

# Weight Loss Made Easy



## *A Weighty Health Concern Reaching and Maintaining Your Ideal Weight*

by Susan Smith Jones, PhD ©

Excerpt from Susan's new book—*RECIPES FOR HEALTH BLISS*

### **It's Time to Make Weighty Issues a Thing of the Past**

While millions are starving to death around the world, Americans have the dubious honor of being the fattest people on the globe. Is it any wonder that we are preoccupied with our waistslines? U.S. residents spend more than \$40 billion a year on diet foods, programs, and pills, and other “guaranteed” weight-loss regimens and products.

Yet, according to the National Center of Health Statistics, we're getting fatter all the time. Experts call obesity an American epidemic—one that brings with it major health problems. Heart disease, endometrial (uterine) and breast cancer, high cholesterol, high blood pressure, immune dysfunction, osteoarthritis, stroke, gout, sleep disorders, gallstones, and diabetes are all associated with obesity. Since I'm always looking at the glass as half-full and choose to discern things from an optimistic point of view (that is why I got my nickname Sunny), let's put this in a more positive way: *Losing even a little weight will improve your health and well-being significantly—and help prevent those very same diseases.*

Undereating is also a problem, and disorders such as anorexia and bulimia are on the rise. Advertising for women's clothing contributes to the problem by using models who look like waifs. Consider Barbie, a doll that is part of most little girls' upbringing. This model of good looks and the perfect body is giving the wrong message about what a healthy woman should look like. Were Barbie an actual person, her body fat would be so low that she probably would not even menstruate. As little girls

treasure the doll and teens try to emulate her, she has one accessory that is consistently missing—food.

Surveys indicate that most people are unhappy with their weight or the shape of their bodies. Currently, half of the women and a quarter of the men in the United States are trying to lose weight and reshape themselves. The sad thing is that a majority are going about it in the wrong way, the hard way—by dieting, which doesn't work! Throw away books that tell you that you can eat whatever you want (especially a white- and beige-colored diet fraught with deleterious refined white sugar and flour products) and still lose weight—and keep it off—or that without any exercise, you can expect long-lasting success. These books are rip-offs. Dieting is not the cure for excess fat. After you finish such a program, you may have lost some fat, but *you have not lost the tendency to get fat.*

### ***Obesity, Diabetes and Insalubrity***

Obesity and type II diabetes are near epidemic as nearly two thirds of the adult population is overweight. The 2003-2004 NHANES (National Health and Nutrition Examination Survey—a government data base) data on the prevalence of

overweight and obesity among adults reveals to us that non-institutionalized adults age 20 years and over who are overweight and/or obese is at 66.3% of the U.S. population. The percent of adults age 20 years and over who are obese is 32 percent.

Seventeen percent of adolescents ages 12-19 years are overweight while nineteen percent of children ages 6-11 are overweight. Joel Furhman, M.D. in his book, *Eat to Live* (2003, Little, Brown and Co., Boston, New York, London) states, "The number one health problem in the United States is obesity, and if the current trend continues, by the year 2030 all adults in the U.S. will be obese."

A study in the July 2008 issue of *American Journal of Epidemiology* found that people who were obese or overweight in adolescence were three to four times as likely to have died of heart disease by middle age as compared with other thinner peers. A total of 226,678 Norwegian teens were measured for body mass index (BMI) as part of a compulsory national health survey and followed for an average of 34.9 years. They were found to be two to three times more likely to die from colon cancer or respiratory disease. Women in the highest BMI category were at increased risk of death from cervical cancer and both sexes were at increased risk for sudden death. (Bjorge T. Engeland A, Tverdal A, Smith GD. Body mass index in adolescence in relation to cause-specific mortality: a follow-up of 230,000 Norwegian adolescents. *Am J Epidemiol.* 2008;168:30-37.)

For all of the latest health and nutrition information and scientific studies, I highly recommend that you visit: [pcrm.org/](http://pcrm.org/).

What does the future hold in terms of health and quality of life if this epidemic is not halted? Is there a way individuals struggling with weight issues can take control of their health and permanently shed those unwanted and life threatening pounds? The answer is a resounding yes! In these pages, we will look at some of the causes and the consequences of the current obesity epidemic, and how each individual who chooses to do so can take control and win the battle of the bulge and declining health. So please stay with me; you will be glad you did.

A recent article in *USA Today* (January 24, 2008) stated "Uncontrolled diabetes wreaks havoc on the body, often leading to kidney failure, blindness and death. A new study shows that the nation's unchecked diabetes epidemic exacts a heavy financial toll as well: \$174 billion a year. That is about as much as the conflicts in Iraq, Afghanistan and the global war on terrorism combined. It

is more than the \$150 billion in damages caused by Hurricane Katrina.

"The incidence of diabetes has ballooned—there are one million new cases a year—as more Americans become overweight or obese. The cost of diabetes—both in direct medical care and lost productivity—has swelled 32% since 2002. And, diabetes killed more than 284,000 Americans last year."

### ***What Causes this Weighty Issue?***

Over the last few decades, the population in general has moved further and further away from a diet rich in plant based foods to a diet centered around commercially produced animal products and 'low to no' fiber, sugar enhanced processed foods, refined grains, and fast foods that provide little nutritional value and an excess of calories. Not only do these caloric-rich, nutrient-deficient foods contribute to excess weight, but they also contribute to insulin resistance and other hormonally related issues.

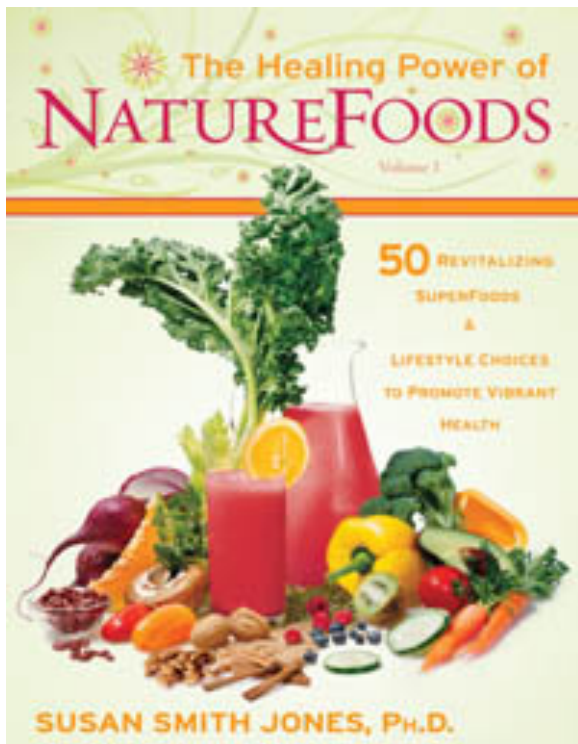
Americans as well as most of the industrialized world have a 'love affair' with rich foods that are nutrient-deficient and disease-causing. Even in biblical days, here is how God's people were instructed regarding the consumption of a diet that was filled with rich foods. In Proverbs 23:1-3 we read, *When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony. Do not crave his delicacies, for that food is deceptive.* (Holy Bible, New International Version) Wow. There is no mincing words here. And, in the days of Solomon, author of Proverbs, only rulers could afford the luxuries of rich foods. The common man could only partake of these foods on special occasions. Even back thousands of years ago, we see there is a warning to be careful with rich foods because they are deceptive. They satisfy the taste buds, become addictive, and do not support optimal health. Most Americans today eat like kings three times each day or more, 365 days of the year, and are reaping the consequences of their poor choices.

Floyd H. Chilton, Ph.D., in his book *Inflammation Nation* (2005, Fireside, New York, NY), when discussing the obesity connection to inflammation and other diseases states: "Inflammatory disease and obesity are not simply maladies running on parallel tracks, but are intrinsically intertwined for a number of reasons. There are a number of straightforward connections between those excess pounds and inflammatory disease.

"One of those commonalities is what I call 'foods of affluence' and the overwhelming

quantities of some of those foods in the typical Western diet. For instance, early humans obtained more than half of their calories from carbohydrates, but most of these carbohydrates came from vegetables and fruit, with a smattering of beans and whole grains thrown in. In affluent societies, carbohydrates take the form of refined, added sugars and highly processed grain flours, highly caloric foods that provide us none of the nutrients necessary for optimal health. The ready availability of eggs, meat, and poultry is another function of our affluence.”

When we look around us, almost all social events are centered around food—food that has little if any nutritional value, but that appeals to the taste buds. If we are to ever overcome this epidemic of overweight and obesity we must change the way we look at food. We should be making wise choices that support optimal health, eating to live and not living to eat.



### ***Maybe It's NOT All in Your Genes***

Children whose parents are obese have a tenfold increased risk of being obese. While obesity in the parents sets a predisposition for obesity, it is the combination of food choices, inactivity and genetic tendencies that determine obesity. Can we blame genetics for the problem? On June 16, 2008, Reuters News published an article titled *Healthy Lifestyle Triggers Genetic Changes* and you can read more about this fascinating, uplifting study if you visit:

(<http://www.reuters.com/article/healthNews/idUSTON70483420080617?rpc=64>)

In this 3-month, ground-breaking study led by Dean Ornish, M.D., it was demonstrated that the subjects had changes in activity in about 500 genes—including 48 that were turned on and 453 genes that were turned off—as a result of eating healthier foods, keeping stress levels down, practicing relaxation techniques such as meditation, and exercising regularly. Regarding the study, Dr. Ornish states: “It’s an exciting finding because so often people say, ‘Oh, it’s all in my genes, what can I do?’ Well, it turns out you may be able to do a lot. In just three months, I can change hundreds of my genes simply by changing what I eat and how I live. That’s pretty exciting.”

Dr. Ornish’s study demonstrates that we do indeed have control over our health by the choices we make. We just need to be better informed so we can make those better choices. The present epidemic of overweight and obesity for most people is a result of a few choices made daily that, over time, have led to what is now the number one health crisis in this country. *Optimal health is built on the foundations of health, and optimal health is the result of hundreds of choices you may make that gradually turn your health, at any given moment, toward optimal health or toward disease.* If that decision-making process is not present, you’ll still have some level of health—you will still be alive—but you may be moving toward a disease state rather than moving toward optimal health.

Remember that being vibrantly healthy is a decision we must all make—and then follow up with the best choices. No one shoves the food down your throat; you decide what to eat and how to live. Put another way, health is not something you were born with that can’t change, like your fingerprints. We must all take greater responsibility for our health. You can tell by your daily actions what you are committed to—what is a priority in your life. For example, do you say that you are committed to being healthy, but do not take time out to exercise and choose to eat healthy foods? Make your word count and make vibrant health a top priority. Ralph Waldo Emerson would probably agree as he said: *Health is our greatest wealth.* How true that is!

Dan Chesnut, M.D., author of *Lying with Authority*, (2008, Restoration Health Publishing, Oklahoma City, OK) further validates what Dr. Ornish’s study shows. Dr. Chesnut states, “Genes control everything in our body and they can cause disease when abnormal, but not always! So who controls genes? Nutrition can control genes. Genes can be silent and do nothing. Most are like that. For

most genes to become active (to be expressed) something in nutrition triggers it, bad or good. . . . Good genes that can boost immune activity can be expressed by good nutrition and that is good news. We know that harmful genes can also be activated by animal products, especially cancer. That could be bad. . . . Weight gain may be influenced by 400 or more genes in worms! – Probably in man, too.

Chesnut adds that “Plant based nutrition beneficially affects gene activity. It can shut off or suppress ‘bad’ genes. Animal based food adversely affects gene activity. It can activate ‘bad’ genes.”

### **Consequences of Overweight**

Why does Dr. Furman call obesity the number one health problem in America? Obesity and excess body weight is an underlying factor in a host of other disease conditions that significantly increase overall premature mortality. He states, “Obesity is not just a cosmetic issue – extra weight leads to an earlier death, as many studies confirm. Overweight individuals are more likely to die from all causes, including heart disease and cancer. Two thirds of those with weight problems also have hypertension, diabetes, heart disease, or another obesity-related condition.” We mentioned type II diabetes earlier, as they often go hand in hand with one eventually leading to the other.

In the article, *The Hidden Dangers of Your Excess Abdominal Fat - More Than Just Vanity*, (<http://www.ironmagazineforums.com/blogs/prince/113-hidden-dangers-your-excess-abdominal-fat-more-than-just-vanity.html>) Mike Geary, Certified Nutrition Specialist, Certified Personal Trainer states, “However, what most people do not realize is that excess abdominal fat, in particular, is not only ugly, but is also a *dangerous risk factor to your health*. Scientific research has clearly demonstrated that although it is unhealthy in general to have excess body fat throughout your body, it is also particularly dangerous to have excess abdominal fat.

“There are two types of fat that you have in your abdominal area. The first type that covers up your abs from being visible is called subcutaneous fat and lies directly beneath the skin and on top of the abdominal muscles. The second type of fat that you have in your abdominal area is called visceral fat, and that lies deeper in the abdomen beneath your muscle and surrounding your organs. . .

“Both subcutaneous fat and visceral fat in the abdominal area are serious health risk factors, but science has shown that having excessive visceral fat is even more dangerous than subcutaneous fat. Both

of them greatly increase your risk of developing heart disease, diabetes, high blood pressure, stroke, sleep apnea, various forms of cancer, and other degenerative diseases.”

Research indicates that the entry of fats into the liver from abdominal stores may trigger increased insulin resistance which, in turn, may lead to diabetes. Our body uses insulin to ‘open the door to the cells’ to allow the sugars circulating in the blood to be escorted into the cells to be used as energy. Circulating fats (especially animal fats and excess omega-6 fats) often cause the cells to be ‘resistant’ to the efforts of insulin to escort the sugars into the cells. This ‘insulin resistance’ signals the pancreas to produce more insulin in an effort to force the sugars into the cells. This becomes a viscous cycle that often leads to the use of drugs to help supply additional insulin. Unfortunately, all of the excess insulin leads to other problems and the pancreas may become exhausted leading to Type 1 diabetes.

Fat tissue also is the storage site of many of the toxins the body is unable to eliminate. We live in an extremely toxic environment today. Our body is continually subjected to chemicals in our food, water and air as well as from drugs that create a toxic load that often cannot be eliminated timely and efficiently. These toxins are stored in fat tissue until such a time that the body is equipped to deal with them. Our liver is designed to be a manufacturing and conversion facility as well as a detoxifier. It was not designed to deal with the onslaught of such a heavy load of toxins we subject it to daily. Its ability to perform all of these tasks is limited. It is also called upon to deal with free radical damage and the production of and recycling of glutathione. This vital function is often hindered as the increasing toxic load takes precedence over this important task.

### **Time to Take Control**

As mentioned previously, excess weight carries many harmful implications and increases risks of diabetes. The hormones insulin and leptin may play critical roles in the inability of many people to shed the excess pounds and keep them off. While they may truly desire to take control of their health by adopting a healthy diet and lifestyle, the effect of a diet rich in refined sugar, refined grains and processed foods can impair frontal lobe function and the ability to make and follow wise choices long-term without some supplemental help.

In his book *Proof Positive* (1991, Neil Nedley, M.D., Ardmore, OK), Dr. Nedley explains the role of glucose as almost the exclusive source of energy for the brain. While our brain makes up about 2 percent of our body’s mass, it accounts for about 15% of our

total metabolism. When poor dietary factors require our body to produce an excess of insulin to deal with high levels of blood sugar, the excess insulin often causes too rapid of a drop in blood sugar (a hypoglycemic response). This hypoglycemic response deprives the brain of the necessary glucose for normal mental function. Dr. Nedley tells us that it takes 45 to 75 minutes to regain normal intellectual function after the blood sugar returns to normal. With the reactive eating patterns of most people, it is easy to see how they may lack the ability to make appropriate choices mentally that allow them to follow an optimal weight loss program, especially when you factor in the role of leptin (refer to my book *Recipes for Health Bliss*).

By following a well-balanced, primarily raw, natural foods, plant-based diet coupled with the all natural supplementation **MaxGXL**, we can lose weight more easily and effortlessly. Other beneficial factors include engaging in moderate exercise, keeping the body hydrated with an optimal intake of purified water, managing stress, and practicing relaxation techniques such as meditation or deep breathing. These lifestyle choices will enable most people to get the leptin production under control so their body is not constantly being signaled to eat and store fats. An emphasis on plant-based foods will provide an abundance of nutrients with a lower caloric intake that promotes optimal insulin production and utilization. This, in turn, will allow for optimal mental function so that this can be a permanent lifestyle change and not a temporary weight loss program.

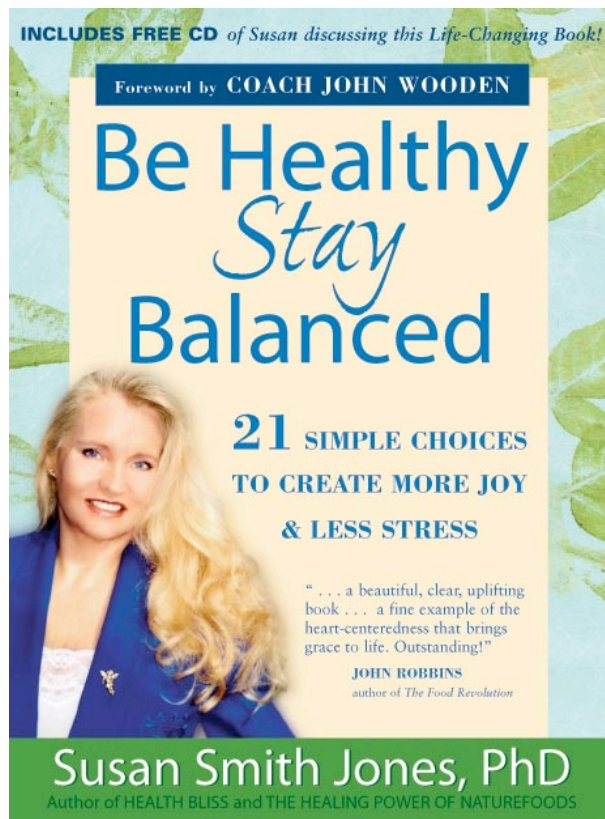
By achieving an optimal body weight through an optimal diet and lifestyle changes, the likelihood of developing diabetes and other chronic disease conditions is dramatically reduced. I would like to challenge you today to take the necessary steps that will allow you to take control of your health as well as your weight. For more information on **MaxGXL** and easy steps to make weighty issues a thing of the past, please read my books *Recipes for Health Bliss* and *The Joy Factor*, and visit my website: [www.SusanSmithJones.com](http://www.SusanSmithJones.com) and click on *Maximize Health*. There you will learn more about this revolutionary health-enhancer, anti-aging, longevity-boosting, energy increasing supplement **MaxGXL**, and can order it for yourself, your family, and your other loved ones. I encourage you to try it for three months. I have seen positive weight loss results from client's using it in my private practice as well as hearing weight loss success stories from countless others. If you would like to order **MaxGXL** today, please visit: [www.4HealthBliss.com](http://www.4HealthBliss.com) and click on products for more

information on both and Preferred Customer to receive wholesale pricing, as I do.

And, finally, please refer to my books, *The Joy Factor*, *Health Bliss*, *Recipes for Health Bliss*, *The Healing Power of NatureFoods*, and *Be Healthy~Stay Balanced* for more detailed information on how to lose weight easily and effectively, including my *Easy Steps to Create the Fit, Lean Body for Life*. This is one of the most requested topics when I do radio and TV interviews. On several occasions, people have told me that these sections in the books are worth the price of the books. You will learn the best exercises to burn fat easily; the healthiest foods and easy recipes to help accelerate fat loss; the most efficacious way to eat throughout the day to stoke your metabolism; the role of alkaline water to ramp up weight loss; which foods help your body burn *more* fat as a fuel source; and why you always want to nourish your spirit first before you can be successful at long-term weight loss and vibrant health.

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