

## The Toxin & Body Fat Paradox

Chemicals and toxins initially accumulate in fat tissue. Fat is one of the body's defense mechanisms, so the more chemicals and toxins in the body, the more fat the body manufactures as a natural protectant. Some of us celebrate because we carry little or no excess fat. The fact is that this "fortunate" small percentage is exposed to the same levels of toxicity, but with no excess fat to enrobe the toxins which gravitate to the body's vital organs including the liver, kidneys and brain. So, in terms of countering body toxins, fat has its upside. But there is a much better defense to toxic living than storing excess weight. That's the role of cleansing.

The toxin/body fat paradox is at the foundation of why dieting and losing weight is challenging, if not downright disappointing. Your body will store fat as long as you have high toxic levels. Therefore, it is essential to decrease toxicity levels in order to give the fat a reason to leave your body - permanently.

This is a core failure of most diets, which ignore body toxins and focus on lost weight. Most diets, lotions, pills and potions use unhealthy and potentially dangerous ingredients, such as ma huang, ephedra, and excessive levels of caffeine that promise fast weight loss. They all too often will deprive your body of essential nutrients necessary to maintain your health and preserve your lean muscle. Any weight loss is primarily a result of lost water and lean muscle. Minimal fat is lost because these "diets" rarely if ever address cleansing of the system. Without proper cleansing the lost lean muscle and water eventually return as fat, thus people are actually fatter versions of their prior selves. This is commonly known as the yo-yo diet.

[TOP](#)

## What's The Answer To This Paradox?

First is understanding the relationship between toxins and fat - namely - that to effectively lose weight you need to effectively lose toxins.

Americans are becoming more aware of the importance of eating sensibly, exercising moderately, drinking quantities of clean water, consuming quality supplements, and managing their weight. There is no shortage of diets, each with a slightly different slant - low carbs, low calories, low fat, (low success). But our diet is much more comprehensive than emphasis or restriction of certain food. In reality, a diet is anything you put into your mouth: food, beverages, the air you breathe, and what transdermally penetrates your skin. Truly 'dieting' is being aware of and appropriately moderating what you allow into your body.

In the final analysis, do you want to be healthy, clean and lean? Then modify your lifestyle to incorporate on-going cleansing, sensible eating and effective exercise. You will be on your way to a lifetime of improved health & wellness.