

# Acquiring Your Normal Weight Naturally!

**A**chieving optimal weight levels in our fast-paced lifestyles appears to be eternally elusive. There always seems to be another book or magazine article suggesting that if you eat this food and/or avoid another, your pounds will magically slip away never to return. How many times have you been down that road?

Over my career, I have seen countless people in the same boat, gaining and losing hundreds of pounds. It does not have to get harder as you get chronologically older. I have helped lots of patients lose weight and keep it off. The critical key is to allow the body to heal itself, then watch the pounds melt away naturally. There is no magic bullet, just natural principles that must be followed.

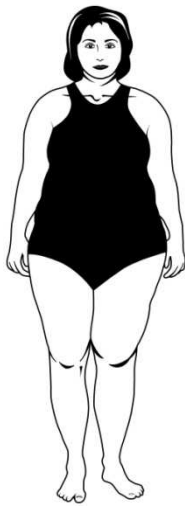
A consistently obese body that does not respond long term to selected food avoidance and portion control, generally, is an unhealthy system. It will not allow the fat to be released because it is being saved for a future time or is so toxic that releasing it results in a self-destructive response. I have had many patients tell me they really watch what they eat, and have been disciplined, but the weight just stays. Is that you? So what is up?

The answer is multi-tiered;

1. A foundation must be built on a solid function hormonal or endocrine system.
2. Detoxification of the cleansing organs.
3. Avoidance of toxic substances.

I am a student of “body watching”; people come in all shapes and sizes. There are visible patterns of fat distribution on the bodies of people who have various organs that are toxic, overloaded and burned out.

Some carry their weight all over the body which suggests thyroid gland distress. These same individuals may have cold hands and feet, high cholesterol and are constipated in addition to some of the other body signals discussed in Chapter Seven on thyroids. They may have small cherry like nodules on their skin, (cherry hemangiomas) suggesting estrogen saturation.



THYROID

Common factors resulting in this scenario include: modern chemicals designed to enhance the production of the food chain and household conveniences that also impair and affect the recipient, i.e., you the consumer. Xenohormones, found in cleaning products, aerosols, lotions, fabrics, paints and many common domestic items, are a part of toxic chain that interferes with normal hormone function. Elevated estrogen levels, whether they are natural or sourced from chemicals, impair thyroid function and congest the liver/gallbladder relationship, resulting in stagnant gallbladder bile flow and congestion.

When the thyroid is hampered in doing its work, you will see an overall-body weight gain. That is why consuming conventionally-sourced animal products, containing synthetic estrogen to “fatten” the animal tissue, has created an enormous challenge for unsuspecting consumers. Clean machines (your body) always work better with the least amount of outside chemicals.

Chlorine in the shower, fluorine in the water and bromine in a pool or hot tub create an extra toxic burden in the body and the liver/gallbladder detoxification system as they compete with iodine receptors. Iodine deficiencies are common in our general dietary food patterns and compound the entire situation. The result is a full figure or thyroid body type.

Stress, whether it is sourced by emotional or physical means, effects an organ in the body called the adrenal gland, as discussed previously. The adrenal gland supplies many critical hormones for our existence; one is called cortisol(cortisone).

When you are under stress, your cortisol levels are up, and you will have a tendency for carbohydrates (cookies, pasta, grain snacks, doughnuts, etc.) to be converted to FAT. What is significant is the fact that “naked sweets” (items that are strictly carbohydrates or refined grain products with “sugar added” and no protein to slow the burn or consumption process down) will result in cortisol being released as a negative feedback loop to stop the rampage of insulin that is simultaneously being secreted by the pancreas. Patients that are stressed and eating a lot of carbohydrates and stimulants tend to have more of their extra tissue hanging around as a “spare tire” around the waist—the Adrenal Pattern.



ADRENAL

Intentional or unaware consumption of toxic food and drink, including artificial sweeteners, taste enhancers, preservatives and even prescription medications, can over load the very important liver-detoxification system. Your liver has many job descriptions. A key function of the liver is to dispose of unwanted and unnecessary substances. Someone that has the huge protruding belly with “humpty-dumpty” bean pole legs will generally have a liver that has expanded and is in a compromised state and currently not working to its full potential. There is fat and fluid hanging over the belt. This particular body type will require real discipline because addictive choices have created this downward spiraling state of health.



LIVER



OVARY

Another body shape in a female, at any age after the secondary sexual characteristics appear, that has an accumulation of tissue along the outside aspects of the thighs which can also be combined with an accumulation of tissue in the buttocks. This type can be considered an estrogen-saturation body type and has been classified as the gonadal body. Ovarian malfunction can precipitate this shape. When you do not have enough iodine, your ovaries will not make enough progesterone to balance the estrogen. I have also noticed that patients who come into the office with “saddle bags,” also tend to have liver-congestion issues, which result in

unprocessed estrogen. They may have skin eruptions including psoriasis, gallbladder symptoms aggravated by eating fatty or greasy foods, and they may even have high-liver enzymes. It can then be compounded by eating an overload of carbohydrates.

The real challenge is that you can have a combination of body types due to hormonal miscues along with the over-consumption of sweets, lack of exercise and toxic reservoirs.

Let me describe a common picture. A female may have the pattern for the gonadal type with the initial layers of fat being laid down along the thighs, then as the addiction to carbohydrates and sweets becomes ravenous; the additional fat cells are deposited on and along the buttocks. The patient is now contending with a hormonally-initiated addiction to sweets.

An area that is not mentioned is the fact that fat cells can create estrogen. Now this is a double-edged sword for the general population, because today, we are dealing with fake estrogens or xenohormones in unprecedented amounts, which mimic estrogen and stress the liver/gallbladder. Estrogen dominance creates havoc in the body and stresses the liver. You need the liver to process the hormones in the body. The alteration of this loop escalates the fat accumulation dilemma.

An exhausted system, with hormonal depletion, congested toxification of organs, and a general overall state of poor health will not reduce excess fat until it is healthy. If you are struggling and dealing with excessive fat, you need to become healthy and not start another fad diet; otherwise, you will be chasing a state that is not attainable. Now, you cannot get impatient and you do not want to get caught up with the “in moderation” style of eating. No cookies means NO cookies, not even small ones. I don't care how healthy they are. The carbohydrates in them will throw a wrench into their system.

The answer to your problem starts with normalizing the hormonal system in your body. If you do not restart that loop, you will not achieve your optimal health; therefore, you will not lose weight permanently.

The hypothalamus, the chief executive officer, tells the rest of the body what to do. It connects the emotional and physical man. I have seen from experience that it can take anywhere from six months to a year to refuel and restart this hormone loop. If you have had your gallbladder removed it will take longer because the liver has been compromised, and the liver is the hormone recycle depot.

I start with the following protocol food supplement pillar in the hormone foundation by recommending several items to support and restructure the overall hormone system (pituitary, thyroid, adrenal and ovary or testes): Glandular products to support brain and male and female hormone function usually three of each product. I also have found that most people who need to lose weight need a full spectrum of oil, which is why I like Black Currant oil. I encourage this support to be used for a minimum of three months. I also suggest that you follow the Page Diet Plan, located in Chapter Twenty, as a template of what to and what not to eat. Avoid any processed food item that has the potential to stress the Phase I and II liver-detoxification process. I would focus on eating cruciferous vegetables: broccoli, cabbage, cauliflower, Brussels sprouts and kale. They are best consumed either raw, steamed or sautéed in olive or coconut oil. You should add a whole food iodine product starting with a minimum of 3mg daily if you are focusing on these items. I would recommend that you fill out the Symptom Survey Form and Toxicity Questionnaire in the Appendix to be used as a basis for your foundation, and then fill them out again at the end of the program.

How do you know when you have a proper hormone balance? Well, an objective approach would be to have a mineral-tissue hair analysis and look at the selenium level, which tends to be low with a stressed pituitary. Another marker would be to check your TSH, T3 and T4 before you start the process. A low TSH is often associated with a stressed pituitary. We add a whole food Vitamin E], at a minimum of three daily, to increase the Selenium levels. Also, if you start to see the browning of your skin, this is a signal that your pituitary and liver do not have enough whole-body E. The liver has everything to do with skin lesions. Do not use synthetic vitamin E.

In our practice we have access to a tool called the Acoustic Cardiogram. It transposes sound energy, made by the valves closing, into a mechanical graph. There are various patterns that can be observed. If we see minimal graph sounds, it indicates that there is a stressed hormonal system. Go to Chapter Fifteen for more details and the location of a practitioner near you.

For one month we have our patients go on a detoxification program focusing on limited foods, with a colon cleanse and green food. Green food is a necessary factor promoting whole body purification. The plan for the month would include protein, gastro fiber, green food and a colon cleanser.

Upon completing the one-month cleanse and having your hormones pointed in the right direction, I assess the major hormonal organ that needs to be focused on. Often there is a combination of one or more. Review Chapters Seven and Eight on Thyroid and Adrenal health. You need to follow the protocols in those chapters.

An important step is to rate the function of the hypothalamus and pituitary. These are not areas in the body that are generally monitored. A periodic hair analysis to monitor the selenium levels and the serum TSH in the thyroid profile is a subtle way to stay on track. Support your system with what you have learned. You may need to stay on the products discussed at the beginning because you may not be able to change your lifestyle and will need to continue to support all your endocrine organs. The supplements I use have never caused any toxic accumulation body signals. I have successfully used them since the early nineteen seventies as a patient and as a Natural Health Doctor.

A couple of points. I generally have to supplement the patient's desire for sweet items. This is a HUGE challenge. Those innocent small morsels have an accumulative affect that tend to settle in the buttocks and thigh region. We really encourage a whole food chromium up to nine daily. Chromium helps cool the fire of desiring or craving sugar. Also, Gymnema, up to three a day, will diminish the taste of sweets. We also use a whole food bile salt bile salt which help take away the passion for sweets. ]

I would direct you to the Chapter Six on Liver Function and to Chapter Seventeen, the Cleansing Chapter and suggest that you follow the protocols to clean your "machine." This is essential for long-term success on maintaining ideal weight.

For long-term success, you will want to monitor your saliva pH. A patient that is acidic will tend to be more toxic with a greater burden on the whole system which will postpone weight reduction. This could be an issue for some since it is easier to stay in an acidic state, because normal cell metabolism, stress and acid ash foods create an acidic condition.

The glycemic value of food needs to be considered for long-term weight management. I have included a simple glycemic chart available starting on page 279. Focus on foods in the 50 to 80 range (check this). As a side note, even though the foods you consume are in the mid range, do not go overboard and eat a lot. They still have calories. I would avoid the foods in the

higher range because they will stimulate insulin release, which is the last fire you want turned on if you want to stay at your ideal weight.

Taking flax oil, at one tablespoon per one hundred pounds of body weight, and avoiding foods that cause inflammation, like sugar, dairy and trans fat, will assist your body in staying at a healthier state. Inflammation that can be detected by having a boggy or spongy wrist, usually suggests that the intestines may be acting like a sieve, with undigested protein particles flowing through the intestines, causing havoc with the immune system and causing the whole body to be on alert, holding on to water to keep the particles in solution. I suggest coconut oil as a medium to cook and as a butter replacement. Coconut oil feeds the hormone circuit and fuels the fire, helping you control the fire that burns the fat tissue.

Trans fat, statistically, when it has been studied and monitored, will actually increase your weight over time. Research on test animals reveals that when compared to other experimental participants will have up to a seven percent increase in weight. That would mean the low fat (trans fat) diet that America has been told is healthy and a way to lose weight is actually wrong.

By following the protocols you have learned throughout the book, your overall system will be working in harmony. Your challenge, as the maestro, is to control the desire for the items that can create craving sugar that releases insulin which crescendos into cortisol release. By far, two of the most significant pieces I can leave with you are—**do not eat sugar and avoid foods that have chemicals added**. Your body has to process each of them and looks at the man-tampered ones as foreign invaders. You will have more challenges managing your weight if you eat synthetic ingredients.

I see so many people today who are extremely overweight, to the point they can hardly walk, and I don't want you to become one or remain as one. If you want to be successful, your focus is to:

- . Eat less, eat right...fiber based veggies...and protein
- . Avoid trans fat, which in itself causes extra weight
- . Drink adequate water
- . Avoid all grains and alcohol (including wine)
- . Maintain sufficient exercise and sleep patterns
- . Avoid stress and over commitments.

Citation: Six Years of Fast-Food Fats Supersizes Monkeys, *New Scientist*, Issue 2556, 17 June 2006, page 21

### **Patient Testimony:**

*"I met Dr. Bob in 1984, after I fell on my buttocks on a slippery rock. My mother convinced me to go see Dr. Bob, and he has been monitoring and treating me ever since. Recently, my feet and legs were swelling and I was just miserable, so rather than go to my family physician who would only suggest more medication, I decided to discuss it with Dr. Bob. I made an appointment and brought all of my medications and supplements in and asked him what to do. Dr. Bob was pretty blunt in his approach, but he told me that if I didn't do something now, I wouldn't be around much longer to do anything at all.*

*Dr. Bob told me to use the Page Fundamental Diet Plan and explained which supplements I should take to get me and my congested liver back on track. Immediately, I started shopping for organic vegetables and meat to eat, doing liver cleanses 2 -3 times per week, also a colonic and getting lymphatic massages. The change from the food that I was routinely consuming to fundamental organic foods has helped me to lose more than thirty-three pounds in less than twelve weeks. The best part of this story, though, is that I am not hungry. By eating smaller amounts of food, more frequently, I really keep my hunger to a minimum. A lifestyle change like*

*this is normally quite difficult, but I am hopeful that the Page Diet, chiropractic care, lymphatic massages and herbal supplements will help me keep the weight off permanently, while continuing to improve my health.”*

**Terri L. Osborn**

## **THE BODY TYPE QUIZ!**

### **Identifying Your Body Type**

Before you take the complete quiz, there are several questions you can ask up front that will quickly tell you if the liver and gallbladder are involved. If the answers to these questions are yes, then you might want to read Chapter Six on the Liver, focus on cleansing and eating items according to the Page Diet.

If you CHECK ANY of the seven points below, you need foods that support the liver. You would do best eating Dr. Bob's ABCs, and initiating the castor-oil pack. You do not need to go through the quiz — you already have your answer. Taking Cholacol ® should be a part of your daily protocol with gallbladder removal.

- . Have you had your gallbladder removed?
- . History of gallstones?
- . Can't lose weight on high-protein diets (e.g., Atkins)?
- . Dislike consuming lots of heavy protein-type foods?
- . Inability to digest fatty or greasy foods, especially at night?
- . History of liver problems?
- . Protruding, distended belly – potbelly?

**Directions:**

Circle one letter (A, B, C or D) in each question below.

If there is more than one symptom that you are experiencing with a question,

Circle the one that is most prominent.

1. Do you...	A. crave sweets, breads and pasta? B. crave salt (pretzels, cheese puffs or salty peanuts) or chocolate? C. crave deep-fried foods or potato chips? D. crave ice cream, cream cheese, sour cream or milk?
2. Are you...	A. often depressed or feeling hopeless? B. a worrier or often anxious and nervous? C. irritable, moody, grouchy, in the morning? D. moody or irritable at certain times of the month?
3. Do you...	A. feel better on fruits and berries? B. need coffee or stimulants to wake up? C. experience a tight feeling over your right, lower stomach area or rib cage? D. experience constipation during menstruation?
4. Do you have...	A. brittle nails with vertical ridges? B. facial hair as a female? C. pain/tightness in right shoulder area? D. pain in right or left lower back/hip area?
5. Do you have...	A. a weight problem more evenly distributed? B. a pendulous abdomen, meaning hanging, sagging and loose? C. a protruding abdomen (potbelly)? D. excess fat on thighs and hips (saddlebags) and a lower stomach bulge?
6. Do you have...	A. dry skin, especially hands and around elbows? B. swollen ankles; socks leave creases on ankles? C. flaky skin or dandruff in eyebrows and scalp? D. menstrual cyclic hair loss?
7. Do you have...	A. indentations on both sides of your tongue where the tongue meets the teeth? B. atrophy (shrinkage) of the thigh muscles with difficulty getting up from a seated position? C. dark yellow urine? D. hot flashes or history of bad menstruation?
8. Do you have...	A. a loss of hair on the outer third of the eyebrows? B. dizziness when getting up too quickly? C. hot or swollen feet? D. menstrual cyclic brain fog?
9. Do you have...	A. to sleep with socks on at night because of feeling cold? B. chronic inflammation in body? C. headaches or head feels heavy in morning? D. excessive menstrual bleeding?
10. Do you have...	A. puffiness around eyes? B. an unusual feeling of being "out of breath" while climbing stairs? C. skin problems (psoriasis, eczema, brown spots)? D. low sex drive?
11. Do you have... Are you... Do you have...	A. excessive skin sagging under arms? B. twitching under or on top of left eyelid? C. not a morning person, yet feel more awake at night? D. weight gain one week before menstrual period?

12. Do you...	A. have dry hair and hair loss? B. wake up in the middle of the night (2:00-3:00 a.m.)? C. have a deep crevice (deep crease appearance) down the center of tongue and/or a white film on tongue? D. have an upper body which is thinner than your lower body?
13. Do you experience...	A. not being able to maintain curls in your hair after using a curling iron? B. cramps in the calves at night? C. more itching at night? D. water retention at certain times of the month?
14. Do you...	A. become excessively tired in the early evening (7:30-8:00 p.m.) and more awake in the early morning? B. have a more active bladder at night than during the day? C. have a yellow tint in the whites of your eyes? D. have a history of ovarian or breast cysts?
15. Do you have...	A. a lack of get-up-and-go (vitality)? B. calcium issues or deposits – bursitis, tendonitis, kidney stones, heel spurs, early cataracts? C. major moodiness if you skip a meal? D. difficulty losing weight after pregnancy?
16. Do you have...	A. a history of being on low-calorie diets? B. low tolerance for stressful situations, get easily irritable and on edge? C. stiffness and pain more in the right shoulder and right side of neck? D. pain and tightness in one knee, worse during menstrual cycle?

Count up the total of each:

**Total A. Thyroid** \_\_\_\_\_ **Total B. Adrenal** \_\_\_\_\_

**Total C. Liver** \_\_\_\_\_ **Total D. Ovary** \_\_\_\_\_

Weight loss is probably one of the biggest challenges facing our society today. I have seen wonderful results by focusing on improving the hypothalamus and pituitary foundation pillar of hormonal health. I consistently see patients that come into the office who are under stress and have signals of diminished pituitary function. The hair analysis, symptom survey form, and thyroid function tests including the TSH values, have been effective tools helping me monitor and improve body function for my patients. We have had patients, who have never lost weight, see it go away because supplementation and lifestyle modifications create normal function of the brain to body mechanism. The mechanism in the brain is capable of sending the messages that the body needs to function optimally.

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