

Toxins

As we've mentioned anything which we can do to eliminate stress on our systems is going to give us more energy, release fat and allow us to lose weight MUCH faster, whilst feeling better and performing at a higher level.

One major hidden cause of stress, especially in the modern world, are TOXINS.

Why is this such a major problem today? Because we are exposed to a LOT more toxins than our ancestors were even a few hundred years ago.

Toxins are everywhere, from the fire proofing on our sofa to the soap we use, the products we use to clean our house to the deodorant we use.

Why is this such a problem?

Let's look at a few different examples.

Most people think the main job of fat is to store energy. This is a common misconception.

The main purpose of fat is to store toxins.

The liver is the main detoxification organ in the body. In the liver, toxins are turned into harmless substances which can be safely recycled or expelled from the body.

When this process becomes overloaded (ie. a traffic jam forms in the liver) the body has 2 choices. It can leave those toxins in the bloodstream and allow them to cause merry hell in there.

Or it can neutralise them by storing them inertly so they can't do any damage and then release them when the traffic jam has cleared so the liver can deal with them.

The body chooses option 2.

The material it uses to store the toxins in is fat.

It wraps the toxins in fat and stores them somewhere about your personage until such a day as they can be dealt with.

The problem here is that often we are exposed to so many toxins this day NEVER comes. So the body continues to deposit more and more toxins in fat causing you to become more and more overweight.

Toxins also cause inflammation. One of the sites this inflammation effects is the cell wall. This inflammation then stops certain hormones from entering the cell. Hormones such as leptin which tells the body to burn fat, insulin which leads to glucose regulation problems and thyroid hormone which leads to metabolic de regulation.

This not only causes these immediate problems but it also raises stress levels in the body as certain critical pathways start to fail.

And as we know, when stressed the body releases cortisol, which raises blood sugar, which causes insulin to be release, which leads to fat being stored.

So you can hopefully see why toxins are such a big deal and why we have to be very conscious of them if we want to lose weight effectively and then keep it off effortlessly.

So what can you do?

Well the first thing is to identify the ways these toxins are entering the body.

Soaps, Makeups, Deodorants and Perfumes.

I have a rule when it comes to this.

If I wouldn't eat it I won't put it on my skin.

Why?

Anything you place on your skin ends up in the blood stream just like things you eat. It just doesn't pass through the hugely sophisticated filtering system that is the intestines.

So if you're putting toxic substances directly on your skin those toxins will enter the bloodstream where they will need to be removed by your liver.

Most soaps, deodorants etc are made from a lethal cocktail of products non of which you'd even think about eating, and most of which are HIGHLY toxic, so don't put them on your skin.

As an extra incentive many soaps and deodorants contain endocrine disruptors which in men lead to increased oestrogen and man boobs. They are equally damaging for women but simply show up in different ways.

Make sure anything you put on your skin is natural and preferably organic and while you might not fancy eating your soap, you should be able to!

Food

We've already eliminated the vast majority of toxins in your food in week 1 but just be wary of black spots in veg or any "off" foods. This is incidentally another reason why organic is better as it won't be laced with pesticides.

Washing and cleaning products

Your clothes are in constant contact with your skin so if you use chemical and toxin laced washing powder, those toxins will be in contact with your skin all day. And in much the same way we've talked about with soap will be entering your bloodstream.

Likewise if you wash your dishes with toxin loaded soap you'll be eating those toxins next time you have dinner

The products you use to clean your house should also be natural and organic. After all you're going to be touching the surfaces you wiped down.

As you can see this rabbit hole goes deep, and while no single one of these interventions will make a huge, immediate difference. Over time they combine to have a huge impact reducing your toxic load, your livers ability to process toxins and your ability to keep the weight off.

Now I'm not trying to make you scared to leave your front door, but weight gain is death by 1000 cuts and these are some really simple cuts we can eliminate straight of the bat.

Please remember your body is designed to deal with toxins and indeed it is healthy that it does do. The problem comes in that our world is immeasurably more toxic than the one we were designed for so anything we can do to reduce the toxic load we face will do a lot of good in the long run.