote development of diabetes and other chronic diseases.” He goes on to state that the solution is simple: “whole, real fresh food that you have to cook.”⁸

You are connected to your environment.

Dr. Memet Oz highlighted the work of Bruce Blumberg, Ph.D. and “obesogens”, chemicals in the environment, food and water that target your liver, brain and fat cells in an adverse way. Oz states that these



“endocrine disruptors” mimic the actions of “naturally occurring hormones” and prevent them from doing their job correctly. Oz further explains that obesogens 1) encourage the body to store fat and programs other cells to become fat cells, 2) prompt the liver to become insulin resistant and

the pancreas to pump more insulin that turns fat into energy all over the body, and 3) prevents leptin from being released from fat cells to tell your body that you are full so you’ll stop eating.⁹ What are some of those chemicals? *Bisphenol-A* (BPA) in plastics, *atrazine* (pesticides) in water, *perfluorooctanoic acid* (PFOA) in non-stick pans, *phthalates* from vinyl shower curtains, *Triclosan* in antibacterial soaps and brominated flame retardants (BFR) in children’s clothing. Don’t forget pesticide, hormone laden foods. The list goes on. A good source for checking chemicals you may not be sure of is ToxNet at the National Institutes of Health.



Many toxins are lipophilic, having an affinity for fat. Statistics gleaned from the Environmental Protection Agency’s monitoring of chemicals collected in the National Human Adipose Tissue Survey (NHATS) are evidence. In approximately 12,000 (fat) samples taken from 47 metropolitan areas, 100% contained the top five most toxic chemicals.¹⁰ Another scary thought to rattle the obesity chain:

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Nutrients for Healthier Weight

In studies involving fat cells, inflammatory markers, glucose, cholesterol and weight markers (BW, WC, BMI), the nutrients listed below offered positive outcomes over placebo or controls.

Nutrient	Benefit	Daily Dose	Key to Abbreviations
Alpha Lipoic Acid	Helps liver detox chemicals, burn fat and sugar. Reduces ROS by raising glutathione; able to “work” in fat cells.	100 mg /Per Label	BMI Body Mass Index
CoQ10	Increases REE. Decreases ROS as antioxidant.	100 mg /Per Label	BW Body Weight
Chromium GTF	GTF (glucose tolerance factor) Helps sugar regulation. May curb appetite.	200 mcg 20 minutes before meals	CRP C-Reactive Protein
EGCg Green Tea	Helps deter fat accumulation; offers anti-insulin activity.	Per Label	LR Leptin Resistance
Fibro-Care™	Magnesium & Malic Acid supports REE and serotonin production.	2-4 Tabs or Caps Per Label	REE Resting Energy Expenditure
5-HTP	Helps reduce food cravings.	Per Label	ROS Reactive Oxidative Stress
Flavonoids	Resveratrol, Quercetin, Grape Seed Extract (600 mg) Antioxidants protect mitochondria; help reduce inflammatory response, ROS. May improve insulin sensitivity, suppress fat cell formation.	Per Label	TC Total Cholesterol
Multi-Gold™	Fortify yourself with a multiple. Numerous trace minerals, B vitamins and antioxidants are found low.Reduces BMI, WC, BW, CRP, ROS, and TC. Increases REE, HDL.	2 Caps with each meal	WC Waist Circumference
Olive Leaf Extract	Oleuropein helps reduce LDL oxidation, TC, ROS.	Per Label	
Omega 3 Fish or Flax	Reduces inflammatory response. May reduce LR for salty. Balances fats to decrease storage.	1000 mg/Per Label	
7-Keto DHEA	Preserves lean muscle mass. Raises REE.	Per Label	
Vitamin C	Antioxidant. Raises glutathione; reduces ROS	1000 mg/Per Label	



Healthier Weight

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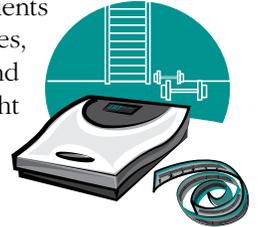


the ability of the mother to affect the next generation. One surprising study identified smoking during pregnancy as predisposing a child to weight issues.¹¹ What goes into the mother, bad and good, passes through the placenta and umbilical to a vulnerable fetus.

Obesity is pro-inflammatory and inflammation causes oxidative stress, which in turns damages mitochondria, the energy makers in cells. The resting energy expenditure (REE) is known to be lower as BMI increases. Increasing REE improves your ability to utilize energy. Losing weight has its risks, too. Breaking the chemical chains exposes you to the toxins released from fat cells and more free radical damage which could cause more inflammation in a vicious cycle. A smart defensive maneuver is being proactive with antioxidants. Keith Block, M.D. specializes in

oxidative stress and its impact on health. He suggests nutrient support that is cell protective with CoQ10, resveratrol and alpha lipoic acid (ALA).¹² Many of the antioxidants help with inflammation but adding omega 3 oils is a good measure, plus helps control “bad” fats. ALA also supports the liver, your main organ of chemical detoxification, according to ALA expert Lester Packer, Ph.D.¹³ the bonus of a healthy liver is that it is more efficient in metabolizing fats and sugars.

The picture of obesity beyond food is certainly complex and this is only a glimpse. But there is a lot you can do to attain a more healthy weight by supplementing your efforts to counteract what keeps unhealthy weight around. The *Healthier Weight* chart on the previous page suggests some helpful nutrients specific to your biochemistry craves, antioxidant defense, detoxification and even supplements noted to help weight loss efforts if you're still looking at the scale.



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