

# Healthy detoxification for Weight Loss

## Liver Toxins Contribute to Weight Gain

Did you know that in the UK and Ireland we are suffering a health crisis; we are becoming nutritionally bankrupt and we are living in a virtual fish bowl of toxins. We have depleted the mineral base of our farms' soil.. There is an average of 72 pesticides and insecticides on all of our fruits and vegetables. Yearly, world wide, billions of tons of toxic materials are being dumped into our environment. We also eat a highly refined carbohydrate diet leading to **a blood pH which is less than 7.4**, and the over growth of **Candida**. These toxins make their way into our body system and create Liver toxins and weight gain.

In 1935 only 20% of the population was overweight. As the toxic load becomes greater, the percentage of overweight and obesity goes up. Every year in the UK and Ireland over one million more people become dangerously overweight or obese. Currently 60% of us are overweight and 31% meet the criteria for obesity. 8 million children are obese. Medical studies conclude that this can introduce type 2 diabetes at a young age, cardiovascular diseases, early strokes and early cancer. Over 60 diseases and illnesses have been linked to obesity, most of which are potentially deadly.

### Liver toxins and the fat connection...

Research is now indicating that when our bodies are bombarded with chemicals and heavy metals, creating liver toxins and liver stress, the body naturally manufacture fat, lays it down, to use it as a toxic waste dump. The body also attracts fluid as a protective mechanism. This temporarily helps to prevent immune break down, especially prevalent when the liver and kidney are over-loaded. Obviously this fat is not only laid down around our torso adding inches, but also around our internal organs, adding to the strain they are under, and creation of ill health.

### Root cause diagnosis for specific toxins...why is it necessary?...

Why does the body lay down fat instead of detoxifying? The answer is, for protection of the liver. Certain chemicals and heavy metals are SO poisons to our liver's that it would be irreparably damaged if it even attempted to deal with them.

This is why it is very dangerous to use store bought detox products, as they are designed to *force* the toxins out through the liver. It is essential to seek the skills of a professional to obtain an accurate diagnosis of which toxins are in your body, and advice on how to do a specifically targeted healthy detoxification, safely. **Clinical Kinesiology, as carried out in this practice, is just such a diagnostic test.**

### The detox and weight loss connection...

It has now been proven that certain forms of specifically targeted healthy detoxification will cause the fat to fall off as the liver toxins are removed. . Have you ever wondered why it is almost impossible to lose weight, especially after 40? Toxicity is your answer! Your body will not give up it's fat because it has put it there to protect you from toxic damage..

**Are you going to cleanse and maintain your body with a healthy detoxification?...**

If you are not addressing systemic healthy detoxification and cleansing, you may look good on the outside for a while, but the inside may be another matter. You change the oil filters on your car but what are you doing to filter toxins from your body? Do you think your organs can continue working, free from disease, illness, emotional problems, aches, pains and brain problems without cleansing yourself? What would happen to your car without that oil change?...

So why not invest in your health...seek a Clinical Kinesiology diagnosis to pinpoint your liver toxins, embark on a professionally designed, personalized healthy detoxification plan, and achieve detox and weight loss with ease. You will not only loose weight, but feel much healthier and much more vibrant too. Even if you are at your ideal weight, you still need to cleanse... We all do!

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