



Burning Fat

Supplements and Tips to Help Your Body Burn Fat

A great deal of attention has been paid recently to the “epidemic of obesity” in this country. The recent film *Supersize Me* pointed out the connection between the fast-food industry and the lifestyle choices causing this problem. According to government studies, more than half of the adult population is considered overweight or obese. At the same time, many people are trying to break out of the vicious circle posed by being overweight. According to the National Institutes of Health 33-40 percent of American women and 24 percent of American men are dieting at any given time..

What do herbs have to offer the person struggling to lose weight? To answer this question, we need to look at some basic nutritional concepts and at the mechanisms that regulate fat metabolism in the body.

Let's start with the fact that Americans (and many other people living in developed countries) are “overfed and undernourished.” Everyone knows the processed foods most people are eating consist primarily of empty calories (fats and carbohydrates) greatly reduced vitamins, minerals and micronutrients. As a result, people tend to eat more calories than they need because their body is searching for more trace nutritional elements. So, putting higher quality fuel in the body is the first step to burning fat and maintaining ideal weight.

The second fact we need to recognize is that we are also exposed to a wide variety of toxins in our environment, water, air and food. Since many of these toxins are fat soluble, the body creates cholesterol and fat to sequester (or isolate) these toxins to keep them from damaging other tissues. If the eliminative channels are burdened, then the body may have no choice but to store these toxins in fat cells. So, when we try to burn fat through reducing caloric intake and exercise, these toxins are dumped into the bloodstream, which leaves us feeling terrible—not exactly the best way to reinforce a desire to lose weight!

Finally, there are four organs and glands that regulate the metabolism of fats in the body—the liver and gallbladder, the spleen, the thyroid and the reproductive glands and tissues (uterus and prostate). If any of these systems are malfunctioning, it will be difficult, if not impossible to burn off excess weight, even with reduced caloric intake and exercise.

So, what's the best way to proceed? We can make it a lot easier on ourselves if we accept the idea that it's not really about losing weight—it's about gaining health. Sure, this may mean changing some of the eating and exercise habits that we have, but more importantly, it means looking at the different parts of our metabolism that need support and helping the body to do what

it already wants to do—feel good! This process can be broken down into simple steps.

The first step is to make sure we are getting the nutrients we need, which means improving our food choices and taking some basic nutritional supplements so our body isn't urging us to overeat in order to find missing nutrients. Taking digestive enzymes to make certain we are digesting and assimilating these nutrients will also help.

As your body starts to function better, it will automatically start to detoxify. You can support this detoxification process by going on a cleanse. The Dieter's Cleanse is a good choice, since it was formulated specifically to help with detoxification for weight loss.

In addition to these general guidelines, there are some specific steps you can take to increase your body's ability to burn fat. For instance, if the liver is congested, you won't be able to process fats correctly. SF and chickweed are beneficial in helping the liver break down fats properly.

Also make certain your thyroid gland is working properly. A principle function of the thyroid hormone is to cause fats to be burned for fuel. Thyroid Support or Thyroid Activator can be taken to help boost thyroid function. Target TS II was specifically formulated to boost thyroid function for weight loss.

Stress contributes to weight gain by causing the adrenals to release cortisol, which creates abdominal fat. Cortisol also breaks down muscle mass and decreases total body energy, which reduces metabolism. Nature's Cortisol can reduce stress hormone output and help with weight loss.

Research indicates that 7-Keto lowers body weight and fat, too. It does this two ways. One, it reduces levels of cortisol and secondly, it converts the inactive form of the thyroid hormone to the active form, which increases fat metabolism. In fact, one study found 7-Keto to be three times more effective than diet and exercise alone for reducing both body weight and body fat.

Nutrients to balance blood sugar can also help. Chromium, for instance, has been proven to increase lean muscle mass. Since muscle burns more calories than fatty tissue, this can result in an additional loss of fat.

There are many other herbs and supplements which can be used as part of a program to help burn fat. Consult with your local herb specialist for more ideas or read the booklet, *Transform Your Health: Transform Your Shape* from Sound Concepts (www.naturestools.com).

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