

Natural, Healthy and SAFE Weight Loss

By Dr. Lindsey Duncan, N.D., C.N.

Are you one of the many women and men that are constantly battling to control your weight? Have you tried "the fruit diet", "the protein diet", and "the starvation diet" with little if any results? Have you experienced the jittery side-effects of stimulants that are supposed to speed up your metabolism and help you lose weight? Have you tried the diuretics that flush your kidneys and facilitate water (not weight) loss? I bet you've also encountered the "miracle dieter's pill" that promises weight loss in 3 days or less! If you've successfully tried just about every fad diet and weight loss gimmick that has come along, then you'll have a special interest in what I'm writing about. As a clinical nutritionist with a client roster of 14,000 + people; over two-thirds have consulted with me on weight issues. I teach people natural, healthy and safe weight loss methods that are clinically tried and true.

Did You Know:

- 58 million American adults - more than one third of the U.S. adult population, are currently overweight or obese. (Dr. C. Everette Koop Foundation)
- The rate of obesity in America's children has doubled since 1980. Among children 9 to 12, twenty percent of boys and twenty-two percent of girls are overweight. (Dr. C. Everette Koop Foundation)
- Obesity is the second leading cause of death in the US, after smoking. Experts say 25% of all deaths in the US can be attributed to overweight. (Harvard University study, 9-14-95, New England Journal of Medicine)

As a nutritionist, I focus on weight control issues in a completely different way than medical doctors, diet clubs, and "weight loss" companies. There are a million "quick fix" weight loss products on the market, but many of them can be damaging to the body long term... Stimulants, diuretics, laxatives, fat blockers, unhealthy appetite suppressants, starvation diets, etc. As a nutritionist, I have seen long term dieters that have burnt out their adrenal glands and central nervous system from metabolic stimulants, abused their colons with laxatives, stripped their bodies of important nutrients with fat blockers, stressed out their kidneys and stripped their bodies of important minerals and electrolytes with diuretics, starved themselves and actually slowed their metabolism down more by going on fad diets, etc., etc. And to top it off, most of these "quick fix" remedies are simply a "band-aid" to the weight gain issue. As a nutritionist, I target the core problems surrounding weight gain. Weight gain stems from a variety of physical imbalances I've seen it all - sluggish lymphatic system (cellulite), tired liver, digestive problems, eliminatory problems, low blood sugar, insulin resistance, under active thyroid, pancreatic issues, diabetic and pre-diabetic symptoms, food cravings, lack of willpower, depression, emotional eating, and so on. These are all core issues of why the body is not processing and metabolizing food efficiently, why it is storing fat, and why the body is overweight. I address these issues naturally, safely and effectively with a good weight-loss/nutritional supplement program, proper

diet, and exercise. My methods involve balancing the body's imbalances. A properly balanced body, given the proper nutrients, diet and exercise, will settle comfortably into the weight it should be. I restore my clients health, and in doing so, my clients drop pounds.

My clinical supplement program involves a weight loss program that features all natural ingredients. No stimulants, no caffeine or ma huang, nothing to damage the adrenal glands and central nervous system. Nothing to make a person irritable, snappy or moody. My clinical weight loss program involves curbing the appetite, supporting the thyroid gland, supporting the liver and pancreas, reducing sweet and sugary food cravings, addressing the all important digestive and eliminative system, the burning of fat, enhancement of energy and elevation of mood. I also teach clients simple dietary and lifestyle changes such as moderate food combining principles, skipping late-night meals, eating smaller portions of food, and having fun with their exercise program. I educate and empower my clients with the mental and physical knowledge and tools to change their eating, dietary and lifestyle habits. The supplements I use are nutrients that specifically support and ease the challenges that people on a weight-loss program face on a day-to-day basis. My healthy weight loss program addresses weight issues from every angle. It can and will support profound physical changes in your body - it even supports the mental and emotional tie-ins that often surround weight gain. My weight loss methods cause NO adrenal burnout, central nervous system burnout, digestive upsets, starvation or other negative factors that are all too common by-products of trying to lose weight through ineffective "quick fixes". Permanent weight loss can only occur with a balancing of the overall body. In addition, I specifically target the digestive system. The digestive system has a direct effect on each and every metabolic function in the body! If the digestive system is not working properly, nothing else will either... it's impossible - it's how we feed every cell in the body. As a practicing nutritionist, I cannot over stress the importance of addressing the digestive system in all weight loss objectives. This is why my nutritional weight loss program contains so many nutrients that support the digestive process. The more a body absorbs, assimilates and utilizes nutrients, the less it experiences food cravings... this curbs the appetite even more. Not to mention that due to better absorption, you now get more energy from your everyday meals.

It is my heartfelt desire to educate and empower as many people as I can on the proper, healthy, natural and safe way to lose weight. I can't stress enough the importance of diet, exercise, nutritional supplementation, and emotional support in any weight loss program, but I also can't stress enough the importance of self-education and self-empowerment. Take a close look at the harmful fad diets, fat blockers, harmful stimulants and crazy diet aids out there, and look at the very real benefits of addressing your weight issues in a natural way.