

CHEMICALS MAKE YOU FAT – THE MEDICAL EVIDENCE

ELIMINATE CHEMICAL CALORIES



Dr. Paula Baillie-Hamilton

What is the cause of obesity? Why do current estimates suggest that women are gaining weight to the tune of 450g and men 225g each year despite the many diets they undertake?

Could it be true that the chemicals in our food, skin care and detergents make us fat?

The foundation for most diets today is based on the work of Drs Johnston and Newsborough of Michigan University who, during the 1930s, developed the theory that if a person consumes fewer calories than the body needs, the body will burn up its fat stores.

In her groundbreaking book, *The Detox Diet - Eliminate Chemical Calories and Enhance Your Natural Slimming System*, Dr Paula Baillie-Hamilton tackles what she believes is the root cause of weight gain. Our own natural weight-control system is being poisoned by the toxic chemicals that we encounter in our everyday lives – this damage makes it increasingly difficult for our bodies to control their own weight, so we end up getting fatter even if we

eat less food. This detox diet approach tells us how to avoid the most “fattening” chemicals, or “chemical calories” in our food and around our home. It explains how we can shed our body’s load of chemical calories safely, and rebuild our natural slimming system.

Synthetic chemicals damage our health in two ways. First, by acute “poisoning” through exposure to large quantities, which induce almost immediate and often violent reactions that account for a staggering 220,000 fatalities worldwide every year. The second, more subtle way is by long-term exposure to much lower levels. This is what Dr Baillie-Hamilton explores in her book.

“The Detox Diet” links the current fat epidemic to the toxic synthetic chemicals used in agriculture, skin care, cosmetics and household products. Toxic synthetic chemicals are highly fat soluble and when we are exposed to them the body creates fat to safely store those toxins it cannot process and eliminate safely.

Carbamates, a group of insecticides and herbicides used in the growing of food, cosmetic and medicinal ingredients, are also used as growth promoters in battery-farm

situations because they slow down the metabolic rate. So, the same synthetic chemicals used on our fruit and vegetables are used to fatten livestock! Carbamates are also used in medicine to promote weight gain in humans.

People are not overweight simply through their own lack of effort, such as exercise. The truth is that the finger of blame must also be pointed at toxic chemicals. It is known that toxic chemicals, even when present in very small amounts, directly damage muscles and disrupt the hormones that control their growth.

Catecholamines, a valuable group of slimming hormones, also seem to come under frequent attack by these chemicals, which interferes with the metabolic process and inhibits our body’s own natural slimming systems.

Dr Baillie-Hamilton recommends the replacement of our food, skin care, cosmetics and household products that contain toxic synthetic chemicals with organic products, combined with effective detoxification. In addition, her research suggests that the highest levels of “slimming nutrients” are found in organically grown produce.

CLEANSING – PREVENTATIVE MAINTENANCE



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“The wise man foresees the trouble ahead and steps out of harm’s way, while the fool blunders on into punishment.”

Solomon – c2300 BC

Lack of knowledge about how your body functions and ignoring its needs are major contributing factors to ill-health. You can no longer afford to neglect the important duty of looking after your most valuable asset, your own health.

NATURAL BODY CLEANSING (Detoxifying)

THE SIMPLEST WAY TO PREVENT & TREAT:

- Premature Aging
- Digestive Disorders
- Lack of Performance
- Nervous Tension
- Weight Problems
- Allergies, Insomnia
- Diseases, Cancer

THE SOLUTION

THE “WEED-SEED-FEED” PROGRAM

Identify and investigate pre-existing disorders such as digestion, insomnia, lack of energy, allergies or any other suspected health problems. Seek the advice of a qualified health practitioner because self-diagnosis could lead you to a wrong conclusion.

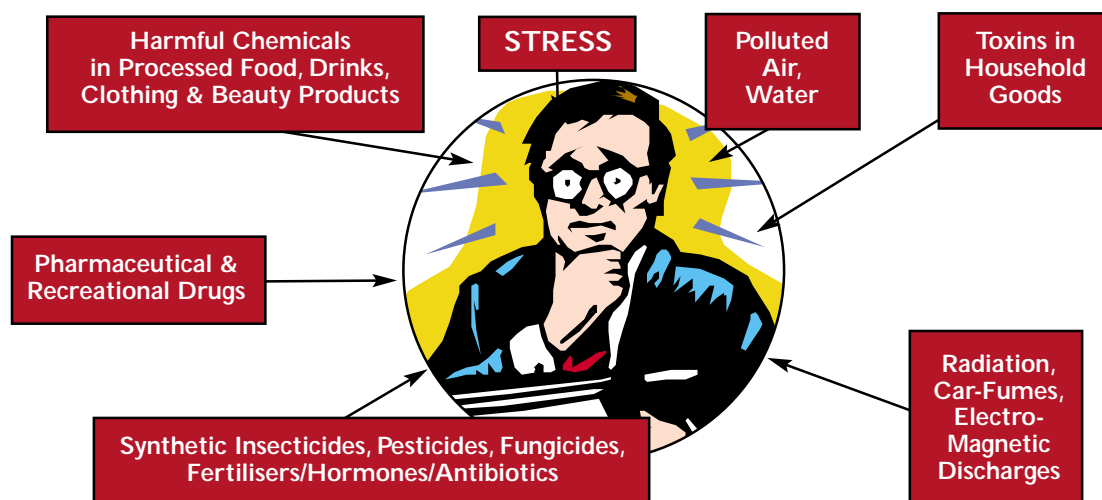
“**WEED**” – Eliminate the toxic accumulation from your digestive system. This could be in the form of bacterial, fungal or parasitic infestation, toxic deposits, gallstones, and excess bile etc. by doing a Liver/Gall Bladder Flush, taking Detoxifying Supplements or

having Colon Hydrotherapy.

“**SEED**” – Replace and enhance the good bacteria (Probiotic) growth in your bowel to protect your digestive system from toxic reinfestation.

“**FEED**” – Eat food and natural supplements suitable for your individual needs, by seeking dietary and nutritional advice from a qualified health practitioner to rectify bad dietary habits. To combat the ever-increasing number of toxins destroying our health, the program should be repeated regularly. However, its effectiveness depends largely on the quality of supplements you use.

THE TOXIC HARVEST OF THE 21ST CENTURY



- Regularly cleanse your body of toxic waste.
 - Educate yourself to be able to identify and replace products containing harmful ingredients
 - Enhance the function of your immune and digestive systems to achieve Optimum Health
- You should spend a minimum of one month on the initial cleansing phase (“WEEDING”). To minimise the accumulation of toxins in your body and to enhance your health, the “SEED & FEED” parts of the program should become lifelong habits.
- To ensure you are on the right track, follow-up with a “Check-Up” from your health professional every four months.