

How Toxins Can Make You Fat

A toxin is a molecule, element, organism or energy that occurs in your body, but which may be harmful to you.

Though some toxins enter the body through pollutants in the environment, most chemicals are ingested. The things we choose to eat, drink and inhale are toxic chemicals that make people sick and prevent them from losing weight.

Smoking, drinking alcohol, drinking caffeine and eating too many pre-packaged and over-processed foods all have a toxic effect on the body.

The problem is, the more toxic your body is, the more difficult it is to lose weight and keep it off.

How Fat Protects You From Toxins

When toxins enter your body, your body must either eliminate it or store it in a safe place so that it doesn't harm you.

One way your body does this is to store it as fat. In fact, one study recently found that most Americans are storing somewhere between 400-800 toxic chemicals in their fat cells.

Because fat is a very effective chemical buffer, your body will surround a toxin with fat to protect the rest of your body from harm until it can be eliminated. This is supposed to be a short-term measure, Your body is waiting for "tomorrow" when it has enough breathing space to deal with the stored toxin.

Unfortunately, when you live in a crowded city and eat a conventional modern day diet, you are putting yourself in a highly toxic environment, meaning your body may never get around to dealing with them.

That's because the toxins are probably entering your body faster than they can be eliminated. So "tomorrow" never comes.

The result – your body tries to resist burning the fat that stores these toxins in order to protect your body from overdosing on them.

Further, some studies are also reporting that toxins can cause or exacerbate 'insulin resistance' which is one of the mechanisms of your body's FAT Programs.

Of course, there are reasons other than weight loss to rid your body from toxins. High toxicity has also been linked to:

- Chronic fatigue
- Heart diseases
- Memory loss
- Premature aging
- Skin disorders
- Arthritis
- Hormones imbalances
- Anxiety

- Headaches
- Emotional disorders
- Cancers
- Autoimmune diseases

So What's The Solution?

The solution is to reduce the amount of toxins entering your body, and to increase your consumption of antioxidants that help flush out the toxins already there.

This will your body stop depending on fat as a toxic buffer and reduce your body's resistance to weight loss.

How do you achieve this?

You can start by eating more live, fresh organic foods because all live foods have fibre. The fibre will clean out your colon and intestines of undigested food and stagnant waste.

You should also drink more water to help flush out the toxins.

These are two very easy ways to rid your body of those nasty fat inducing toxins.

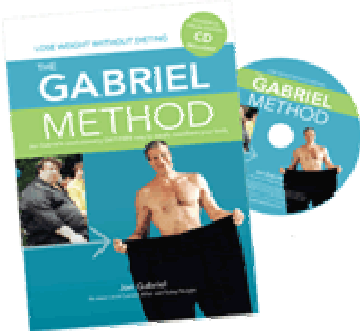
If you want more advice, check out Chapter 12 of my book the "Gabriel Method" where I explain how to apply the eating principles described in my book to address toxins and lose weight.

It's easy to apply, will make you healthier, give you more energy and improve your quality of life.

Until next time.

Jon Gabriel

John Gabriel
Author - "The Gabriel Method"



Finally – Lose Weight Without Dieting

“By applying the principles in the book I have lost 10 kilograms (now 25 kilograms) without feeling restricted... It's all based on sound scientific research yet applying them couldn't be simpler.”

**- Denise B, Teacher
Denmark W.A.**

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