

HSI

Health Sciences Institute

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Underground Medicine
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Weight Loss That Works:

*The Health Sciences Institute's
Guide to Successful, Permanent,
Painless Weight Loss*

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III. Uncovering a Hidden Cause of Obesity.....

An Easy First Step Toward Successful Weight Loss

- ✓ Do you have irresistible cravings for sugary snacks, little packaged cakes, fresh baked breads and muffins?
- ✓ Do you tend to eat the same foods every day?
- ✓ Do you have difficulty losing weight and keeping it off?
- ✓ Do you want a quick, easy, and convenient way to know which foods to eat for optimum weight maintenance?

Experts estimate that up to 80 percent of the population have food allergies or intolerances (also known as food sensitivities). You may have suspected that certain foods don't agree with you. What you probably may have never suspected is that these foods could be making you heavier than you would be otherwise. In fact, your weight problems may be solved permanently, without counting calories, simply by getting rid of your food sensitivities.

Yes, as unlikely as it seems, the biggest culprit in weight gain may be an intolerance to the foods you eat on a regular basis, even ones that are "good" for you – foods that you would never suspect are harming your body. (Food that you are sensitive to is not "good" for you, no matter how nutritious or healthy it's purported to be. If you're sensitive to wheat, for example, then even whole-wheat products are not your best choice.)

Food sensitivity is a very common cause of abnormal food cravings and bingeing. Not only that, but the pathological reaction caused by these foods can encourage your body to store fat. Eliminating your food sensitivities will help decrease your cravings and help your appetite and fat-burning metabolism return to normal. Eventually, you can regain the ability to fully digest foods and properly absorb nutrients.

The allergy / addiction syndrome

You often crave the very foods you're sensitive to! Why? One reason is that your body, in an effort to neutralize the uncomfortable symptoms caused by your eating the "sensitive" foods,

release narcotic like substances called *opioids* and *endorphins* into your bloodstream. When you stop eating the foods, your body stops producing opioids and endorphins, and you don't have the little "high" they produced any more. You become "addicted" -- you may experience nervousness, discomfort, and pain if you stop eating the foods.

You're probably not even aware of craving these foods. Maybe you "choose" to eat them often because you like the taste. The truth is, however, that you crave the foods you're sensitive to because you need them to keep your withdrawal symptoms at bay.

So you eat the offending foods more often than any other foods, maybe consciously, probably not. Often, your "trigger" foods are also high fat and high-sugar foods -- processed foods that cause that cause weight gain in and of themselves. You may think you're "weak" when you can't stick to a low-calorie diet, but the reality is that it may be just about impossible for you to stick to any diet! Your cravings, fueled by your food sensitivities, may simply overwhelm your willpower.

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We also tend to eat a very low-variety diet. As a result, your body must process the same foods (your "favorite" foods) over and over again. In sensitive individuals, this can cause a number of problems:

- **The job of repeatedly processing the same foods taxes your digestive system tremendously, often resulting in suboptimal nutrient absorption.** Today's heavily processed foods use up your digestive enzymes at a tremendous rate, leaving insufficient amounts available to digest and absorb nutrients.
- **You may end up deficient in certain nutrients that are present in the foods you are *not* eating.**
- **Ultimately, your body *becomes sensitive to the foods you eat most frequently.*** When you continually assail your body with the same foods (and the same nutrients), it eventually revolts. The modern-day diet of heavily processed foods, in combination with the chemical toxins present in today's environment, allows only partial digestion of your food. Your body recognizes the remaining undigested particles as strange, hostile invaders, and it reacts allergically.

You end up with an overworked, underfed allergically reacting digestive process. And now you want to lose weight? Don't count on it -- your hungry, worried body is holding on to every fat molecule it can.

Breakthrough technology at your fingertips

How do you break the cycle and find out what you're sensitive to and what foods you *can* and *should* eat? One way is to follow an elimination diet, in which you systematically

eliminate foods from your diet and observe any changes in symptoms. The problem is that elimination diets are slow (taking up to three months), difficult, and of only limited accuracy. Many people are put off by the restrictive and complicated nature of this method. Others attempt it but are unable to complete the process, or end up with inconclusive results. In addition, the elimination diet doesn't help you determine your sensitivity to additives, food colorings, and chemicals.

There is a better way. Blood tests that detect delayed food allergies are a fast, accurate, and simple way to determine what foods you're sensitive to, and which foods you should eat for optimal nutrition and, ultimately, weight loss. You could go to a doctor who is familiar with the testing to get the order for it, have your blood drawn at a lab, wait for the results to be compiled and sent to his office, and then have another consultation with him to learn the results. Then, most likely, the doctor would be able to tell you what alternative foods you can eat.

But through private labs like AMTL Laboratories of Hollywood, Florida, you can access state-of-the-art allergy testing directly. You can contact the lab to request your own allergy test. (This test was previously available only through physicians.) AMTL arranges for a lab tech to come to your home, at your convenience, to take a blood sample.

This particular laboratory uses a superior "live blood" process called ALCAT. It analyzes the components of your blood while they are in their most responsive, reactive state. The lab runs a full spectrum analysis of hundreds of possible allergens.

Most delayed-food-allergy tests identify antibodies in the blood. But antibodies may or may not be present if you are experiencing food sensitivity, so their presence is no guarantee of intolerance or lack thereof. The distinct advantage of the ALCAT test is that it examines your white blood cells for specific, subtle changes that indicate food sensitivity. This examination of your body's response at the cellular level is, simply put, state-of-the-art science. You receive a complete, detailed report of all the substances you are sensitive to, including additives, food colorings, and chemicals.

You don't have to go without the foods you love

It's possible to desensitize yourself to most of your "reactive" foods. The report that AMTL prepares for you gives you a step-by-step plan for doing just that. Initially, you will need to eliminate your problem foods from your diet. After an initial recovery period, however, you can gradually and systematically reintroduce them to your diet. By following a couple of simple guidelines, you should eventually be able to resume eating many of your favorite foods.

Food Sensitivity Causes Weight Gain in Three Distinct Ways

- Food sensitivity may alter your biochemical balance, influencing appetite-controlling hormones like serotonin. This results in abnormal cravings for simple sugars and carbohydrates.
- Your metabolism is disrupted, resulting in less efficient energy production and increased fat storage.
- Food intolerance provokes immune-mediated vasculitis, which causes fluid to leak from your capillaries into surrounding connective tissues and results in water retention.

This comprehensive program is helping many people combat the symptoms of food sensitivity, including weight gain, food cravings, and digestive difficulties.

“At the end of every season, I used to gain 10 pounds. Now, with the ALCAT food plan, I can eat what I want and not gain a single pound. Also, I used to be constantly sick and struggle with colds and flu. Now, I’m totally healthy,”

-C.M., Salzburg, Austria

“After I eliminated my allergenic foods, which included about 40 items, my panic disorder cleared up completely. What’s more, I lost over 30 pounds, while eating as much as I wanted of foods that I am not sensitive to.”

-R.A., registered nurse, Golden Beach, Florida

“One of the positive side effects of the ALCAT program for many of my patients is that they also lose weight.”

-Dr. S.S., Richland, Washington

“As soon as I started avoiding the foods I tested sensitive to, I began losing up to a pound and a half each week without changing my activity level or consciously reducing portions. I found I wasn’t as hungry and had less cravings, so it was the easiest and most successful diet I’ve ever been on.”

-J.M., Honolulu, Hawaii

See page 26 for information on how to request your own ALCAT test.

Find Your Hidden Allergies and Release Your Fat

Dr. Martin Milner’s article in the January 1997 Members Alert explained a new theory on why we gain weight.

“After months of continual exposure to toxins,” says Dr. Milner, “your body activates a protective mechanism whereby your fat cells act as buffers between these chemicals and the organs and tissues in your body. As a result, your fat cells get much larger and your percentage of total body fat increases that is, you gain weight!”

A wide range of chemical toxins including certain office supplies, natural gas, household cleaners, chlorine vapors, scented cosmetics, pesticides, and auto pollution can trigger the fat binding process. This is why detoxification is such a crucial part of any weight-loss program.

This theory also helps explain the connection between food allergy and weight gain. Since your body responds to toxins by storing fat and it perceives the foods you are allergic to as toxins, you may actually be storing fat in response to eating your allergic foods! And if you eat these allergic foods frequently, as in the allergy/addiction pattern, you may be storing an awful lot of fat unnecessarily.

If you know which foods your body reacts adversely to and are able to desensitize, it will be able to release the stored fat. Additionally, you may stop storing fat in the first place.