

TAKE BACK YOUR HEALTH

PENNSYLVANIA ASSOCIATION OF NATUROPATHIC PHYSICIANS

Do Toxins Really Make You Fat?

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I recently developed Healing the Aging Metabolism – my unique “intellectual property” so to speak, scientifically resolving the “weight gain with age” issue that so many of us battle. Now I have incorporated that

protocol into a broader protocol, Age-Smart Weight Loss, designed to deliver “once and for all” weight loss so that participants don’t have to spend the rest of their lives yo-yo dieting. As you read this, I have just returned from London, to present that science to my international colleagues at Anti-Aging Conference London 2011.

One of the several pivotal pieces to my work is genomic reprogramming. What?! That is where you can take the DNA (genes) you were born with and adjust the way they do or do not express health or disease for you. Wow! Even 20 years ago, no one knew that was possible. We used to think that “you get what you get and your fate is sealed.” Not so.

The world of genomics is exploding and the possibilities for hope and health are endless.



In our little world of weight loss, however, it is all very specific and goes something like this: When you carry toxins—excess stress hormone and inflammation—your body seeks to protect you from that. The older you get, the greater load you have accumulated over time. You reach a threshold, at some point, where your biochemistry begins to drive toward fat production as a protective mechanism against those noxious accumulations. Now... where to

put it? It has to be somewhere safe, where you won’t burn it during every day activity. The belly. Perfect.

See how that works? Belly fat with age isn’t hormone, *per se*. It isn’t even age... exactly. It is the fat produced to protect us from the toxins we accumulate with age. When you think about it, it is simple and obvious.

What we didn’t used to know—but now do—is this: the presence of toxins can reprogram your DNA to change your biochemistry to produce fat. On the flip side—the elimination of toxins—can also drive DNA reprogramming back to normal and away from fat production.

That is why one of the pivotal aspects of my permanent weight loss program, Age-Smart Weight Loss, is to use meaningful doses of well-absorbed, bio-active, “best” forms of detoxifying nutrients, especially those methylated nutrients, in order to fully support the body’s own natural detoxifying biochemistry. This makes for healthier patients and better results!



FALL 2011 LEGISLATIVE UPDATE

The Pennsylvania Association of Naturopathic Physicians (PANP) is actively pursuing licensure for naturopathic doctors in the State of Pennsylvania. Representative Mark Mustio serves as the Prime Sponsor of our bill HB 1717. Passage of this bill would allow qualified naturopathic doctors to practice in Pennsylvania. The Chairman of the House Professional Licensure Committee, Julie Harhart, has requested a fall hearing regarding HB 1717 to be held in October in Harrisburg. Licensure of naturopathic physicians would fill an obvious void in the medical community. Naturopathic physicians must complete a four-year, graduate level medical school program and pass medical boards as well as a Naturopathic Physician Licensure Exam. Naturopathic doctors are highly trained specialists in the areas of nutrition, herbal medicine, homeopathy, and naturopaths are the only group of medical providers trained in herb-drug and herb-nutraceutical interactions.

The licensure of naturopaths would open the door to integrative medicine by educated, licensed professionals; most currently there are 16 States that license naturopaths. In these states, naturopaths have hospital privileges and can in some cases prescribe prescription drugs. They work along with medical doctors to provide integrative care and consult with MDs on drug-herb interactions and natural alternatives at the patient’s request, or when conventional medicine fails.

Pennsylvania naturopaths would like their hard earned doctorates to be recognized in this great state.

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