

CERTIFIED WEIGHT LOSS COUNSELOR COURSE - SESSION 3:

What About Detoxing To Losing Weight?

Are You A Toxic Waste Dump?

Because you live in today's world, your body is going to be exposed to, and filled with, toxic chemicals. That's the bad news. The good news is right around the corner.



Is Earth A Chemical Crime Scene?

The fact is, exposure to chemicals occur through ingestion, direct contact or inhalation. Chemicals can be found in dust, vapors, gas, fumes, mists, liquids, and solids. What's worse, you're more likely to be affected by it the longer you are exposed to the chemical. And if your body can't eliminate those chemicals, they continue to accumulate each day you are exposed. A rather grim scenario, wouldn't you agree?

The Environmental Protection Agency proclaims that people exposed to toxic air pollutants at sufficient concentrations and durations may have an increased chance of getting cancer or experience other serious health effects. Think coal-burning power plants that emit mercury particles. Or, better yet, try not to think about them.



[Be grateful you don't live in Beijing or New Delhi where red days far outnumber the green.](#)

Even the substances we use to clean or fumigate our homes expose us to toxic chemicals. There are chemicals found in our skin care products, the water we drink and most of the foods we eat. It's not a pretty picture, is it? And guess what? Research shows that many of these contaminants are stored in our fat cells. This is one more good reason to get serious about detoxing to lose weight.

Chemicals and Obesity, They Go Together Like Halloween and Candy



Obesity has long been viewed as the result of poor eating habits and the sedentary lifestyle. But those ideas alone are now being challenged.

A [2012 study published in the National Toxicology Program](#) suggested that chemical exposure may increase the risk of obesity by altering fat cells and the neural circuits that regulate feeding behavior.

Not only that, but other studies now question whether or not these chemicals change our

intestinal bacteria for the worse, increasing our propensity to become obese.

If you need another reason to keep your stomach trim, chew on this news item recently reported by CBS News: Researchers have found that a bulging belly in your 40s raises your risk of dementia later in life.

Ready to start a serious detox effort?

Chemicals – Fun in Chemistry Class, Not So Fun In Your Body

Nearly one half of Americans' food budgets are spent on foods prepared outside the home. Does that describe you? Be honest. Sadly, researchers state that calories found in fast food are often underestimated. Beware. The bottom line is we are spending half of our grocery bills on foods that are calorie-laden and full of chemicals.

Read an Ingredient Label

And while we're talking fast food, consider the ingredients in the average burger bun. Here is a list: High Fructose Corn Syrup, DATEM (dough conditioner), Azodicarbonamide, Sodium Stearoyl Lactylate, Ammonium Sulfate, and Calcium Propionate. It's a chemical cocktail.

Or how about Artificial Flavor, Calcium Disodium EDTA, Phosphoric Acid, TBHQ, and Propylene Glycol Alginate in a fast food buttermilk ranch sauce?

We may not control what we breathe, but we can control what we eat. If you can't pronounce it, it probably doesn't belong on your tongue. Read labels every change you get.

Let's review the label of a typical cookie package:



Nutrition Facts		
Serving Size 1 cookie (35g)		
Amount Per Serving		
Calories	1 cookie (35g)	Entire Package
	170	340
Calories from Fat	80	150
INGREDIENTS: Enriched Flour (Bleached and Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Corn Sugar, Milk Fat, Soy Lecithin, Natural Flavor, Vanillin), Vegetable Shortening (Palm Oil, Canola Oil with TBHQ and Citric Acid to preserve freshness), Sugar, High Fructose Corn Syrup, Molasses, Whey, And Less than 2% Of the Following: Polydextrose, Corn Sugar, Corn Starch, Eggs, Leavening (Baking Soda, Ammonium Bicarbonate), Propylene Glycol Monoesters of fats and fatty acids, Mono- and Diglycerides, Soy Lecithin, BHT (to protect flavor), Citric Acid, Salt, Caramel Color, Natural and Artificial Flavor, and Wheat Flour.		
CONTAINS WHEAT, MILK, EGG, AND SOY INGREDIENTS.		
<i>Allergy information: This product is made on equipment that processes peanuts and tree nuts.</i>		

Cleansing and Detoxification

In reality, all of us should undergo cleansing and detoxification on a regular basis. You know how you change your car's engine oil every three months to keep things running smoothly? Same principle. At least, that is, if you want to achieve your weight loss goals.

Oftentimes when people diet and fat cells shrink, the toxins that were once stored enter the bloodstream. This can result in headaches, lightheadedness, body aches, mood changes, etc., and is sometimes referred to as a Healing Crisis. If you feel more sluggish since you began your program, a cleanse just might be the solution. As they say, no pain, no gain – or in this case, no loss.



Friends Don't Let Friends Gain Weight

Since we are social animals, here's one last thing to think about. Sometimes the most toxic influence on your weight management effort is human. That's right – those around you – even friends and family. We're not implying you should become a hermit, but just realize that often our social networks are not always supportive and helpful as we make changes and improvements in our lives. Be open and honest with them. Tell them your goals, and ask for their support. Invite them to be sensitive to your health and eating regimens. They may not realize they've been holding you back. Frankly, when you explain the program, they may be willing to join you. And wouldn't that be nice, because the more support you get, the better.

In Today's Toxic World, Here's The Next Best Thing

Remember, it's a good idea to cleanse several times during a weight loss program, due to the release of toxins from the shrinking fat cells. Losing weight at a normal rate will give the body time to adapt to the added burden of toxins, and cleansing will usher them into your elimination channels. Proper cleansing improves elimination of waste and absorption of nutrients.

Any of your "bitter" herbs will help you cleanse your blood and your body. Redox Signaling Molecules will help your body increase your natural antioxidants over 500% so that you will



detox naturally as well. There are many detox programs out there. We do not promote products or product lines in this course. If you want to talk about herbal program to lose weight please let us know and we'll be happy to help you. There are also cleansing foods and food programs. The Whole30 is a great food program to detox. Because it has no dairy or grain your body naturally detoxes as you lose weight. This is a great program to follow.

The following is a list of food additives that the whole30 program allows if you want to follow it. The lists can be downloaded from the whole30 website for free as can recipes and much more.

Read every label carefully. Look at the ingredients and the allergy warning to see if the food contains anything off-limits. While we encourage you search for additive-free foods, the only additives that will exclude the product from the Whole30 are the ones specified as "off-limits." Refer to the "Can I Have..." section of *The Whole30* (starting on page 60) for details.

off-limits for the program

- **CARRAGEENAN:** Thickening, gelling, and stabilizing agent common in almond milk or deli meat
- **CORN STARCH:** Grain-based thickening agent
- **MONOSODIUM GLUTAMATE (MSG):** Flavor enhancer common in canned tuna or broth
- **SOY LECITHIN:** Soy-based emulsifier commonly found in everything from almond milk to tea bags
- **SULFITES (SULFUR DIOXIDE, SODIUM BISULFITE, POTASSIUM METABISULFITE):** Preservative common in dried fruit or canned coconut milk

acceptable for the program

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| <ul style="list-style-type: none"> • ACETIC ACID
Preservative or flavor enhancer in vinegar or pickled foods • ALPHA TOCOPHEROL (VITAMIN E)
Antioxidant, nutrient • ASCORBIC ACID (VITAMIN C)
Antioxidant, nutrient, color stabilizer • BETA-CAROTENE
Coloring agent, carotenoid (nutrient) • CALCIUM CARBONATE
Used as an inexpensive calcium supplement in almond milk • CALCIUM CHLORIDE
Firming agent, salty flavoring in canned tomatoes or pickles • CITRIC ACID, SODIUM CITRATE
Preservative or flavoring common in canned tomatoes • FERRICUS GLUCONATE
A common color-preserving agent found in canned olives. • GELLAN GUM
Thickening and stabilizing agent common in almond milk • GUAR GUM
Thickening agent and stabilizer common in canned coconut milk • INULIN
Fiber and fat substitute • LACTIC ACID
Produced by fermentation of carbohydrates, found in kombucha | <ul style="list-style-type: none"> • LOCUST BEAN GUM
Thickening and stabilizing agent common in almond milk • NATURAL FLAVORS[™]
Flavoring agent common in a wide variety of products • NIACIN (VITAMIN B3)
Nutrient • PECTIN (SODIUM PECTINATE)
Gelling agent common in jams or jellies • POTASSIUM CHLORIDE
Salt substitute • POTATO STARCH
Thickening agent • RIBOFLAVIN (VITAMIN B2)
Nutrient • SALT (SODIUM CHLORIDE)
Flavoring, preservative • SODIUM NITRITE, SODIUM NITRATE
Preservative, coloring, or flavoring agent • SUNFLOWER LECITHIN
An emulsifier found in almond milk, as an alternative to soy • XANTHAN GUM
Thickening and stabilizing agent common in almond milk • ZINC GLUCONATE
Popular form for the delivery of zinc as a dietary supplement |
|---|---|

"While these chemicals are derived from natural sources, they are then purified, extracted, and added back into the food in a lab. While even the conservative Environmental Working Group says "natural flavors" aren't linked to any ill health effects, it's still confusing to see them on a label. We'd prefer ingredient transparency, but don't rule out natural flavors on the Whole30, and aren't concerned about their health effects."

Certified Weight Loss Counselor Course- Session 4 - Questions and Answers

Name _____

Address _____

Phone _____

Fax _____

Email _____

Please be sure to fill out the information above, complete the test and email it back to us at iridology@netzero.net. We will grade your question and answer session and will let you know if we have any questions or concerns.

1. Keep track of your food intake for 1 week. Be honest. Everything and anything you put into your mouth needs to be written down, even gum. Then look up the chemicals found in those foods and what they are. Make a list of the foods you have eaten for the week, the chemicals found in those foods, and the descriptions of those chemicals.
2. Now that you have made your list and done your research would you eat those same foods again?
3. How can you improve your diet?
4. Define the following chemicals used in foods and what they are used for:
 - a. Ammonium Sulfate
 - b. Artificial Flavor
 - c. Axodicarbonamide
 - d. Calcium Disodium EDTA
 - e. Calcium Propionate
 - f. DATEM
 - g. High Fructose Corn Syrup
 - h. Phosphoric Acid
 - i. Propylene Glycol Alginate
 - j. Sodium Stearoyl Lactylate
 - k. TBHQ
5. Which of the following conditions signal(s) that detoxification might be understaken?
 - a. Brain fog
 - b. Foul-smelling stools
 - c. Headaches
 - d. All of the above
6. Obesity can be related to environmental chemicals
 - a. True
 - b. False
7. Where are toxins and contaminants stored in our body?
 - a. Blood stream
 - b. Fat cells
 - c. Muscle tissue