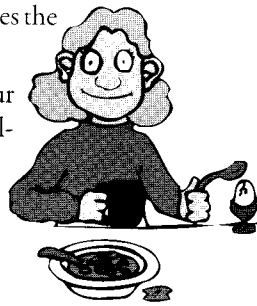


are inactive (going to sleep), the body stores the excess calories for tomorrow's "famine."

To change this cycle, always "break your fast" by eating something for breakfast. Always start the day with some quality fat and protein. For example—avocado, eggs, meat, whole milk yogurt with fruit, nuts or oatmeal with butter or cream (not sugar).



Then, whenever you feel a little bit hungry during the day, eat a healthy snack such as nuts, fruit, organic cheese, fresh vegetables, tuna, a salad, etc. By eating small, regular meals your body realizes there's no more famine and will start adjusting your appetite accordingly. You won't be so hungry at night and won't overeat at bedtime. You will feel better and these meals will help you lose weight.

4. Correct Underlying Health Problems

Part of the secret to weight loss is to identify some of the specific health issues that may be inhibiting your ability to lose weight. These can then be corrected with appropriate supplements or lifestyle changes. Consult with the person who gave you this newsletter to help you create a program that is custom-tailored for you, but here are a few of the most important problems to consider.

Low Thyroid

The body burns fat in order to stay warm and the gland that sends the chemical messages to burn that fat is the thyroid. Low thyroid is extremely common, especially among women, and can result in weight gain, fatigue, depression, cold hands and feet and dry skin. If you have any of these symptoms, check your temperature first thing in the morning by putting a thermometer under your armpit before getting out of bed. If your body temperature is consistently lower than normal, consider taking supplements to help your thyroid.

Thyroid Support is a good choice because it contains both a thyroid glandular and nutrients to support healthy thyroid function. Other supplements that may be helpful include **Thyroid Activator**, **Liquid Dulse** and **Black Walnut**.

If lab tests show you have normal levels of thyroid hormones, but you still exhibit symptoms of low thyroid, you may have a problem with conversion of T4 (the inactive form of the thyroid hormone) to T3, the active form. **7-Keto**, a metabolite of DHEA can be very helpful in this case, as it increases the conversion of T4 to T3, which increases metabolic rate and increases fat metabolism.

Toxicity and Inflammation

Toxins contribute to weight gain in two ways. First, toxins cause inflammation and inflammation causes fluid retention in the tissues. The rapid weight loss most people experience at the beginning of any diet program or cleanse is typically due to a reduction of inflammation and fluid retention. Conversely, when a person gains 5 or 10 pounds after a weekend of bingeing, most of it is fluid retention caused by the irritating food additives and chemicals in junk food.

The second reason toxins contribute to weight gain has to do with the fact that many toxins we're exposed to are fat-soluble. So, if the body can't break them down, it stores them in fat. It may also increase cholesterol levels to transport them. The body won't release the fat if it can't deal with the toxins.

This is why learning to eat natural foods is critical to weight loss. Not only are natural foods free of the chemical additives found in processed foods, they also contain more vitamins and minerals to break down toxins. It also explains why a cleanse can help a person lose weight.

Dieter's Cleanse is a convenient pre-packaged, cleansing program that can be helpful for anyone trying to lose weight. It not only contains herbs that promote detoxification and reduce fluid retention in the tissues, it also contains herbs that help balance hormones and metabolism.

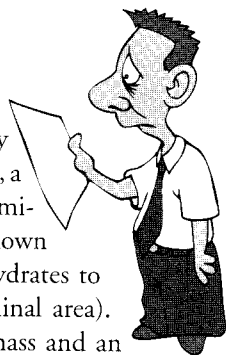
Adding fiber to the diet is another way to increase weight loss. Fiber binds toxins for removal and results in a feeling of fullness that reduces appetite. **Psyllium Hulls Combination** or **Fat Grabbers** are good choices for helping with weight loss. Be sure to take fiber supplements with plenty of water.

Stress

There is a lot of research showing that stress contributes to weight gain. This is partly because stress promotes the release of cortisol, a hormone from the adrenals. Cortisol is a chemical messenger that causes the body to break down proteins for energy and also causes carbohydrates to be stored as fat (particularly in the abdominal area). So, stress can cause a decrease in muscle mass and an increase in fat deposition. This is one reason why creating pleasure and relaxation in your life is so important to losing weight. (See point #2, previous page.)

Herbs and supplements, however, can also help us manage stress better. **Nature's Cortisol** is a formula that can help reduce the output of cortisol, lower stress levels, boost metabolism and

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Additional Help and Information

If you would like to lose weight, have more energy and have more pleasure and less pain in your body, talk to the person who gave you this newsletter and let them help you develop a lifetime health plan that will help you work with your body, not against it. You can also consult some of the following sources:

Eat Fat, Lose Fat by Sally Fallon and Mary Enig.

Nourishing Traditions by Sally Fallon

Ultra-Metabolism by Mark Hyman

The Pleasure Prescription by Paul Pearsall

Weightier Matters DVD featuring Steven Horne, Tree of Light Publishing

Transform Your Health Booklet, Brochure and CD by Kat James
(www.naturestools.com)

The Truth About Beauty by Kat James

Love Your Body Beautiful by DeAnna Hansen and Steven Horne