

# What's Hindering Your Weight Loss?

Imagine yourself in a thin, vibrant, energetic, youthful, radiating, clear-skinned, super-healthy, blissful, toned and muscular body. Imagine living in a super-charged, healthy body, enjoying stress-free days as you go throughout the week. Now go one step further.

What would it be like if you could enjoy more than a fabulous body and a carefree, stress-free life? What if you could also wake up each morning with sheer joy and peace (inside and out) because you are not only healthy but also living out your dreams and destiny instead of just getting by?

Does that sound and look like what you desire? Not just another diet but an entire change to your way of living life to its fullest? Yes, this is not only possible, but it is also available.

So what's hindering your weight loss?

I need to address what causes the weight gain—and what *not to do*. The solution starts with the awareness that nonorganic food is the staple of most grocery stores, fast-food outlets and chain restaurants. Their foods are loaded with chemicals, toxins and processed junk that clogs you up and causes food addictions (yes, you can be addicted, particularly to salt, sugar and fat).

False advertising, which seduces millions to consume non-nourishing, addictive foods, is a great contributor to the world's epidemic. To address this, your metabolism needs revving back up—naturally. Avoid some of these primary causes of weight gain, and you can start reversing the situation.

**Clogged Colon**

Your colon gets clogged by dehydration (lack of water), lack of fiber, lack of walking and exercise, lack of enzymes in your food, and prescriptions and over-the-counter (OTC) drugs. Cleansing your colon is an absolute must! Remember: If you do not experience at least three bowel movements daily, then you have a clogged colon.

If you ignore the problem, your metabolism will continue to decline and hunger pangs will increase as your body signals it is not getting enough nutrients. Besides overeating, you will experience slower digestion and stomach bloat. I recommend starting with a colon cleanse, followed by liver and Candida cleanses.

### **Clogged Liver**

Almost every overweight person who gets tested has a sluggish, clogged liver. The causes are many, but some primary culprits are a clogged colon, trans fats, prescription and OTC drugs, Candida yeast overgrowth, artificial sweeteners and nonorganic, toxic foods. When your liver is clogged, your body rapidly stores high levels of body fat. Metabolism always slows, with the clogged liver contributing significantly to weight gain.

### **Candida**

Most Westerners or those who consume a Western diet have some form of Candida. This causes cravings for foods like bread, pasta, cheese and sweets. Candida blocks your colon, slowing metabolism and digestion and causing bloating, gas and a protruding stomach. Once you take your first antibiotic, you destroy good bacteria, allowing bad bacteria like Candida yeast to grow at abnormal rates. Eventually, if not corrected, Candida turns into a fungus that spreads throughout your system.

### **Parasites**

If you are overweight, it is quite likely you have parasites. Among other things, they are caused by a clogged colon, liver, Candida, heavy metal toxicity and lack of nutrients. Parasites can live undetected in your body, robbing it of the essential nutrients by feeding off of the food you eat and leaving you with the fats and sugars to process for nutrition. This contributes to constantly feeling hungry and overeating.

Parasites can contribute to symptoms such as stomach and intestinal issues (gas, bloating, diarrhea, chronic constipation, etc.); food allergies; heartburn; fatigue; skin disorders (dry skin and hair, allergies, itchy nose and skin in many areas, rashes, sores, etc.); mood and anxiety problems; and sleep disturbances. A parasite cleanse from your health food store can be used to rid your body of these.

### **Enzyme Deficiency**

Nonorganic foods or those that have been pasteurized or cooked—anything heated more than 180 degrees for at least thirty minutes—have no enzymes. Even with vegetables, most people cook them and thus never get the enzymes and nutrients they need. (Some veggies are better slightly cooked or steamed, but they are exceptions.) Without enough enzymes, you will experience trouble digesting food, low metabolism, frequent gas, constipation and bloating.

A lifestyle change to more raw foods, fresh, raw salads and juicing raw veggies will help correct an enzyme deficiency. It will also promote easier digestion and better metabolism. As you start your diet, add some enzyme tablets to your meals. If you are overweight, past consumption of highly refined or pasteurized foods, prescription and OTC drugs, and a clogged liver and colon will hinder your ability to create enough enzymes to digest food properly. These supplements will help restore normalcy.

Obesity is by far the No. 1 accelerator of sickness and aging.

In addition to shortening your life span, it affects all the other areas of your life. Whether you need to lose as little as 5 pounds or as much as 150 pounds, once you start dropping this weight, this facilitates healing in every other organ of your body. It also affects the clarity of your mind, your emotional well-being and your self-confidence. In turn, this affects your destiny and mindset for accomplishing your life's purposes and dreams. Once you clearly assess your weaknesses and strengths, you will have a better idea of the elements of your situation that need the most emphasis.

*NOTE: The preceding is an excerpt from David Herzog's book, Jumpstart!*

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