

Special Report

The Real Secret To Losing Weight ...

And Keeping It Off!

By Dr. Christine H. Farlow, D.C.

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The Real Secret To Losing Weight ...

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Sixty-seven percent of adults in the U.S. over the age of 20 are overweight or obese, according to *Health, United States, 2008*, compiled by the National Center for Health Statistics (NCHS) and the Centers for Disease Control and Prevention (CDC).

Overweight is not just a malady of adults, but is increasingly seen in children as well. *Health, United States, 2008* also reports that

- 11% of children between the ages of 2 and 5
- 15% of children between the ages of 6 and 11
- 18% of teens between the ages of 12 and 19

are overweight as well.

It's obvious from these statistics that, in many people, excess weight gain starts in childhood.

What They're NOT Telling You

Before I give you the secret to losing weight and keeping it off, it's important for you to know why you gain weight in the first place.

Most folks would agree that in the majority of cases, gaining weight is related to improper eating habits. Consuming highly processed foods and junk foods is a major contributor.

One of the major challenges you have to face is finding accurate, truthful information on what is really healthy to eat.

There's a lot of *misinformation* presented by the media. Ads on TV, the radio, in newspapers and magazines, and on the internet are very often *purposely* inaccurate. They are designed to sell products by the food manufacturers, who primarily produce fake foods in a laboratory. You and your kids are brainwashed into believing that highly processed, nutritionally empty food items are actually healthy and good for you. For most of these foodstuffs on the grocery store shelves, they are little more than empty calories, severely lacking in true nutritional value.

Advertising is not the only source of nutritional *misinformation*. Food companies have a vested interest in you purchasing their products. So, in the name of philanthropy, they donate to organizations that you rely on to give you facts about what's healthy to eat and what's not. The information these organizations give you about healthy eating is going to be tempered by what the companies donating money to their support want the public to believe about their products.

Can You Really Trust These Organizations?

Here are a few examples:

The AMERICAN COUNCIL FOR FITNESS AND NUTRITION (ACFN) “is an organization that advocates comprehensive, long-term strategies and constructive public policies for improving the health and wellness of all Americans, particularly youth, by promoting science- and behavior-based solutions focused on the critical balance between fitness and nutrition.”

That's pretty impressive!

But, before you decide to take their advice about healthy eating, look at the companies providing their funding ...

From the ACFN website (<http://www.acfn.org/about-us/members>):

“The American Council for Fitness & Nutrition is proud to count the following companies as partners in our quest for a healthier America:

- Campbell Soup Company
- The Coca-Cola Company
- General Mills
- Grocery Manufacturers Association
- The Hershey Company
- The J.M. Smuckers Company
- Kellogg Company
- Kraft Foods North America
- Mars, Inc.
- Sara Lee Corporation
- Unilever
- Wm. Wrigley Jr Company Foundation”

The ACFN is telling you that they have your health and wellness at heart. Yet they receive their financial support from processed food/junk food manufacturers – food companies that stand to lose a lot if you choose to eat truly healthy food!

The AMERICAN COUNCIL ON SCIENCE AND HEALTH is another organization supposedly providing information for your wellbeing that is supported by a long list of

manufacturers from the food and drug industry. Here are just a few of their many supporters:

- Anheuser-Busch Foundation
- Kraft, Inc.
- Monsanto Fund
- The NutraSweet Company
- General Mills, Inc.
- Kellogg Company
- National Soft Drink Association
- Campbell Soup Fund
- Frito-Lay, Inc.

The AMERICAN DIABETES ASSOCIATION is not only supported by processed food manufacturers like:

- Kraft Foods
- J.M. Smucker Company
- Merisant U.S., Inc. (Equal Sweetener)
- Archway Cookies, LLC
- Ocean Spray Cranberries, Inc.

But also by drug companies such as:

- Abbott Laboratories
- Eli Lilly and Company
- GlaxoSmithKline
- Merck & Co., Inc.
- Novartis Pharmaceuticals Corporation

And a whole lot more.

Here are some other organizations that you may rely on for health and nutrition information that are supported by major processed food manufacturers and pharmaceutical companies:

- **American Dietetic Association**
- **American Health Foundation**
- **American Heart Association**
- **Food Safety Network**
- **International Diabetes Foundation (IDF)**
- **International Food Information Council (and IFIC Foundation)**
- **International Life Sciences Institute**
- **Joint Institute For Food Safety And Applied Nutrition**
- **Shape Up America**
- **Society For Nutrition Education**

You can view the entire list here: http://www.cspinet.org/integrity/corp_funding.html

So, be careful where you get your health and nutrition information.

Organizations like those listed above *do NOT* have your best interest at heart. *You will only receive information from them that is approved by the organizations that provide their funding.* They're not going to "bite the hand that feeds them."

With the majority of Americans getting their health and nutrition information from companies supported by the major food and drug manufacturers, it's no wonder that *health and nutrition misinformation is rampant.* The result is your health suffers while the food and drug industry prospers.

What Effect Do Processed Foods Have On Your Weight?

When you eat food that is nutritionally deficient, your body will tell you that you are still hungry after you have eaten sufficient calories. This occurs because your body is not getting the nutrients it needs. You continue to eat and consume far more calories than necessary, but still don't get the nourishment your body requires for you to be healthy.

As you regularly consume more calories and fewer nutrients than your body needs, you put on the pounds and become more and more unhealthy. Actually, to put it bluntly, you're getting fatter and sicker. All the while, the food and drug companies are laughing all the way to the bank. They're getting rich at your expense. They're not interested in your health. Their only interest is in making a profit.

Now you should be starting to understand a little of why overweight and obesity is such a big problem in our society today. This is the reason it's so vitally important that you make sure you're getting your health and nutrition information from a source that has your best interest, your health and well being at heart.

The Truth About Healthy Eating

There are far fewer sources of correct and truthful information on healthy eating than sources of misinformation. It's easy to be misled into thinking that unhealthy choices are actually good for you. This is because that's what everyone is telling you, maybe even your doctor. The truth is not being publicized because the industry controls what you're being told by the influence they have on ... radio, TV, newspapers, magazines, book publishers, universities and medical journals.

Healthy Eating Advisor was created to tell you the *real* truth. It is a reliable source of accurate information on healthy eating written with your health and wellbeing in mind: <http://www.healthyeatingadvisor.com/>. It was purposely written to give you the facts about what's healthy to eat and what's not, and to give you the tools to transition to healthy eating habits that will last you a lifetime. It's based upon the book, *Healthy*

Eating: For Extremely Busy People Who Don't Have Time For It, by Dr. Christine H. Farlow, D.C.

Healthy Eating Advisor is a large website with an abundance of healthy eating information, including:

- a FREE Healthy Eating e-class at <http://www.healthyeatingadvisor.com/>
- guidance on choosing foods that are healthy to eat at <http://www.healthyeatingadvisor.com/healthy-food.html>
- a system for changing your eating habits that will guarantee you succeed if you follow the plan at <http://www.healthyeatingadvisor.com/eating-habits.html>
- the real facts you need to know about what's important on food labels at <http://www.healthyeatingadvisor.com/food-labels.html>
- tools to get your kids eating healthy food at <http://www.healthyeatingadvisor.com/healthy-eating.html>
- healthy cooking tips and recipes at <http://www.healthyeatingadvisor.com/healthy-cooking.html>
- and a whole lot more tips and tools to help you get on the path of providing your body with the real nutrition you need to achieve true health and wellness ... and an optimal weight. Take advantage of this valuable resource.

Now remember, healthy eating is only one aspect of achieving an optimal weight. So, let's take a look now at why it's so common to gain back the weight that you lose on a diet, and then some.

Why Your Body Hangs Onto Excess Fat

Fat serves a purpose in your body. A certain amount of body fat is necessary for good health. However, excess body fat is a symptom and a protective mechanism.

Excess body fat is

- *an indicator that your body systems are out of balance*
- *a storage facility for toxins that have amassed in your system*

In our society today, *every single person alive has toxins stored in their body tissues*. Numerous studies have shown that even those who are very health conscious have these toxic substances lurking in their bodies.

How is this possible?

Your body accumulates these toxins from

- the food you eat
- the body care, skin care and cosmetic products you use
- household products you use for cleaning and yard care
- pollution in the air you breathe
- out gassing of chemicals from your home, car, office etc.

So, *before you can permanently release the excess fat your body is hanging onto, you must address the reasons why your body is holding onto the fat.* This is why diets don't work. If your body loses fat, but still harbors the toxins, your body will create more fat to protect your vital body systems from the poisons that were originally stored in your body fat.

You Must Be Healthy Before You Can Lose Weight ... Permanently

Obesity is not a disease. It is a symptom ... of an unhealthy body.

So, if you want to lose weight, you must **NOT** go on a diet. Instead ...

- cleanse your body of the poisons and toxins stored in your body fat
- balance your body chemistry
- nourish your body with healthy foods

Now that you know why you're overweight and you have some resources to tell you the truth about how you should and shouldn't eat, it's time to explore the approach by which you'll be able to return to a normal body weight.

The first thing you need to know about achieving your optimal weight is ... *it's not about weight loss.* It's about giving your body what it needs and removing the reasons your body is hanging onto your excess body fat.

Here Are Some Things You Can Do

To start, you may want to do a self assessment of your health and toxicity levels.

Click the link below to *determine your level of toxicity*:

<http://www.healthyeatingadvisor.com/SP-toxicityquestionnaire.pdf>

A score of 6 or more in any individual area or a total of 40 or more for the questionnaire indicates a need to detoxify your body.

Click this next link to *assess your health*:

<http://www.healthyeatingadvisor.com/SP-SymptomSurveyForm.pdf>

Add up your points for each group and then total your points for the entire form. The higher the number, the more out of balance your body chemistry.

Now that you have an idea of your toxicity level and the imbalance of your body chemistry, you need good, accurate information on how to nourish your body. You can sign up for a FREE Healthy Eating e-class at <http://www.healthyeatingadvisor.com/>. Or you can just explore the *Healthy Eating Advisor* website and choose the information you need to get yourself on the right track to eating truly healthy foods.

Remember, *weight loss is NOT the goal.* Your main objective is to restore balance to your body chemistry, and return to a state of health. Only then, when you release the

toxins stored in your body fat, will you be able to lose the unwanted pounds *and keep them off*.

This information, combined with the appropriate actions will help you to achieve a healthier body and a healthy weight. Most importantly, when you follow through and properly nourish your body, balance your body chemistry and eliminate the toxins stored in your body fat, not only will you lose the extra weight, but you will probably feel better that you have in a really long time!

The Next Step ...

Now, before you run out looking for a detoxification program, you must remember that ***not all detox programs are created equal***. In fact, the majority fall short when it comes to balancing your body chemistry and nourishing your body in addition to eliminating the poisons which have accumulated in your fat tissues.

You need a good, top quality, safe and effective purification program designed specifically to

- restore your health,
- balance your body chemistry and
- eliminate the toxic pollutants poisoning your body.

There are a lot of detoxification programs on the market, but very few meet all these criteria. In fact besides *not* being effective, many may even compromise your health.

What To Look For In A Detoxification Program

A safe and effective detox program must ...

- successfully eliminate toxins
- provide nourishment for the proper balance of your body systems
- allow you to eat a normal amount of healthy food so that you're not hungry while you're detoxing

Starving yourself or severely reducing calories have been shown ***NOT*** to be an effective means of losing weight. They just slow down your metabolism so you're burning fewer calories. When you start eating more normal amounts of food, your metabolism continues to function at a lower level than it did before you cut the calories. Then you gain back the weight you lost and more. Sound familiar?

So, an optimal detox program will be one that allows you to eat healthy foods while providing your body with the key ingredients and nutrients necessary to release the toxins harbored in your body fat, while supporting the healthy functioning of your body chemistry and maintaining a normal metabolic rate.

The Purification Program

Improve your health, increase your energy and feel significantly better in 21 days!

The Purification Program is an approach to health and healing that will help you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.

This program utilizes whole food supplements; whole, organic, and unprocessed food; and water to cleanse your body so that you can have more energy, maintain a healthy weight and improve your digestion.

It will help you to, not only purify your body, but also rebuild it, naturally, from the inside out. In addition, you'll be supporting all your organ systems that play a role in purification.

You will learn, as you go through the program, to make healthier food choices and what your body needs to stay healthy.

This is clearly an optimal detoxification and purification program. You get to eat real food. There's a list of allowed foods from which to choose. You'll get tasty recipes you can prepare to help you enjoy eating the healthy foods allowed while you're detoxifying your body. These recipes are keepers to enjoy even after you've finished the program.

Starting on day 11 you can add lean, organic, free range, antibiotic-free and hormone free protein.

Now, while cleansing and detoxifying is the goal of this program, you may find that you also lose weight. How much you lose depends on the health of your body. If you're extremely toxic, you may lose only a few pounds on the first go-round – ***remember, weight loss is NOT the goal.*** But you will be healthier and will notice a sense of increased well being.

Maintaining healthy eating habits along with cleansing once or twice a year will continue to improve your health and move you closer and closer to your ideal weight. Most importantly, as your health is improving, you will be feeling better and better, possibly better than you have ever felt in your life!

Conclusion

One of the main avenues through which your body amasses toxic chemicals, that are ultimately stored in your body fat, is by eating unhealthy, nutrient deficient foods and fake foods, loaded with chemical food additives. But that's not all. Even if you eat only healthy food, your body is still exposed to dangerous toxins that become stored in your fat tissues.

The Real Secret To Losing Weight ...

The chemicals in your cosmetics and body care products are absorbed into your bloodstream, adding to your toxic load. Additionally, the chemicals in the products you use in your home and yard add to the accumulation of poisons in your body.

And there's more...

We live in a toxic world. The air we breathe contains harmful substances. The materials used to make our furniture, our clothes, our cars and just about anything else we use in our modern society out gas dangerous chemicals that add to our body burden.

The bottom line ...

While it's important to eat healthy foods and live a healthy lifestyle, it's also imperative to detoxify your body periodically in order to maintain the best possible state of health. When you do eat healthy foods, live a healthy lifestyle and detoxify from time to time, preferably at regular intervals, so that you do have a truly healthy body, you will find that it's much easier to maintain a normal healthy weight. And you will feel so much better too!

Click the link below to get more information on how the Purification Program can help you achieve a Healthy Body and a Healthy Weight ... Permanently.

<http://www.healthyeatingadvisor.com/thepurificationprogram.html>

Dr. Farlow's Recommended Resources

<http://www.HealthyEatingAdvisor.com/>

<http://www.healthyeatingadvisor.com/thepurificationprogram.html>

<http://www.HealthyEatingAdvisor.com/bookstore.html>

<http://www.FoodAdditivesBook.com/>

<http://www.dyingtolookgoodbook.com/>

<http://www.dyingtolookgoodbestbrands.com/>

<http://dyingtolookgood.com>

<http://dyingtolookgood.com/shop.html>

<http://dyingtolookgood.mionegroup.com/>

<http://www.dyingtolookgoodbook.com/TNDeodorant.htm>

<http://www.dyingtolookgoodbook.com/ToothSoap.htm>

<http://www.dyingtolookgoodbook.com/EMAB.htm>

<http://www.dyingtolookgoodbook.com/MaggiesPureland.htm>

<http://www.dyingtolookgoodbook.com/FoodMatters.htm>

<http://www.dyingtolookgoodbook.com/Centerpointe.htm>

<http://www.dyingtolookgoodbook.com/Membernaire.htm>