



Fear of the Lord brings health to the body!

Proverbs 3:7&8

Ten Things You Should Know About Healthy, Permanent Weight Loss

By Sam Benavides

- 1. Weight loss is not necessarily the same as fat loss.** Manipulating a body's daily requirement for macronutrients as a method of losing weight has long term ramifications to potential nutrient deficiencies, which logic dictates is neither healthy nor sustainable. Ketogenesis, or sometimes referred to as ketosis, is a deliberately-induced metabolic condition (fat-burning mode) created when a person goes on a low-carb diet. Although a popular weight-loss strategy, it is a short term (quick-fix) solution to a long-term problem. In other words, forcing the body to burn fat while ignoring the factors needed for normal, healthy metabolism has failure built into it from the start. The body was designed to use carbs (glycogen) as its main source of fuel. This is why we love potatoes and bread. Sooner or later, you're going to hate your diet no matter how much weight you might lose in the short term because eventually, your desire (not to mention your metabolic need) for carbs, will override your desire to lose the weight. In the end, you learned nothing of how to lose weight AND you gained the weight back again. What you need is to learn how a healthy body is supposed to function and go do it.
- 2. The reason we gain weight in the first place.** Fat tissue itself is not bad, among other things, it is the body's fuel storage system. It's the WHY we put it on that matters. The body is wired to put on fat when certain conditions are present; that is, when these specific conditions are present, fat is produced. The first, and probably the most common, is nutritional imbalance caused by eating addicting, calorie dense foods, i.e. foods high in salt, sugar and/or fat. Whether deliberately, as in ketosis, or by default if you eat a "normal" diet, nutritional deficiency is inevitable. In addition, our bodies are exposed to toxic chemicals at a faster rate than it can safely eliminate. This constant and continual exposure to toxic chemicals in our air, water or at home/work, causes acidosis which over time damages our metabolism (metabolic syndrome). Add stress to the mix and you have a recipe for weight gain and/or illness. Unless you work out hard to build muscle, weight gain is fat gain, and excess fat is created because our bodies are toxic from junk food, chemicals and/or stress.
- 3. Diets don't work because the scale is not the measure of weight loss success.** The excitement of losing pounds on a deprivation-type diet quickly loses its worth after your failure to stick with it causes you to regain the weight and the scale doesn't tell you why. Your subconscious takes over to protect your ego and immediately puts the blame on the diet simply because it was not your diet to begin with. Think of it this way, to admit you made a bad decision by choosing to go on that diet is a lot more emotional work than to blame the creator of the diet. And this becomes self-defeating because in the process of shifting blame, we disown the responsibility needed to keep ourselves accountable. Since the scale is not a measure of metabolic dysfunction, any diet that uses the scale as the measure of success fails to teach you what you need to succeed long term. Secondly, weight is not a measure of health as you can be thin but unhealthy, i.e. normal weight but metabolically obese.
- 4. We've been deceived.** Food companies no longer sell us real food, they sell us emotions and use addictive products to keep us coming back. Just like the tobacco companies sold us a "status" upgrade if we smoked and deliberately put nicotine to addict us on their products, food companies try to sell us on how you'll feel if you eat their food and use sugar, salt & fat to create tantalizing treats we quickly fall in love with. For example, young, sexy women eating mouth-watering burgers the size of grapefruits are not selling food, they're selling sex. By association, this creates a feeling of euphoria that comes from the taste sensation delivered thru the combination of flavors. Nutrition takes a back seat to the emotion-delivery creations that are the processed foods. Boxed cereals should be illegal as they are mostly sugar and play NO "part of a complete breakfast".

5. **Not all calories are equal.** Most diets treat the “calories in vs. calories out” problem as the issue. Since not all calories are equal, the use of the scale as the measure of success is dumb. Initial weight gain may have come because of energy surplus (energy demand deficit), but once the metabolic dysfunction takes place and insulin sensitivity has been compromised, then the issue becomes one of nutrient quality, not caloric value. In this context, the real issue is toxicity. Most diets fail in offering a sustainable solution by not tackling the toxicity issue head on. What you need is to know how to detoxify and bring healthy metabolic function back to normal. Eating a nutrient-rich, whole food, plant-based diet is the only way to increase nutrient intake, and nutrient density is the goal.
6. **Clean food is the best weight loss drug.** When you understand how food is digested and used by the body, you’ll come to understand how detoxification via plant foods (healing foods) are better than any drug. Healthy food (whole, plant food) is “programmed” to support normal metabolic function, whereas, most processed/refined foods have stripped food of the nutrients coded with this program. This is why the “calories-in vs. calories-out” theory fails at providing healthy sustainable weight loss – because you can eat 1500 calories of junk as easily as you can eat 1500 calories of nutrition. For example, a 9.75 oz. bag of Organic Corn Chips has 1500 calories, which you can easily consume in a single sitting. But two ears of fresh corn on the cob is only 300 calories (no butter) – you would need to eat 10 ears of corn to equal 1500 calories (plus, you get the full spectrum of nutrients in the fresh corn).
7. **Exercise alone will not make you thin.** Burning calories is something your body does 24/7. You burn calories when you walk, talk, sit, think, and even when you sleep. Increasing your calorie burning without consideration to plant nutrition is like running your car on dirty fuel – faster acceleration doesn’t clean the fuel. This means that if you exercise for sport, to build endurance, get strong or increase cardiovascular function, weight loss may or may not be a side effect to these activities. The point here is that you should become physically active as part of a lifestyle change to be more active, and the change in your lean-to-fat tissue ratio will likely happen accordingly. If you eat healthy, then the exercise will likely accelerate your “fat burning”, because exercise is NOT essential to weight (fat) loss, it is essential to health, and metabolic health is essential to excess fat loss.
8. **Thin does not mean healthy.** This may come as a surprise to you, but there are thin people who are metabolically obese (MONW or metabolically obese normal weight). That is, the ratio of lean tissue to fat tissue is high, unnatural and very unhealthy. You see this all the time with runners. How can this be? Simply put, these people eat junk with the misguided expectation that they’ll burn off the calories. While calorie burning does take place, healthy metabolic function is impossible while eating nutrient-deficient, calorie-dense food. In other words, toxins are not a fuel the body “burns” for energy – that is, the body will only use what little nutrition found in junk food for healthy metabolic function, and the rest of the energy requirement is taken from existing lean tissue, because fat is created to store the toxic substances, and protein in the lean tissue is the cleaner fuel after glucose has been depleted.
9. **Detoxification is the only way.** If you want permanent weight loss, you need to make a permanent change. Perpetual (daily and at EVERY meal) detoxification via a whole food, plant-based diet is the only healthy, effective and sustainable way to lose excess weight (fat) and keep it off for the rest of your life. In fact, your body is designed to expel useless waste 24/7 – this is what normal, healthy metabolism does – it is the law of health and it cannot be changed.
10. **Take care of your health FIRST, and your health will take care of your weight.** It’s not just the healing, detoxing foods that will afford a long-term successful strategy for healthy weight maintenance, but appropriate and regular physical activity, proper hydration, adequate rest and stress management are all necessary for a balanced lifestyle that studies have shown will promote healthy weight the rest of your life. In other words, it’s a symphony of factors, but if you’re stressed all the time, suffice to say you’re NOT healthy. Find what stresses you and remove it from your life as much as possible. This may require you plug into a support group that keeps you accountable, keeps you motivated and offers a greater purpose for your life. This sounds simple, but it’s not easy.

The bottom line is that most diets fail because they don’t confront dieters with a lifestyle change, nor are they realistic about the fact that a sustainable weight management strategy is hard and takes time. Most diets acquiesce to dieters’ desire for a quick-fix solution and avoid offering them what their bodies really need for healthy, sustainable and permanent fat loss. Ask us about The 20/40 Project, we’ll help you metabolize 20 pounds in 40 days, permanently! Contact us at Sam@blfhealth.com or (909) 580-0467.