

Health Notes

toxic weight gain



Many people live their lives on a constant diet – the battle for weight loss appears to be unobtainable. It brings about a debilitating sense of failure and they feel that no matter what they do, they can't lose weight. This frustration often brings on binge comfort eating and in extreme cases self-hate.

In most cases, the failure is not their lack of willpower but rather something they can't see on the surface – **Toxic Fat**. And, until this is addressed and treated, they will not lose weight permanently.

What is Toxic Fat?

Your body's ability to process trash, including toxic trash, is a pervasive factor in your ability to lose weight and reach a healthy goal weight. Struggling with this issue activates backup strategies by your body for dealing with toxic overload, which include expanding the number of fat cells and stuffing them with toxins as well as fat. **This is likely done to get the toxic trash out of your circulation and away from key organs.** It causes easy weight gain and complicates weight loss.

Time To Take Off The Toxic Fat Suit And Reveal The Healthy You

BOOK AN APPOINTMENT

Toxins Pose a Major Challenge to Weight Loss

Some people will not be able to lose any weight at all, regardless of how little they eat, until the acute nature of their toxins is addressed.

Basically, **your system must be in good working condition for healthy weight loss – or possibly even to engage weight loss.**

In a nutshell it is pointless embarking on any diet, unless you first evaluate your toxin levels.

If you want to change the pattern of frustration and failure you need to change how you approach weight loss. It is possible for you to enjoy a long-term weight loss –

Test – Analyse - Remedy

