

No More Overweight

Are you one of the people who say: "I don't believe that diets work"?

In fact, you know they don't work. You have become an expert through the years and yet... you hope that the next diet will work for you. You see others who easily lose weight or who never ever gain a pound, while you not only don't lose weight, but after you stop the diet you gain even more — and are heavier than when you started the diet.

So what is wrong with you?

Is it because your metabolism is slow?

Are you getting older and therefore burning calories at a slower rate?

Is it in your genes?

There must be something different about you. You know that when you start dieting, you really - at least for the first month or so - really do everything according to the diet plan. You stick to it, and still you don't lose any weight. During this time you are surrounded by people who don't believe you are actually trying hard enough or that you must be secretly overeating. After awhile you get tired of defending yourself. You stop the diet. "I might as well eat whatever I like and as much as I want to. Diets just don't work. They make me feel bad, depressed and lethargic, and nobody believes me anyway. So, who cares?"

What is going on?

Why is it so hard to lose weight?

About Overweight

Genetic

What about all the women who watch what they eat all their life? The ones who say "I gain weight just by looking at the package of cookies." Those who eat the most healthy, fat free, sugarless

foods. Who always gain weight if they don't watch it. These are the women who usually say, "I have a heavier build by nature", or, "It runs in the family; my mother always watched what she ate and so must I."

Is obesity genetically determined?

Pharmaceutical companies would like for you to believe so because this leaves you with only one option: buying drugs that can 'compensate for your genetic shortcomings'.

Food-retailers also would like for you to accept this because then you think that you need 'special food' - their 'diet products'. These products contain little sugar and fat, and much protein. Sugars and fat are relatively cheap and protein is more expensive, and thus they make more money by selling you diet products instead of normal foods. Unfortunately for you, diet products increase cravings, which is fortunate for them. They get richer while you get bigger.

Obese people are 'a growth-market'; more and more people are becoming obese; if they can become convinced that obesity is genetic then the future sales of diet-products, slimming pills, and weight-loss shakes are guaranteed. Why should we bother to try anything else - knowing that it will not work anyway.

And we'd like to believe them when they say that obesity is 'genetic', for it relieves us from our responsibility; "It is not my fault, it is in my genes." But deep down, we all know that if we eat less, we will lose weight. Somehow we just cannot stop eating. Somehow it is beyond our willpower so we, therefore, can relate to 'a genetic cause'.

Pharmaceutical companies and food-retailers gladly provide you with information that makes you believe obesity is genetic, and will keep you from info that can really help you.

They will never tell you, for example, that when you breastfeed your baby, you very easily lose weight;

52% of required energy in human babies is obtained from fat in mother's milk. And this fat originates from mama's adipose tissue. As long as she breastfeeds her baby, 3 different hormones make sure that her body-fat is transformed into mother's milk-fat, to supply the baby with sufficient energy;

Oxytocin inhibits appetite. (1) Every time and as long the mother breast-feeds her baby, more oxytocin is released. (2) But if you stop giving mother's milk to early, oxytocin release decreases, and appetite increases.

Opioid substances (from dairy - or wheat products or morphine) inhibit oxytocin release even when breast-feeding. (3)

Leptin ; Leptin is produced in adipose tissue, and signals at different neuropeptides and hormones to inhibit appetite. (4) The release of leptin is however restrained when mama does not breast-feed her baby. (5)

Prolactin ; As long the mother is breast-feeding her baby, production of yet another hormone, prolactin, is increased. Prolactin inhibits appetite and enhances transformation of adipose fat into mother's milk-fat and / or available energy. (6)

They also do not tell you that your child will tend to become obese when not breastfed long enough. Like they do not tell you that their food-products contain physical addictive substances (see paragraphs below) which is criminal, since they very well know.

Many studies have shown that it is extremely hard to lose weight on 'light products'. But that is not the information that reaches the general public.

Suppose obesity is genetic. From whom did we inherit those genes? Our ancestors never were as fat as we are, and they are the only ones who formed our gene pool.

Obesity has increased so dramatically over the last 25 years that it cannot possibly be 'genetic'. Genes don't float through the air - landing in our gene pools only 25 years ago. Those genes are inherited from our ancestors and they weren't fat.

Look at movies and fashion magazines from the '50s, '60s and '70s, or if you are old enough, try to remember how people looked back then. Think back to those leisure moments on the beach or swimming pools; how many people were fat or obese? Watch those early 20th century movies of people enjoying the first summer days on the beach; there aren't any real fat people. The rich were chubbier yes, but yet no obesity.

Remember Stan Laurel and Oliver Hardy? Oliver was considered to be one of the fattest men in Hollywood. He was funny because he was fat. Today we would not notice his size if we passed him on the street, because today he would just be a 'normally' sized person. If a woman wore size 14 or more she was considered fat. Nowadays this size is considered to be close to normal and surely not fat.

Just think about it: if obesity and cellulite had been normal, the mini skirt, hot pants, baby dolls and mini-bikini could never have become such a fashion hit. Never would women of all ages have adopted these fashion statements so massively over such a long period. How could they ever 'overcome shame and shyness' having fat buttocks and thighs covered with cellulite? If they had looked like a lot of the women do today, there would never have existed baby-dolls nor mini-skirts and surely no mini-bikini's. Or those flimsy shine-trough peignoirs and baby-dolls you can see in those old movies. And for those who love to shop for second hand clothes, remember all those times you saw a beautiful dress, pants, skirts, top or jacket - but no matter what you did, you just couldn't squeeze your body into these clothes even though you are not big or fat.

It is simply because we are so much fatter than our ancestors; obesity, in general, cannot possibly be 'genetically determined'.

Genuine genetically inherited obesity, like Prader Willi syndrome, is extremely rare.

Metabolism

But why is it that you are so heavy and some other women so small? You don't eat fatty things, you stay away from sugar, and even your cookies are fat free. If you eat chips, it's rarely, then

they're low-fat chips. You know that you eat very few bad foods, that you exercise/ work out, and you wonder, "How can this be? Do I have a slow metabolism?"

Yes, the second favorite excuse for obesity (after 'genetics') is a 'low metabolism'. This excuse was introduced by 'science', and many years later it was 'adopted' by the public because it seemed valid.

The Resting Metabolic Rate however (how much energy you burn when not active), is not reduced in obesity, (7) nor in familial obesity. (8)

In fact - the rate is actually elevated in overweight men and women. (9) Overweight bodies simply need to work much harder to relieve the organs from overweight-pressure. And because of the extra 'luggage'; obese people need much more energy just to walk to the store next door.

White people should be the last to blame it on their metabolism, for they have a higher metabolic rate than black people (10) and Polynesians. (11) This is probably because white people originate in colder regions, where they needed to produce more heat, and this heat is generated by utilization of fats and sugars.

It is also not true that obese people utilize less fat than the non-obese when they exercise.(12) Only in the extremely rare Prader Willi syndrome is activity related energy expenditure decreased.

Air

Whatever you think causes obesity - nobody can deny that it definitely is impossible to become fat without consuming more calories than you need; you can't grow fat on air. So called "small eaters" systematically under-report their food intake. (13) We cannot acknowledge that we are eating too much. We are convinced that we are not eating too much; we eat low-fat foods, and hardly any sugar. We know that we are doing everything we can to abstain from so many enticing foods - so that "we can't possibly be eating too much". We are told to focus on fat and sugar over and over again, and we are not told

about the calories from protein - and even from fiber (through bacterial decomposition). And because we don't know about these calories, we are convinced we are not eating too much when eating so called 'healthy' food. Protein, however, contains exactly as much calories as sugars, but they don't tell you because protein increases sales.

It is a fact that you can only gain weight if more calories (from any source) are consumed than are utilized.

Gaining weight is always about averagely consuming too many calories: you cannot possibly gain weight if you don't. You never noticed, but low-fat, low-carb foods contain the most protein and this protein contains calories too. Run to the refrigerator and check the protein contents of low-fat low-carb foods.

But how much is too much? What is too much?

We think that we get fat when we eat chips, chocolate, butter, fondant, cream, etc. a piece of cake with whipped cream is fattening, but if we abstain from whipped cream and eat the cake without it, we won't gain weight.

We think that we gain weight if we drink a cup of coffee or tea with sugar, and not by drinking quarts of diet soda.

We think that we will not gain weight, if we consume green salads, grilled or steamed fish, a lean piece of meat with vegetables, and a glass of wine or a health sandwich or yogurt or low-fat cheese. And refraining from 'bad foods' all the time, you should not gain weight, right?

However: Proteins contain exactly as many calories as carbohydrates / sugars. The problem is that it doesn't feel that way. Proteins are not satisfying; sugars and carbohydrates are.

Diet products, yogurt, etc. are not physically satisfying; they never satisfy your cravings. You may feel healthy and responsible eating those foods, feeling good about yourself, but after one hour or so, you feel like having a snack. Even if you don't

actually have a snack, you will eat more so called 'health food' just for the satisfaction. The result will be that you have eaten too much, but it doesn't feel that way since you didn't even eat the snack. **It is the non-satisfying, low fat / low carbohydrate food that makes you eat too much without knowing it.**

When you consume low-calorie-foods, your cravings will be far greater. Not giving in to cravings makes you eat more because your body still wants what you are not giving it. **Munch-foods like cream cheese, chocolate etc. on the other hand, satisfy your cravings. Why? because they are addictive and you are an addict.**

Dieting

Losing weight is a subject of great interest today. Obesity is strongly on the rise; over 1.2 billion people worldwide are overweight and the numbers are increasing rapidly. Dieting is also an important issue because so few people are able to lose weight through dieting. We may succeed in losing a few pounds, and then we gain the weight back again, or we may even succeed in maintaining a lower weight for a few years until it rises again. Why are so few attaining success in dieting?

Why do we get bigger and bigger?

We generally think that we can only lose weight by consuming very little fat and/or sugars. Almost all weight-loss diets are based on the rule of consuming far less of these nutrients than are daily required by your body, which 'forces' the body to transform adipose fat into available energy.

Such diets are always very hard to maintain. The reason:

Diet-foods are always low in carbohydrates and / or fat. If you continue on a diet low in sugars and / or fat, you will be tired, lack direct available energy, sleep badly, have mood-swings and strong cravings. You will constantly have to fight the urge to have some goodies. Because of all of this, dieting is a disaster. You stop dieting because "you really need a break to eat some goodies - just for one day". You swear that you will start again to-

morrow (that nothing will stop you then) but just for now you need a break. Every time you end up saying, "It's so hard to maintain this diet." or "I gave it a try, but this diet just doesn't work."

When you have tried at least ten different diets, you will conclude that diets don't work, that they are one big scam, and that your wallet is the only thing that actually loses weight.

But what's wrong with absorbing less energy than required?

When you practice such a diet you are telling your body that there is a food-shortage. Your body will adapt to that by holding its fat-deposits and by increasing its efforts to grab onto everything possibly edible. Results: You and your body will have opposite interests; you want to eat as little as possible and your body wants to eat as much as possible.

The more successful you are in starving your body, the more your body will produce neurotransmitters and hormones that increase your body's efforts to eat more foods. Eventually your body always wins because survival is our strongest instinct. The better you are in starving your body - the bigger the relapse will be. (Except for that small minority who actually succeed in starving themselves to death, like some anorexia patients). That is why anorexia patients can easily become bulimic; first they starve their body and then it is payback time. The body of an anorexic has been confronted with starvation, and will therefore do anything to store as much body-fat as possible because the next period of 'food scarcity' may be near. Former anorexics will therefore tend to eat more, and more often. And this will disgust her/him, but she/he will not be able to stop. She/he may then see only one option: throwing up.

You can try to lose weight by forcing your body time and time again, but no matter how strong your will, you will eventually become either anorexic or bulimic if you keep on trying to lose weight by beating your body. You can never win over your body's needs and have peace.

Losing weight structurally by consuming 'light'

foods/products (14) or sweeteners (15) just doesn't work.

Consuming too little sugars inhibits utilization of fat.

If too little glucose is available, transformation of fatty acids into available energy originates wastes like aceto-acetic acid and beta-hydroxybuteric acid. Accumulation of these wastes inhibits further utilization of fatty acids. These wastes can only be cleaned if sufficient glucose is available.

Fat consumption

But isn't it true that the more fat one consumes, the fatter one gets?

Most people believe that you need to consume low-fat foods to lose weight, but the problem is that these foods are not very satisfying physically. Without fat you may actually consume more calories in order to satisfy your cravings anyway.

Though 'light products' are an 'American Invention' and Americans on the average, consume less fat than most Europeans, Americans on the average, are the biggest of all. (16) More than one half of adult Americans, are overweight or obese. (17)

French, Italians and Germans, on the average, consume more fat than Americans, but Americans and the British are more obese. (18)

It is simply not true that we get fatter, the more fat we consume:

Average fat consumption in 1998 in gram/cap/day;

165	France
152	Italy
149	Germany
147	USA
142	UK

Statistics also show that Americans consume more calories in total even though Americans consume less fat than people in major European countries. This makes sense; you will keep on eat-

ing until you are satisfied when you are on a low-fat diet.

Average daily intake of calories, and how much of that energy is supplied by dietary fat, in 1998.

3767	35%	USA
3608	38%	Italy
3541	42%	France
3402	39%	Germany
3257	39%	UK

Americans increasingly consume more low-fat food; (19) in 1998 the share of fat in the average American diet was a little lower than in 1978 (32%), but that did not decrease obesity incidence. On the contrary, obesity has increased very strongly in the last decades. (20) Consuming less fat does not help you to lose weight. (21)

DiETING on low-fat food is extremely difficult because you will constantly have to fight your cravings. Hardly anyone can win this battle no matter how strong your willpower. If you try to lose weight on low-fat food, you must fight both your body's urge for fat, and the need for calories in general.

Fat food is very satisfying. Eating 'Live Whole Foods' like **sprouted nuts such as almonds, avocados, dates and fruits** are all extremely fulfilling.

Protein, on the other hand, is tasty but not satisfying. Cooked chicken does not satisfy your hunger, nor does low-fat fish or lean meat.

Moreover, cooking creates physically addictive beta-carbolines, which cause you to want to eat even more.

One gram of protein contains as many calories as one gram sugar. It just doesn't feel like energy. It isn't as satisfying. But it is energy. And this extra energy from protein is converted into fat. The 'leaner' and 'lighter' you eat, the more protein you will consume, and the more protein is converted into fat.

Protein consists of amino acids. A small percentage is used for construction purposes. Most amino acids are transformed into either sugar-like or fat-like molecules. The amino acids that can only be transformed into glucose-like substances are : methionine, cysteine, valine, threonine, alanine, aspartic acid, glutamic acid, glycine, histidine, proline, serine, and arginine. Leucine and lysine can only be converted into fat-like substances. Phenylalanine, tyrosine, isoleucine, and tryptophane can be converted in both fat-like or glucose-like substances. Your body will produce 14-fold more digestive enzymes transforming phenylalanine, tyrosine, isoleucine and tryptophane into fatty acids when you are on a low-fat diet. (22)

When you eat very little fat and / carbs, you will have mood-swings, be depressed and / or sleepless, and you will have the hardest time maintaining your weight. Diet products, therefore, cannot help you to lose weight; they even make it more difficult. Moreover, they can also be very harmful.

Aspartame probably causes brain-tumors. (23) Light-products containing trans-fatty acids cause vascular diseases. (24) Some diet-bread contains cotton-fiber. (25) They add this because wheat-opioid peptides sedate the bowels too much. This rough fiber stimulates the bowels to get rid of the damaging fiber as soon as possible, but in the process it causes tiny wounds. Repeatedly inflicting such wounds accelerates aging of the bowels, and increases cancer risk.

Saccharin can cause bladder cancer. (26) Acesulfam K (E 951) can damage your reproduction organs. (27)

But you need to absorb less energy than is utilized to lose weight don't you?

Yes, but if you force your body to absorb less energy, it will react in the opposite 'since a food-shortage is obviously ahead'. Your body must initiate weight loss.

But when will my body initiate a weight loss program?

It does it naturally when we are overweight.

By nature our body always tends to weigh the ideal weight; this is called the "set-point weight".

We cannot improve on this system; it is already there and is very powerful. **All we have to do is to allow the optimal functioning of this system**, which is usually not the case.

The main reasons why so many people are overweight is: *because we absorb substances daily that impair this set-point weight system.* Specific foods contain physically addictive chemicals we regularly alarm our body into storing and holding onto as much fat as possible.

To allow your body to automatically lose weight, you must prevent the set-point weight-system from being impaired. You must diminish uptake of substances that increase cravings. You must avoid alarming your body by consuming too little fat and /or carbohydrates.

Set-point Weight

Maintaining set-point weight in nature is essential for survival. Bulls need to be heavy to dominate over others, and leopards need to be slim and fast to catch a prey.

The ideal weight does not fluctuate in most animals, except for animals living in an environment with strongly fluctuating temperatures; there the set-point weight is adaptable to seasonal changes. Grizzlies, for example, need to deposit a layer of fat in the fall in order to be warm in the winter. In the fall they keep on eating salmon even when they normally would have been satisfied salmons ago.

To make the body weigh the appropriate weight, the following neurotransmitters and hormones regulate the appetite and the deposition of body-fat:

serotonin (28)

dopamine (29)

norepinephrine (30)

growth-hormone (31)

prolactin (31)

oxytocine (32)

vasopressin (33)

leptin, acting through CRF (34)

neuropeptide Y (35)

Example:

One of these appetite-regulators is serotonin. When serotonin levels decrease, appetite increases. Daylight prevents decomposition of serotonin, so when it is dark, more serotonin is decomposed. And since there is less daylight in the winter, we all tend to deposit some extra body-fat to 'keep us warm'. In the summer we tend to eat less.

But what, besides a lack of daylight, can cause metabolism of these appetite-regulators to be impaired?

Quite a few factors: drugs (Prozac, diet pills, hormonal contraceptives, etc.) and alcohol - but also substances in our every day food.

These include all foods that have been over heated in any way, creating beta-carbolines. (47) Wheat products (48) and dairy products (49) contain opioid peptides.

These opioid peptides (50) and almost all beta-carbolines (51) are physically addictive - making you eat more. Just think of the aroma of bread when you pass by a bakery; you'll become instantly 'hungry'. This is not just because you are addicted, but also because your body has started to secrete digestion juices as soon as you caught that stimulating odor. Your rumbling stomach definitely tells you to eat.

Food-manufacturers are aware of the physically addictive qualities of opioid peptides and beta-carbolines. (52) They apply this knowledge to increase and maintain the number of their customers, and to successfully compete with other food-manufacturers.

They know that wheat and milk protein contain the most opioid peptides, and that is why these proteins are most often added to prepared food prod-

ucts. They know that beta-carbolines also increase your appetite. That is why they are also added to most food products, including sauces and spices; in so-called 'taste enhancers'.

How many times have you continued to eat something you didn't really like? You took a bite, and for some reason you couldn't leave it alone until you had finished the whole package. That package of cookies might have been laying in your kitchen cabinet for a few days, but once it was opened and you had taken one bite, it kept pulling you back to get more.

But have you ever experienced this with fruit? No, you have never had to have another banana, apple or orange. You might love to eat fruit when you are hungry, but it never keeps pulling you back to eat some more. Did you ever overeat on fruits?

Now you know: **You do not keep on eating because you are weak or pathetic, or "because your father did not give you enough attention", but because you are physically addicted to beta-carbolines and opioid peptides.**

If your overeating was due to some psychological reason, any food that tastes good, including ripe fruits, would be equally satisfying. But this is not the case.

All of us are physically addicted to these beta-carbolines and opioid peptides. But each of us is different, and is susceptible to these chemicals in a different way, as different people prefer different brands of cigarettes, alcohol or coffee. That is why food-manufacturers experiment; they add a bit more wheat protein to their products, some malt, or a bit less milk protein, or combine these with concentrates of a particular dehydrated protein heated in combination with sugar.

Then they must make sure that we are familiarized with 'the taste' (their specific combination of addictive chemicals) of this new product. They strategically position their dealers in the supermarket to offer the customers a free sample. We all know the ladies offering us new food-products to try. Even when we politely decline, they tell us

how wonderfully tasty and new it is and that we really should try it. And we behave according to the expectations of the food manufacturers: politely. We see the friendly lady who is just doing her job, and we think, "Poor woman, what a horrible job she has". And so we take what she offers us, and try it. And if this specific blend of addictive chemicals matches our own addiction, our brain says, "I like it!", and we will buy the product later on.

This strategy is the same as that applied by the 'pusher-man' who gives drugs for free to youngsters to get them addicted and thus gains new 'junkie' clients.

According to the law this is illegal and punished. How can the food-industry do the same without being punished?

They create 'food-junkies'. There actually is no fundamental difference between a drug junkie and a food-junkie; they both are addicted to physical addictive chemicals. They both need their fix every few hours. They just look different: the drugs-junkie gets skinnier and does not take care of his/her appearance. The food junkie becomes overweight or obese and takes even more care of her/his appearance. Both become dependent and need larger doses to achieve the same effect.

Food dealers use another strategy: the use of fragrances - like the aroma of baked bread at the bread department, and the smell of fried meat at the meat department. These odors stimulate our digestion juices, which makes us feel hungry - and buy more.

When you go to the supermarket, and don't want to buy more than you planned, be sure to eat several pieces of fruit just before you go (or even better; an avocado). A filled stomach helps to diminish the effect they want to achieve. After a meal of fresh fruit you can clearly detect how 'fake' and harmful these odors can be. They can even make you feel nauseous.

Taste-enhancers, for example, are concentrated dehydrated protein, containing beta-carbolines. They don't really enhance taste,

but actually influence neurotransmitter-receptors. (53) Wheat protein and / or milk protein are found in many prepared food products. These contain opioid peptides. Be sure to check food-product labels. Monosodium glutamate is also added to food to stimulate appetite (54), partly acting through the same pathways. Beta-carbolines also affect the glutamate-receptors by effecting the release of acetylcholine, which they do by effecting benzodiazepine-receptors.

These beta-carbolines are not just physically addictive; they can also contribute toward obesity because they can impair the metabolism of these weight/appetite regulators. The same is true for opioid peptides, which can impair metabolism of these weight/appetite regulators.

But what if the influence of the food-chemicals on those appetite/weight-regulators is very limited?

Very few of us become overweight because we eat far too much. Generally, we eat a little bit too much.

Unfortunately, even if we only eat 1% too much daily, we have already gained 1 kg. / 2.2 pounds of pure fat every single year. Twenty years later, we have gained more than 3 stone.

And if we have been breastfed too little or not at all, we will have received formula milk instead, which contains cows' milk-opioid peptides, thus impairing our set-point mechanism at a very early age. Thus we eat a little too much every day. **If that is 5% too much, we will gain 5 kg. / 11 lbs. pure fat each year.**

Scientific research has shown that formula fed babies have an increased risk for becoming obese in later life. (67)

No, it's not our mothers' fault; they didn't know that formula milk is bad for a child. Formula milk-manufacturers are no different from any other company; they do everything to increase sales. To increase their sales, they had to convince women that formula milk is as good as mother's milk, and even better since it's 'fortified' with extra vitamins

and minerals. Simply ignoring the fact that mothers' milk contains all the nutrients that babies need, and that too much of any extra mineral is harmful. (See Ch.33)

However, the essential difference (in general) with 'normal business' is that infant feeding has life-time consequences.

Robbing infants from essential growth factors and hormones in mother's milk and increasing future cravings in both mother and child, for the sole purpose of increasing sales, is criminal.

But we must acknowledge that it was a clever long term move: babies that are fed formula milk make 'better' future food-consumers. Sales are guaranteed. These manufacturers even pushed and push their product in developing countries at low prices - thus establishing a future market for food-retail giants.

Unfortunately, the real costs of formula milk are extremely underestimated; formula fed children are, on the average, less intelligent (68), and more subject to obesity. (67) They are also more susceptible to all kinds of allergies, infections and diseases. (69) And these babies averagely cry more often.

To decrease your and your baby's risk of getting weight problems, you should breastfeed it for at least one and a half years.

To save yourself from eating a little bit too much you need to prevent the uptake of impairing food-chemicals.

Utilizing Body-fat Most Efficiently

You cannot lose weight by consuming too little fat and/or sugars. You need to consume sufficient fat and sugars daily to be able to lose weight. Yes, this requires a U-turn in thinking in your brain, but it is a fact.

But how can I lose this excess weight?

If you deprive your body of a steady flow of fatty acids and glucose into the blood, your body will

object strongly against being deprived from these essential nutrients. By decreasing the direct availability of these nutrients, you are telling your body there is a food shortage. This stimulates your body to save energy, to conserve its body fat, and to increase cravings for everything possibly edible.

If, on the other hand, sufficient fat and glucose is available all the time, your body does not object to losing excessive body-fat. On the contrary: if sufficient fatty acids and glucose are available all the time, there simply is no need to conserve body fat. And if also no more than sufficient fatty acids and glucose is available, you will also not store new fat. *Your body will automatically utilize its body fat to reach that ideal set-point weight.*

What foods should I eat to enable those weight regulators to do their job?

Visit our website: www.srherbs.com/ and go to our free 'Recipes' section for a variety of food recipes. Read the articles in the 'Sponsor Info' section. There is a fountain of information there.

Sources

Abstracts of most sources can be found at The National Library of Medicine

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