

Unique Weight Loss Strategy

"Chemical agents from our environment are regulating & promoting fat accumulation and the way adipose tissue is formed and maintained."

Some patients we see are metabolically "stuck" and despite the fact that they control their calories, a certain percentage of them can't lose weight. Here are 2 influencing factors that you may not have considered and a unique strategy that can help.

Main stream science in journals like Molecular Cell Endocrinology are suggesting that chemical agents called obesogens from our environment are inappropriately regulating and promoting fat accumulation and the way adipose tissue is formed and maintained. One author discusses obesogens this way, "Evidence points to endocrine disrupting chemicals that interfere with the body's adipose tissue biology, endocrine hormone systems or central hypothalamic-pituitary-adrenal axis as suspects in derailing the homeostatic mechanisms important to weight control." In other words, obesogens are endocrine or hormone disruptors.



The primary targets appear to be the liver, the brain and adipose tissue itself.

Obesogens are xenoestrogenic compounds like biphenol A, many pharmaceuticals, plasticizers, slimicides in industrial water systems and fungicides on foods, to name a few. Obesogens are generally thought to come from our external environment but a new class of disruptors comes from the inside. It's a class of bacteria that grows in our gut called Firmicutes which contain over 250 different species.

It's a little confusing at first because some of these Firmicutes provide health benefit like the acidophilus strain. Some are dangerous like streptococcus, the cause of strep throat. Here's the stinger. Scientists are finding that the type of bacteria in obese humans and mice differ from those in lean individuals. Through the digestive, fermentation process, Firmicutes create more calories than actual calories consumed. When scientists placed the gut flora from obese mice into lean mice, the formerly lean mice

gained weight. The question of the decade is, what is the exact role these bacteria play in how we regulate body weight and how much of a factor are they in the obesity epidemic? Can you see why some patients we see are metabolically stuck?

Clinically, our goal is to balance flora and begin the process of downloading the chemical toxins that accumulate. Obviously, there are a lot of options. Dr. Abbas Qutab who holds degrees in medicine and chiropractic foresaw these issues years ago and developed a patient friendly program called The 3-Step Detox where patients can follow a systematic process to reduce food sensitivities, clean, repair and restore healthy GI and liver function. The 3-Step Detox provides a systematic removal of potential obesogens like tap water, hormone laden meats, high fructose corn syrup and processed foods.

Recently I personally started Step-2 of the detox as part of a fall cleansing program. Step-2 is the real guts of the program. My plan was to go 20 or 30 days depending on my schedule and how I felt. At the time of this videotaping, I'm on day 14. Just for fun I used Bio-Impedance to assess body composition. I assessed 2 days; day 3, and today, day 14. My starting weight was 170.3. Since I am 5'11", I really don't want to lose weight so I have been loading up on avocados and other good fats to keep my calories high. I have also been increasing my protein intake via Whey Protein Isolate.

I take 2 scoops twice a day which means I get an extra 40 grams of protein in addition to the 30 grams from the 2 NutriClear shakes that I drink for breakfast and as a mid afternoon snack. This doesn't count whatever dietary protein I might have consumed for lunches

and dinners. My weight today was 170.0. I lost a whopping .3 pounds in 11 days. But here is the good part. I lost 6.3 pounds of fat in 11 days and gained 6 pounds of lean muscle mass.

I just turned 60 last May so for someone to gain 6 pounds of lean muscle without resistance training is pretty dramatic. I usually run with intermittent walking 2 miles 5 days a week. So I am not doing anything different besides the detox.

In terms of supplements, I'm including one Bio-Detox pack 3 times a day with meals. The Bio-Detox pack has extensive liver support, digestive support, antioxidants and Oregano oil to discourage dysbiosis. The pack also contains 6 capsules per day of Omega-3, 6, and 9. You can see a link below for the details.

I realize this is a case of one but it shows how reducing obesogens and creating an environment to drain toxins can make a difference. Below there's also a link to "Kira's Story," a woman who lost over 60 pounds using the 3-Step Detox as her primary therapy.

There are many reasons people can't lose weight. I think we will see more research on obesogens and gut flora; but for now, using "Step 2" of the 3-Step Detox for 20 or 30 days isn't a major inconvenience to patients and can help reset their adipose tissue regulation.

As you can see by my personal story, you don't have to be overweight to glean the benefits. I'm not in crisis, but I want to feel stronger... quicker. "Step 2" of the 3-Step Detox has helped me reach my goals.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.