



Positive Weight Release

HORMONAL SLIMMING

Drugless Therapy for Slimming without Dieting / Exercise or use of Hormones

Pramod Vora
Health Counselor

The Traditional Approach

Traditionally, weight control has been to view weight increase as a symptom and mankind has spent billions of dollars and endless hours in its fruitless control by "Passive" means. This article is presented to put forth a new School of Thought on an emerging concept called Positive Weight Release / Hormonal Slimming which is an "Active" type of Weight Release Program.

This article explains the reasons for a change in the traditional approach from a totally "Passive Symptomatic Treatment" to an Active Program known as "Overhauling the Body".

Overhauling the Body

When the body starts to accumulate weight, it means that the various organs of the body have slowed down and the rate of metabolism of the body has therefore also slowed down.

A more appropriate and a Positive Approach to Weight Release/Sliming Down would be, as a first step, to detoxify the body, so that the organs which have slowed down as a result of the toxins accumulating in the body, will speed up with the removal of toxins from the body.

The second step is, to rejuvenate the body and "fine tune" the body (just like an automobile at its 25,000 Km Tune Up); further speed up the organs so that the rate of metabolism is increased and the food being assimilated by the body is burnt much faster; and the Body does not continue to accumulate weight like before.

There are 5 Herbal Dietary Supplements (Colon Cleanse, Kidney Care, Detoxifier, Lung Clear and LivMax) that are involved in the detoxification of the body. These detoxify the intestines, the kidneys, the blood, lungs and the liver respectively. There is an optional herb Basil which can be used by people living in highly polluted environments and/or who were smokers at any time in the past. Basil will help to clear and detoxify the lungs so that the body receives enough oxygen to maintain a high rate of metabolism of the body.

There are 3 Herbal Dietary Supplements (Energizer, Gooseberry and Liver Tonic) that are involved in the rejuvenation of the body. Each capsule contains a number of Herbs which are targeted to different organs of the body, including the Brain - which is the "Super Computer" and "Master Server" which controls the whole body. All these rejuvenating Herbs are capable of increasing the rate of metabolism of the body back (Reverse Aging) to when the body was much younger. For people who occasionally or habitually drink alcohol, or have very serious chronic ailments, it is advisable to use Liver Tonic for a prolonged

period to carry out a second level of detoxification and rejuvenation of the liver.

This way, the Weight Gain Challenge of the body may be overcome in a more positive way, as we are going right to the root cause of weight increase rather than working in isolation on the symptom of weight increase.

Positive Weight Release does not subject the body to the trauma of 500 Calories per day diet which can lead to under nourishment and expose the body to the risk of damage to its organs and consequent nutritional imbalance. Also the rate of metabolism slows down and does not return to healthy levels when you get off your Crash Diet Program.

Why Women Should not Diet !

Crash Dieting for prolonged periods of time creates a shortage of food in the body. The human body, which has its own intelligence, shuts down certain “redundant functions” when there is a famine situation in the body. One of the functions that is automatically shut down in a Woman’s Body is Ovulation. The logic being, “when there is insufficient food to support one life, there is no question for creating another life or carrying a pregnancy to full term. At the start of the Ovarian malfunction, caused by prolonged and severe dieting, we see Non-ovulating Cycles, where the body does not produce any Progesterone and the Estrogen levels remain unchecked and dominant. The Estrogen is stored in the fat of the body; Dieting now causes the body weight to begin increasing at the rate of approximately 1 to 2 lbs. (0.5 to 1.0 Kg) per month.

Six months down the line, when you have put on approximately 10 lbs. (5 Kgs.), “common sense” tells us that more severe and prolonged dieting should solve the problem. At this point, the ovaries shut down completely to complicate the Hormone Imbalance situation further and the periods will cease totally and cause the body to go into a situation of Premature Menopause.

At this stage, the unchecked Estrogen levels in the body may cause water retention and bloating so that even if you were to go on a total food fast, the body weight will increase

due to just drinking a glass of water! So more severely you diet, the greater is the weight increase ! This explains why “Women should never Diet” or “ Eat well and Release Weight”.

In addition, Crash Dieting for prolonged periods can cause the rate of metabolism to permanently shift down into low gear, the body temperature to drop as low as 95° F. and can further create a situation of chronic hypothyroidism where none existed before. For more information on Hypothyroidism go to: www.space-age.com/hypothyroidism.html

How should women go about releasing weight if dieting is not recommended?

First look into any possible situation of Hormone Imbalance / Thyroid Malfunction and correct that. Next begin eating food normally (consuming about 1200 calories a day) and detoxifying and rejuvenating the body to increase the rate of metabolism to hopefully the same levels as when you were a teenager. This is called “Positive Weight Release” through increased Rate of Metabolism and Hormonal Correction of the Body.

Caution: If Weight increase is the result of a Hormone Imbalance / Thyroid Malfunction / Estrogen Dominance, it is absolutely necessary to also correct this. In this day of enlightened eating habits we have found majority of people actually have a Hormonal Imbalance and not a real weight problem. Once corrected the body slims down automatically and stays that way for a prolonged period of time.

In Conclusion

Detoxification, Rejuvenation and Hormonal Correction through natural means is the only way to Positively Slim Down.

SpaceAge

Natural Health & Beauty Center
 9/123 Marol Co-op. Industrial Estate
 Marol Sagbaug, Andheri (East), Mumbai 400 059
 Tel: 850-3986 / 850-8653 Fax: 91 - 22 - 850-6214
 E-mail: spaceage@space-age.com
 Internet: <http://www.space-age.com>

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