

CHAPTER 6: DOES THIS CHAPTER MAKE ME LOOK FAT?

The Fat Conspiracy

All American... “Baseball, Tofu Dogs, and Fat-Free Apple Pie”

Food: Fat is where it’s at!

Body: It’s not your fault!

*I spent many a nights on my usual midnight rounds at the convenient stores, loading up on all of my four basic food groups: fat, grease, sugar, and oil. I’d usually ask the cashier if he happened to know the number of fat grams in my dozen donuts, packages of cookies, dozen candy bars, few bags of chips, a liter of soda and a stick gum. It was *exhausting* trying to figure it out, especially because many of the midnight cashiers could not speak English. I think they thought I was trying to rip the store off. I would have paid the cashier more if he would have helped me condone some of those fat grams.*

☞ ***Food: Fat is where it’s at!***

Fat doesn’t make you fat. Hormonal imbalances do. Fat is a soft greasy solid substance occurring in organic tissue or a natural oil substance in animal bodies, deposited under the skin or around certain organs. It’s the main constituent of animal and vegetable fat. It’s also one of the four main nutrients needed to maintain life, meaning it’s natural to have or eat fat. Unfortunately fat has been “coined” as a dirty word for what we see or what we eat. People in other countries, such as France, eat a considerable amount of fat without worrying about counting fat grams. The French are also known for being very thin and healthy. As I stated, fat does not make fat. Moreover, certain types of fat help you to lose weight and boost your metabolism. Hormonal imbalance makes you fat, because without fat—especially essential fatty acids—your body is unable to function accordingly. Fat triggers the good eicosanoids (mini-hormones that dictate every action, including lowering blood fat and cholesterol). Essential fatty acids are the “building blocks” of eicosanoids and also responsible for thermogenesis (body-heat metabolism) in the body. Without EFA’s, your cells’ motors, the mitochondria, cannot work properly. This is a main reason why anorexics have poor circulation and difficulty acclimating to cold weather. Estrogen, the female hormone, is stored in fat, which makes it very difficult for women to lose weight. Without EFA oils, anorexics usually miss their

periods. Most anorexics don't realize essential fatty acids are needed for fuel, yet it are *never* stored as *fat*. Fat makes us feel full. Fat also blocks the excess excretion of insulin, which is another hormone responsible for weight gain. We need fats—especially “good” fats (HDL, or high density lipoproteins) that help lower or replace the “bad” fats (LDL, or low density lipoproteins). Without fat, the body secretes too much insulin, which triggers the adrenal glands to secrete excess cortisol, another hormone that contributes to weight gain. Eventually, this can cause adrenal exhaustion.

The less fat you eat, the more the body clings to it. Fat is needed for all your bodily functions. Food fat may end up in fat stores on your body, but first it needs to be digested, absorbed, and transported to its cellular destinations. All fat is not the same, just as all calories are not the same. We cannot live without certain fats. Essential fatty acids are just that—essential. They are part of the polyunsaturated groups known as Omega 3's and Omega 6's. Omega 9 is not essential. You must supply the body with Omega 3's, found in fish oils and flaxseed, and Omega 6, which is found in seeds and grains. Because we have more starches than we need in our diet, we have too much Omega 6 and we are lacking in Omega 3, more than any other EFA. Our ratio of Omega 3 to Omega 6 should be higher.

The human body can synthesize all fatty acids from the food we eat except for two very important polyunsaturated fats: Omega 6 and Omega 3. Widely distributed in plant and fish oils, both of these fatty acids serve as raw materials from which the body makes hormone-like substances that regulate many bodily functions, including blood pressure, immune response, blood clotting, lipid levels, inflammation from injury. Though they are very important, too many fatty acids, *essential* or not, can cause health problems.

This is how it works. Every cell has fat-like substances that help control and enhance tissue and blood building, hormone production, and nervous system function. Fat (lipids) is composed of building blocks called fatty acids. There are three major categories of fatty acids: saturated, monounsaturated, and polyunsaturated. These are chemical classifications based on the number of hydrogen atoms in the chemical structure of a given fatty acid molecule. Monounsaturated fats, like in olive and canola oil, actually reduce the LDL, or “bad” cholesterol. It is recommended to have about 20 percent of monounsaturated or polyunsaturated fats (nut and vegetable oils) in your diet. Raw diets have far more fat consumption, only because their diet is PURE and natural consisting of only avocados, nut, and seed fats and they don't face any problems with weight, cholesterol, or health problems relating to fat.

Saturated fat is where the problems begin. These fats are mostly found in animal products such as meat and cheese. Excess saturated fat clogs arteries and may cause heart disease and obesity. Our liver needs saturated fat to manufacture cholesterol. Excessive intake of saturated fat raises your “bad” cholesterol and can be deadly. Saturated and unsaturated fats are

DOES THIS CHAPTER MAKE ME LOOK FAT?

found in all foods. Saturated fats are the least healthy and are usually solid at room temperature (butter, for example). Saturated fats are also found in coconut and palm oil, which happen to be liquid at room temperature. Chemically speaking, saturated fat is filled to capacity with hydrogen. Unsaturated fats are liquid at room temperature, such as vegetable oils.

Monounsaturated fat has one (mono) hydrogen bond missing on the fatty acid chain. Monounsaturated fats found in olive, canola, or grapeseed oil reduce the amount of LDL in the bloodstream. Monos do not cause heart disease the way saturated fats do, and they may even help fight cancer. Other monounsaturated fat sources include peanuts, avocados, olives, and other vegetable and nut oils.

Polyunsaturated fats have two or more points of unsaturation (multiple hydrogen bonds). This is preferable because when there is only one hydrogen bond it will try to pick up another bond, which can cause cellular damage. These fats are found in oils, such as sunflower, safflower, sesame, and flax oil. Polyunsaturated fat is the chief source of the essential fatty acids necessary for proper cell membrane function and many other metabolic and glandular process.

Trans fatty acids or hydrogenated fats are good polyunsaturated fats converted into a hybrid by partial hydrogenation. An example is corn oil made into margarine. In laboratories, this “invention” proved to be lower in cholesterol. These fake fats usually cause more harm by affecting the hormone insulin to over-secrete. These fats should be completely avoided. Careful packing has made it hard for the consumer to determine if there are trans fatty acids in the labeling. For instance, corn syrup; it is a “cheaper” ingredient than trans fats, at the expense of the consumer.

There are two types of lipids: triglycerides and phospholipids (cholesterol). Triglycerides are food fats and represent 95 percent of all fat in the body. They are transported to fat depots, like the breasts and muscles, where they are stored. Cholesterol is a soft, waxy substance manufactured in the body and plays an important role in brain and nerve cells. Cholesterol is found in animal-based foods as well as in the human body and is considered the best predictor of a person’s chance of suffering from cardiovascular disease. If you have high cholesterol you will usually also have high triglycerides, but only high cholesterol is fatal.

Within the body, fats travel around, mixing with the particles called lipoproteins (or, collectively, cholesterol). The two different kinds of lipoproteins are called high density (HDL) and low density lipoprotein (LDL). Lipoproteins are water soluble, protein-covered bundles that transport cholesterol through the blood and are synthesized in the liver and intestines. HDL is considered the good cholesterol simply because it cleans the bad cholesterol out of the arteries. LDL is the bad cholesterol that makes up 93 percent of the cholesterol in the body, but it is also necessary for the proper function of many of the body’s primary systems. It is only considered bad because the remaining 7 percent of LDLs accumulate and cause damage in your arteries.

Breakdown of FAT FACTS

✓ Lipids are fats that are composed of building blocks called fatty acids. Every cell has fat-like substances that help control and enhance tissue and blood building, hormone production, and nervous system function. All lipids basically fall into two categories: triglycerides and phospholipids (cholesterol). Triglycerides are responsible for the fat in your body. Phospholipids are cholesterol and lecithin. They are fats that are vital to cell membranes, nerve fibers, bio salts, and are also a precursor to sex hormones.

✓ Triglycerides are dietary fats and oils used as fuel or energy and the storage form of fat (carried in blood). Triglycerides make up 95 percent of the fat in the body, and 95 percent of your dietary fat is also triglycerides (especially if you are eating animal protein). They are good insulators.

✓ Cholesterol (or phospholipids) makes all cell membranes and hormones. It is a waxy fatty acid carried in the blood. Seven percent of cholesterol is found in the blood. The remaining 93 percent is located in the body. Twenty percent of cholesterol comes from your diet; the rest is from the body. Cholesterol forms all hormones, such as estrogen, cortisol, and the mini-hormones called eicosanoids. When people are told they have high cholesterol, that refers to the cholesterol deposits in the arteries. Cholesterol may rise when fasting, because the body needs to break down stored fat for energy. Lecithin is a phosphatide high in essential fatty acids that keep cholesterol in check, along with choline.

✓ Saturated and unsaturated fats are in all foods, just in different ratios. Saturated fats are solid at room temperature, like in butter and meat. They are usually found in animal sources. Coconut and palm kernel oil are high in saturated fat and are liquid at room temperature, as is vegetable oil. Unsaturated fats are basically mono or polyunsaturated fats. They are liquid at room temperature and include vegetable or nut oils. Unsaturated fats reduce serum (blood) cholesterol. Fats and oils contain nine calories per gram: twice as many as carbs or protein. The body can convert unsaturated fats into saturated, but it can not convert saturated into unsaturated.

✓ Mono-unsaturated fats reduce LDL in blood. Good sources for these are olive or canola oil. Both oils are mainly mono-unsaturated (about 65 percent), a little polyunsaturated oil (30 percent) and very little saturated (5 percent). They have neutral eicosanoids and have no effect on insulin levels. This is why they are considered a good fat. Both olive and canola oil are also excellent for cooking. Canola oil is better for cooking at higher

DOES THIS CHAPTER MAKE ME LOOK FAT?

temperatures. Peanuts are high in fats and are very good for you. The fat in peanuts slows down the absorption of carbs into the body.

✓ Polyunsaturated vegetable oil is the chief source of essential fatty acids (EFA), which include linoleic, linolenic, and arachidonic. Examples are sunflower, safflower, sesame, and flax oil. Cooking usually distorts EFA's, so it's better to cook with olive oil.

✓ Trans fatty acids or hydrogenated fats are a good polyunsaturated fat that is converted into a hybrid by partial hydrogenation. In this process, the double carbon bonds turn to an unnatural configuration that creates or promotes bad eicosanoids. Margarine (hydrogenated from corn oil) doesn't contain cholesterol, yet it creates high cholesterol from the excess insulin pills. Hydrogenated fats are not as bad as partially hydrogenated fats.

✓ HDL and LDL are also referred to as good and bad cholesterol. They are lipoproteins that carry the fat (triglycerides), or cholesterol, in the blood. Contrary to what people believe, LDL is very important because it carries the fat to build cells but can leave excess on the artery walls. HDL is considered good because it cleans up excess fat and carries it to the liver to make bile. However, that's all it does. We need both, but we need to watch the ratio so your cholesterol is not high in the blood. High cholesterol is the excess left over, and usually means high triglycerides. High cholesterol is more deadly. LDL carries all linoleic acid foods. The natural ratio of HDL to LDL is three to five.

✓ EFA's, your essential fatty acids, are necessary for life and cannot be made in the body. These are polyunsaturates that are important for structural and regulatory body functions. You need to get your EFA from your diet. There are eight essential fatty acids, divided into two main classes: the Omega 3's and Omega 6's. Omega 9 is not essential. The ratio of Omega 3 to Omega 6 in our food should be one to one. However, our soil today is so depleted that there is a lack of Omega 6 in our grains and other foods. Still, because we eat too many starches, we need to add more Omega 3 than Omega 6.

✓ Omega 3 (linolenic acid) is high in fatty acids, EPA (considered good), DHA, and ALA. This includes all fish oils, walnut oil, canola oil, wheat germ oil, primrose, flax oil, and beans. Omega 3 is responsible for lowering cholesterol by 30 percent. It also helps fight heart disease and thins blood. Omega 3 oils are always used and never stored as fat.

✓ Omega 6 (linoleic acid) is high in linoleic acid, which can be found in most foods, and arachidonic acid, which is also responsible for contributing to bad eicosanoids. You need all EFA's, however, it's the ratio of all oils and foods that determine your health. Omega 6 diets are carried by LDL. Still, Omega 6 is the most important because it ends up forming good eicosanoids (depending on insulin restriction). Omega 3 has little effect creating good eicosanoids. Omega 6 helps blood clot. Omega 9 (not an EFA) is oleic acid, found in most oils and foods such as primrose, flax, avocado, olive, nuts, etc. Hemp oil has the perfect ratio of EFA oils.

✓ Linoleic acid is an essential fatty acid found in most foods and is considered the only true EFA! It is found in the Omega 6 class and with proper diet and portions is converted into GLA.

✓ GLA (Omega 6) and EPA (Omega 3) are the two most important fatty acids because they are solely responsible for forming all the good eicosanoids. GLA is naturally found in slow-cooked oatmeal, mother's milk, borage, primrose, and black currant oil. It can also be activated by linoleic acid (Omega 6) with the help of EPA (Omega 3) in order to make good eicosanoids. Alcoholics and other addicts generally have a hard time making GLA. Though GLA fights all infections, it is the easiest to destroy.

✓ ALA is an Omega 3 class fatty acid that acts like aspirin. It kills both good and bad eicosanoids, making it undesirable. Other Omega 3's help save the good eicosanoids. Examples of Omega 3: flaxseed, canola, walnut, corn soy oils, and black currant.

✓ VLDL is a lipoprotein made by the liver that usually carries (or is composed of) triglycerides. It is used for energy. VLDL leaves cholesterol deposits behind which it then converts into LDL.

✓ Eicosanoids (super hormones that affect all hormones) are the mini-hormones in every cell, formed by fatty acids. They're the "molecular glue" that holds the human body together. Discovered in the mid 1970s. There are hundreds of them. They were formally recognized with the Nobel Prize in 1983). There are five main families of these super-hormones: prostaglandin, thromboxanes, leukotrienes, lipoxins, and hydroxylated fatty acids. Prostaglandins were discovered in the 1930's, and because they were the first eicosanoids to be discovered in the prostate gland, the medical books still incorrectly refer to all eicosanoids as prostaglandin. They are made from Omega 3 (LNA) and Omega 6 (GLA). EFA's are the building blocks of eicosanoids. Once an EFA is oxidized, it can be made into eicosanoids.

DOES THIS CHAPTER MAKE ME LOOK FAT?

✓ Glycogen is a polysaccharide formed from glucose that was affected by good eicosanoids. It is a tasteless polysaccharide (or carbohydrate), which is the main carb used for energy stored in the liver or muscles. It cannot be used for energy with excess insulin. Glycogen is formed with the help of EPA. EPA prevents production of arachidonic acid.

✓ Insulin is a hormone twin of glycogen, formed from cholesterol that was affected by bad eicosanoids. When there are excess carbohydrates, it raises the blood glucose. The pancreas secretes the hormone insulin into the bloodstream to lower the levels of blood glucose. In correct amounts, insulin helps glucose to be used as energy. Insulin is a storage hormone that converts this glucose into fat with an over-release. This over-secretion can also happen with stress, age, disease, trans-fatty acids, high VLDL, hyperinsulinemia, ALA, etc. Insulin helps build extra cholesterol in the body, making it unnecessary to retrieve any from the bloodstream, furthering high LDL. Insulin activates linoleic acid and then makes it into arachidonic acid. That can also create bad eicosanoids. The Islets of Langerhans are special cells within the pancreas that secrete insulin.

Tips that prevent insulin surplus: exercise, the HGH (human growth hormone), sleep, protein diets with arginine, fasts and anaerobic exercise, proper food and correct portions, lack of stress, genetics, low weight, good muscle tone, low glycemic index, fiber, low calories or many mini-meals without more than two hours in-between.

✓ Glycemic index is the rate sugar is released into the blood. High glycemic index means the sugar enters the blood quickly. This is bad. Low glycemic index is when the sugar gradually enters the blood. This means lower insulin spills. Fruit is low compared to refined carbohydrates. Juices, however, can produce a higher glycemic reaction because they lack fiber. Some fruits are higher on the index than others, such as bananas, which are higher than honeydew melon. Some vegetables are higher than others, like carrots are higher than leafy greens. Ice cream is a low glycemic food (compared to frozen non-fat yogurt) because the protein/fat overrides the sugar. High glycemic foods stimulate the LPL (fat storing enzyme) and elevate the serotonin, which can create weight gain.

✓ Mitochondria are responsible for the thermogenesis within the cell. Glycogen moves the fat from the blood to the mitochondria. Insulin prevents this and keeps the fat in the blood, to be stored as fat.

✓ Ketosis is an abnormal metabolic rate that forces the body to use fat in a rapid breakdown, causing abnormal biochemicals called ketone bodies. Insufficient carbohydrates in the liver (twenty-four hours worth) and low carbs in the diet force the body to break down fat for energy. Ketones are incompletely burned fats that are disbursed for energy without completely being burned. The body tries to rid itself of these ketones through urination, causing more water weight loss than fat. The body also gathers fats faster after ending ketosis. Ketosis blunts serotonin. Ketosis is not exactly like diabetes, but is somewhat like it. (Called ketoacidosis, it also breaks down fat for energy because the glucose is unable to be used with the proper insulin.)

Solution: It is better to allow the essential fatty acids to be activated into good eicosanoids by eating foods in a ratio that eliminates excess insulin spills. It's best to replace your "junk" fats (saturated and trans fatty acids) with good fats (essentials-correct ratio and monounsaturated fats).

☞ ***Body: It's not your fault!***

In the morning after a binge comes the dreaded “pre-fat-bloat” hangover. I'd start my diet-day with a thorough search for the perfect scale to weigh myself. It was hard to read my home drugstore scales through all the crumbs. Gym scales were crowded with people waiting in line. Hospitals did not allow me to strip down for their scales. Then I found the perfect answer: truck stop scales! It was embarrassing holding up truck drivers, trying to weigh in their cargo. Those scales were accurate but depressing. I weighed about the same as the truck cargo. It was a good excuse to binge again. At least I learned to forgo the weigh-in before my new diet...tomorrow.

Fat is needed for a variety of bodily functions. It's our primary form of energy storage. Fat pads the body and it also surrounds and cushions our vital organs. The fat under your skin insulates your body from temperature extremes, and some dietary fat enhances the food we eat.

As a nation, we are more obsessed with food, diets, and weight loss than any other country. About 25 million Americans own health club memberships and over 3 billion dollars were spent on home exercise equipment in the last year alone. And yet we continue to get fatter as a nation.

The normal weight and height for an average woman is about 5'4, 140 pounds. Most of today's top models are about 5'10" tall and weigh about 110 pounds. They represent about 2 percent of the population and yet we use them as “guidelines.” We will pick up a magazine with a thin celebrity so we can find out what her diet is. How ridiculous! You don't know how they became slim. There are all kinds of tricks the super rich and famous use that normal people don't know about. And they want to keep it that way. They are paid to sell a diet, not an expensive procedure or chemical that they don't want people to know about. Perhaps some assume that, by purchasing unrealistic photos of models with their pseudo diet, “osmosis” will occur. It's not a conspiracy or the fault of the media.

We are buying into their sales pitch because we are in selective denial. Yet, obesity is now outpacing smoking as the fastest growing fatal disease. We all pay for this, whether we are fat or not. Medical complications are directly connected to obesity. Weight-related diseases are affecting our over-extended hospitals and inflated insurance programs. *Obesity* is defined as increased body weight due to an excessive accumulation of fat. Defining someone by scales or charts is too relative. The most accurate way to determine your true weight is to figure out your total body fat percentage. This is done by taking your body weight and dividing it into your total fat weight, which gives you your body fat percentage. Normal recommended ratios are about 10- 13% for men (athletes 6-7%) and 15- 23% for women (athletes 10-13%).

Nevertheless, if you are questioning yourself about obesity, then you have a problem with weight. An extra ten pounds of weight puts stress on every part of your body. Every fat cell secretes excess insulin. If you are overweight, it is easier to gain more weight and harder to lose weight. Once you've gained weight, you've entered the *fat dilemma!* Your set-point is lower; it's harder to get under a certain weight regardless of what you do. And yet you feel hungry all the time. What little weight you do lose (which is harder every diet) comes back faster with a little extra for dessert. Large people usually deal with our judgmental society. Overweight people are always presented as "the fat funny one," "the lazy one," perhaps even "the sneaky one." Fashion, restaurants, airplane seating, amusement parks: everything seems to cater to slim people only. It's as if overweight people don't exist. Over half the nation is overweight and yet we treat those people as if they are the minority. Overweight people are discriminated against for jobs in all vocations. Insurance reasons might be the excuse, but a thin drug addict will usually get hired over someone who is "fat." Our kids, who are going to be the only generation who won't outlive their parents, are suffering with adult diseases. Furthermore, as kids they, too, usually endure the cruel remarks made by other kids or even adults. Telling them they aren't fat isn't going to help. Getting the junk food out of the schools and having more outdoor activities, rather than computer games or TV, will help.

Large people don't become large simple because they love food. Nor is it because they have a "bad metabolism." On the contrary, usually overweight individuals have very good metabolisms because they eat a lot of food, which boosts the metabolism. I feel ambivalent about women who "embrace their fat." Although it takes courage to go against what the superficial world accepts, the weight is affecting them physically and mentally. When someone is overweight, I simply ask myself, "What's eating them?" or "Why are they eating?" Extra weight means extra issues. Denial will only carry you so far.

It's easier to combat fat if you know what you are up against and that it's not your fault. It has nothing at this point to do with willpower. You are fighting chemicals and hormones that make it much harder to lose weight and easier to gain more weight. It's no different than a drug addict detoxing off of drugs. Your own body's chemicals are equally as strong, causing withdrawal symptoms as bad as any alcoholic or drug addict. These are what you are up against if you're "**FAT**":

IT'S NOT YOUR FAULT!!!

DOES THIS CHAPTER MAKE ME LOOK FAT?

- ☞ There are excess insulin spills from all fat cells, which creates weight gain.
- ☞ Most overweight individuals suffer from hypoglycemia and are at risk for diabetes. Hypoglycemia is when blood sugar drops, creating constant hunger, bloating, depression, lack of energy, and easy weight gain.
- ☞ When you are overweight, the adrenal glands work overtime (adrenal exhaustion). This usually causes extra cortisol to be released (extra weight).
- ☞ While you are overweight, the serotonin level lowers, making you depressed and hungry; this can cause a “sweet tooth.” (Tryptophan in carbs is a precursor for serotonin.)
- ☞ The hormone leptin is responsible for weight management, increasing energy, and decreasing appetite. It’s located in all fat cells but is dormant in overweight people.
- ☞ The hormone ghrenlin (hunger mechanism), located in the stomach, causes hunger and is overabundant in overweight individuals. Ghrenlin also is responsible for creating extra fat.
- ☞ The hormone PYY336, which signals we are full when we have eaten, is absent in overweight individuals.
- ☞ In women, the estrogen works synergistically with insulin. Estrogen is stored in fat. Excess estrogen causes a “sweet tooth.” Estrogen causes edema, making it impossible to enter the fat-burning/muscle-building process.
- ☞ Most overweight individuals gain their weight in the midsection or in an apple shape because of their imbalance of insulin, which puts a strain on the vital organs.
- ☞ Excess weight taxes the lungs.
- ☞ Excess weight causes sleep disturbances, and sleep deprivation is directly linked to obesity.
- ☞ Sleep deprivation causes the malfunction of hormones that are vital for weight loss, such as ghrenlin (hunger hormone), which increases near midnight.
- ☞ When unable to sleep eight hours per night, the body is overwhelmed with cravings for salty and sugary foods.
- ☞ There is also extra lactic acid and residue from a poor diet, making it extremely difficult to exercise
- ☞ Weight gain causes hormonal imbalances. Women experience hair loss while growing facial hair. Men will gain fatty tissue in their chests, along with other problems women endure.
- ☞ The overweight body is depleted in their reserves. Sugar, meat, and chemicals deplete your reserves. This causes the liver to malfunction. Hair loss, dental problems, and bone malfunctions will manifest as well.

- ☞ The overweight body tissue is so *dirty* (toxins) that cellulite is inevitable.
- ☞ It takes twenty-one days to excrete sugar from your system—thirty to ninety days for sugar addicts. During this time, the excretion causes unbearable cravings for twenty-hours after ingesting sugar.
- ☞ Certain foods like chocolate raises endorphin levels, making cravings like those of a drug addict.
- ☞ The addiction physiologically causes brain chemicals, like the neurotransmitter dopamine, to excrete a “high” feeling from the mere thought of the food you are craving (Pavlovian).
- ☞ The mental agony, guilt, and anxiety of eating foods your body *forces* you to releases more cortisol, affecting insulin.
- ☞ This furthers any depression, depleting your own serotonin while excreting other poisonous chemicals from mental stress.
- ☞ Your own brain chemicals, like serotonin, are so depleted that your only quick source of serotonin is instant junk food (relief).
- ☞ Your food (your enemy) is your only friend and medicine to “fix” the physical and mental anxiety and depression. Food and overeating become your survival tool and mechanism, creating an unstoppable pattern of addiction.
- ☞ Being alarmed with poor health and having low self-worth, the overweight individual is forced to *diet*.
- ☞ Diets deplete your own serotonin and can’t make new or necessary serotonin due to the lack of calories and carb content. Thus depression sets in.
- ☞ Diets also create a sluggish metabolism, especially after continuous dieting, which makes it hard to lose weight while eating barely anything. Your body *fight*s any starving whatsoever!
- ☞ Depression and the stress of extra weight causes excess cortisol and leaves the body “stuck” with edema (bloating).
- ☞ Diets make all of your vital chemicals and hormones react poorly. Then it becomes impossible to try a restrictive diet again, regardless of the diet or person who is dieting.
- ☞ The diet is sabotaged out of pure frustration, depletion, feeling ill from detoxifying, and all the powerful chemicals and hormones working diligently *against* your willpower!
- ☞ You are forced to binge to retrieve the serotonin and familiar feeling of medicating yourself, to escape self-loathing.
- ☞ Without bingeing, you are prone to gaining at least five pounds more than when you started the diet.
- ☛ THE CYCLE CONTINUES!

DOES THIS CHAPTER MAKE ME LOOK FAT?

As soon as you realize it is not your fault, you will realize you can do something about it. These are not excuses but are reasons for the “insanity.” You CAN make your life more manageable with the right tools and frame of mind. To remain a “victim” of low self-worth will only perpetuate using your survival mechanism, furthering the addiction. Chemically speaking, you are up against powerful drugs that the body is either excreting or depleted of, making it impossible to think straight. Hormonally, you are extremely unbalanced. This encourages a habit of relieving your symptoms with food, which is the problem to begin with. Mentally, everyone has made you think that you lack willpower when, in fact, most people never have to endure what overweight people go through both physically and mentally. You can take responsibility and move from being the victim to recovery. You do this by letting go of diets and deprivation altogether. You teach yourself about the foods that will satisfy you while increasing your levels of good brain chemicals and important hormones. These new delicious and healthy foods will help you learn to eat to live, not live to eat. A spiritual and mental program is also necessary to compliment the food plan so you can figure out what you are eating over and teach yourself how to express your feelings instead of denying them.

Gastric bypass or any weight loss surgery is a personal choice. I have witnessed some success stories of some individuals who were given a head-start toward changing their lives. Sadly though, there are many people who would not change their eating habits and stretched their stomachs back out to their original size again after surgery, which caused them to gain all of their weight back. Please don't fool yourself into thinking that gastric bypass is not a very serious procedure, because it is—just like all other surgeries. It doesn't fix an eating disorder. Fixing the outside appearance does not fix the inside issue, which is why they were eating. If you have had bad habits for years, trying to fix them overnight instead of working to “earn” your health is another part of the disease. You can't buy health. Building a cell is building health. Every day that you work to “earn” your health, you blueprint a new pattern that stays with you mentally and physically.

Simply put, fat is a symptom of a problem, not the cause of it or the reason for it. Don't symptom-chase by dieting. Your body is dictated by hormones. Learning about your body and how certain foods work synergistically with your body's chemicals and hormones will make you an active participant in getting well and healthy (losing weight). You must realize, though, that your goal is HEALTH, and then the byproduct will be weight loss. We are not meant to be fat. If we work synergistically with nature, then nature's laws will guide us to our goals.