

## “Importance of Detox for Weight Loss”

By: **Dr. Dan Pompa**

A recent (March 2008) peer reviewed study published in the Journal of American Neurotoxicology and Teratology states that only small to moderate amounts of pesticides in rats cause excessive weight gain by damaging brain structures like the hypothalamus and the pituitary (Lassiter, 2008). Why are toxins causing weight gain? There are 2 solid reasons:

1) When toxins enter your body they have an affinity for fat cells, due to the fact that they are fat soluble. When the toxins attach to the outer cell membrane, which is made of a lipid bi-layer (two layers of fat), it causes the cells to continually release Leptin. When Leptin is elevated too often, just like Insulin in Type II Diabetes, the receptors burn out and the message is not heard. Remember, Leptin is the hormone that tells the brain to burn fat for energy. Therefore, weight gain that does not respond to exercise or diet is inevitably due to Leptin resistance.

2) The toxins also cause the release of chemicals called cytokines that damage Leptin receptors in the brain (hypothalamus). Once the receptors to Leptin have been damaged, Weight Loss Resistance is only the first of many problems (Pompa, 2007).

Your body makes an extremely important hormone called MSH (Melanocyte Stimulating Hormone). MSH is produced in the hypothalamus by Leptin, and it controls nerve, hormone, cytokine functions, skin and mucus membrane defenses, and the production of endorphins and melatonin. If your brain cannot hear Leptin, and is therefore “Leptin Resistant,” you will eventually become MSH deficient (Shoemaker, 2005).

**What does this mean?** It means that every immune and hormone response in your body will be altered. Practically speaking, you feel horrible and cannot figure out why. You find yourself on medications and chasing symptoms on a never-ending downward spiral.

The key to 21st Century Health Care is understanding how toxins affect this hormonal cascade, causing inflammation, which leads to so many different diseases like depression, diabetes, cancer, heart disease, chronic fatigue and fibromyalgia ... just to name a few. The science of Weight Loss Resistance will bring us out of the dark ages of extreme dieting and exercise, not only for those who cannot lose weight, but also for those who are challenged with chronic illness.

### **Detox Myths and Truths**

A common marketing myth on the internet, magazines and TV is Colon Cleansing. Colon cleansing products are designed to stimulate the colon and eliminate colon build-up/waste which may result in temporary weight loss and reduction in colon toxins. However, this does not translate into true fat reduction and a true decrease in your total toxic burden. True detoxification and fat burning (the hormone leptin) occur only by using products that detoxify your body at the cellular level. Read on about a cleanse (cleansing) detox diet you can also add to your health program.

### **Detox Tips and Tricks**

Increase your quality of dietary fats “good fats” and eliminate “man-made fats” such as hydrogenated and partially hydrogenated fats “trans fats”.

*More fat...How can this help?*

- 1) Increasing good or natural fats bind circulating toxins.
- 2) Bad man-made fats prevent cells from eliminating toxins; Good fats allow cells to eliminate toxins!

3) Increasing good fats cause the liver to release stored toxins.

By the way, increasing good fats assist with reversing weight loss resistance and fat burning – the opposite of what you are told!

### **From the Desk of Dr. Dan Pompa (Latest Research)**

Recent research crossing my desk this month continues to link the consumption of high fructose corn syrup (HFCS) to weight gain, fat storage, obesity and appetite control.

The two (2) main conclusions from this work are:

1) **Leptin**. Consuming even small amounts of HFCS impairs the body's ability to recognize leptin, a hormone that controls appetite.

2) **Toxins**. Levels of metabolic waste products spike when HFCS is consumed. This can disrupt the body's ability to control blood sugar, raising the risk factor of fat storage and weight gain. Again, using a detox cleansing diet plan along with true cellular detoxification products can remove the toxins and rebuild the cell membrane.

Source: Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity

<http://www.ajcn.org/cgi/content/abstract/79/4/537>

### **Detox Questions and Answers**

Dr. Pompa I know that increasing good fats helps protect and eliminate toxins. However, I'm concerned with gaining weight? (Ann C.)

Remember consuming good fats does not make you fat, it is the inability to burn it (read about the fat hormone leptin above). Your body needs fat to burn fat. Fats are also critical for hormone production, which is a real health concern for most women. I believe good fat to be the # 1 missing nutrients in the Standard American Diet (SAD). Bonus! High fat diets are a natural detox diet that can be added to any true cellular detoxification program. Please check out what I believe to be the best detox diet the cellular healing diet.

### **Mission Statement:**

There is a lot of talk today about the need for proper detoxification and it's critical effect on health/quality of life. The purpose and mission of Dr. Dan Pompa is to work on your behalf to bring you the latest research, breaking news, and solutions surrounding toxicity and detoxification.

Sources:

\*Lassiter, T. L. and Brimijoina, S. 2008. Rats gain excess weight after developmental exposure to the organophosphorothionate pesticide, chlorpyrifos, *Neurotoxicology and Teratology*. Volume 30, Issue 2, March-April 2008, pp. 125-130

\*Pompa, Dan. (2007.) *Why You Can't Lose Weight*. In David Riklan and Joe Cilea (Ed.), *101 Great Ways to Improve Your Health*. (pp.95-98). Marlboro, NJ: Selfgrowth.com.

Shoemaker R.C. 2005. *Mold Warriors: Fighting America's Hidden Health Threat*. Baltimore: Gateway Press.

<http://pompaseminars.wordpress.com/2010/05/20/2-reasons-toxins-cause-weight-gain/>