

SEXY FOREVER





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SEXY FOREVER

How to Fight Fat After 40



SUZANNE
SOMERS

The information in this work is in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would any weight loss or weight maintenance program. Your physician should be aware of all medical conditions that you may have, as well as the medications and supplements you are taking. As with any weight loss plan, the information here should not be used by patients on dialysis or by pregnant or nursing mothers.

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For Alan, always



Illnesses do not come upon us out of the blue. They are developed from small daily sins against nature. When enough sins have accumulated, illnesses will suddenly appear.

—*Hippocrates*



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FOREWORD



God bless Suzanne Somers. I have had the honor of knowing and working with her for the past six years. Suzanne is a health guru. She is a health hero who has single-handedly had an enormous impact on improving the health of our society. In her books, she has presented scientifically based, cutting-edge information through her interviews with esteemed physicians. *The Sexy Years* showed women that they did not have to suffer with the symptoms of menopause and could improve their health by taking bioidentical hormones. In *Ageless*, Suzanne led us into the world of antiaging medicine, where anyone can optimize their health through the proper use of optimal nutrition, dietary supplements, exercise, bioidentical hormones, and stress reduction. *Breakthrough* continued the antiaging theme and showed us how future technologies such as stem cells and nanotechnology will lead to even greater levels of health. And then there was *Knockout*, a wonderful book that empowers and gives hope to all of us who either seek to prevent cancer or are looking for new strategies to defeat it. These four outstanding books provided us with the tools needed to prevent serious illness, and optimize health and longevity.

In this book, *Sexy Forever*, Suzanne states that the best way to lose weight is to get healthy. She perfectly describes the environmental threats to our health while giving us a road map of what to do and what not to do. So how does one get healthy? Here are some of Suzanne's necessary steps for healthy weight loss:

1. Reduce your stress levels.
2. Get at least seven to eight hours of sleep per night.

3. Correct nutrient deficiencies so as to eliminate food cravings.
4. Identify food allergies, especially to gluten and dairy.
5. Improve the health of the gastrointestinal tract.
6. Avoid exposure to toxic chemicals in the air, food, water, and cosmetics.
7. Learn how to effectively lower the toxin load in your body.
8. Exercise in order to create fat burning and increase your basal metabolic rate.
9. Determine your hormone levels and have those levels optimized by seeing a qualified physician experienced in using bioidentical hormones.
10. Avoid insulin resistance by reducing your intake of junk food and simple carbohydrates, while combining exercise with healthy nutritional supplements.
11. Change your beliefs about what is possible.

So how do we change our beliefs about losing weight?

Most of us continue to look to the past to define possibilities for the future. We go back to a frame of reference in which we were unable to lose weight, and we project that into the present. A belief is nothing more than a feeling of certainty about something. We all had beliefs about the world when we were younger that no longer serve us.

I remember being a kid and thinking that thirty was old!

The first key is to change the beliefs that no longer serve you. The best

way is to start developing new attitudes and experiences that cause you to question your old beliefs. The new attitude that you need to adopt is “I will get healthy, and then I will easily be able to lose weight. I know that health equals energy, and the more energy I have, the easier it will be to lose weight.”

So how do we get healthy? We must first realize that health is our natural state of being. Disease and illness are but shadows on the river of health. Our bodies are Ferraris that need high-octane fuel. We must feed them organic food. We must limit our exposure to toxins in our environment, and more important, stimulate the elimination systems of the body—the liver, kidneys, and lymph system—to get rid of these toxins that eventually accumulate in our fat. As more and more toxins accumulate in our system, they place severe stress on these organs of elimination. With continued accumulation, the liver, kidneys, and lymph system become less efficient in their ability to excrete these waste products, causing toxins to build first in the connective tissues of the body and then in the organs. The body initially tries to compensate by having the endocrine glands secrete hormones to help stimulate detoxification. Over time these glands become “tired.” The end result is an inefficient elimination system with toxin accumulation, coupled with reduced organ and hormonal function—which creates the environment for weight gain.

Suzanne wants us to optimize our hormones in order to become healthy and lose weight. The hormonal system is what most correlates to the emotional person. It is clear that the hormonal system responds to our outlook on the world. Thoughts that make us happy make us well.

Stress is a factor not only in disease but also in the inability to lose weight. There are three main causes of chronic stress. First, we have long-term unhealthy beliefs that cause us to perceive life events as “dangers” and thus trigger an alarm response. Second, we are persistently deprived of the bonding or closeness that all human beings need. Last, we do not get enough of our psychological needs met in our daily environments. These needs are unique to our specific personality type. Some of us need to have fun and excitement; others need acknowledgment of our values; yet others need acknowledgment of our ability to think clearly and

logically. Some people need solitude, while some of us need our senses to be richly stimulated.

Please remember the essential theme of Suzanne's book: we first have to improve our health before we can lose weight. The general state of our health is directly related to our consciousness. A change in our health, either for better or for worse, involves a change in our consciousness. Our bodies are constantly renewing themselves. Our consciousness and beliefs can affect the regeneration of cells and organs positively or negatively.

A change in consciousness always involves a change in focus. What excites you, and what are you grateful for? Don't we all want to jump out of bed every morning with a lust and love for life? I bet Suzanne does. See yourself as healthy, and know that this healthy state of being is your natural state.

Health is much, much more than the absence of disease. Health is energy, vitality, passion. Healthy people have physical energy, emotional balance, and spiritual awareness, and simultaneously vibrate on all three levels. Suzanne Somers speaks to all of us in the important work that she is doing in the areas of health, nutrition, and antiaging medicine. She speaks to us as a friend we can trust, believe, and have fun with as we reshape our thoughts and beliefs along with our bodies. *Sexy Forever* is much more than a weight loss book. It gives us the tools to slow the aging process and accelerate the regeneration of the body's cells and tissues. Suzanne Somers has written another great book!

To your health,

Michael Galitzer, M.D.

Introduction

WHY THIS BOOK? WHY NOW?



I know just what you are hoping for as you crack open this book. You are hoping for an easy weight loss solution to restore your once beautiful body to its original glory. You are hoping you won't have to give up too many of your favorite foods because you really love to eat. You know you'll have to do some exercise, but you don't have a lot of time, so you hope it won't take too long or make you sweat too much. You are hoping there's no cabbage soup involved. In fact, you'd prefer a magic pill or weight loss powder that will take away your cravings and peel away those pounds—but you don't want it to be dangerous to your health or make you feel jittery like those scary diet pills. You are hoping there is some secret that has been eluding you, since every weight loss program has inevitably failed you in the long run. And you are hoping the knowledge you'll gain about all of the above will make you slim, vibrant, healthy, and absolutely sexy . . . forever.

On this very first page, I can promise you all of that. Within the pages of *Sexy Forever* you will discover

- An easy-to-follow weight loss program filled with rich, delicious foods.

- A moderate exercise program to keep you fit and healthy.
- *Amazing* supplements and weight loss products to catapult you to success. (I can't say *miracle* because the governing bodies get all up in arms about that word!)
- The solution to sleeping eight hours nightly, without drugs, in order to lose weight.
- The key to a healthy digestive tract plus a simple allergy/intolerance test to unlock the hidden secret to your personal food demons that could silently be keeping you overweight or possibly chronically ill.
- Natural hormonal balance—the missing ingredient for every person over forty that *must* be added to make any plan successful. (I have a thing or two to say about this topic!)
- And most important, the unveiling of the thousands of FDA-approved chemicals and toxins surrounding us every day, sabotaging our health and weight—and how to conquer those enemies.

That's quite a promise, I know. I intend to keep it to each and every one of you. Your goal is achievable. I am certain of it, but you must *stay with me* on this journey as we unlock the secrets to what is making us fat in this second half of life. What you will read in these pages may be overwhelming at times. It's not just about fat grams, calories, carbohydrates, or training sessions. The information you are about to digest is actually disturbing. It's so disturbing you may want to close the book and forget everything you've read because what you learn may taint the way you look at a shiny red apple, a perfectly marbled steak, your sparkling clean counter, your favorite scented lotion, your comfortable bed, your gentle baby shampoo, or even your fresh-smelling laundry. *Stay with me*. The information here is your ticket to health and permanent weight loss.

What has happened to us at this age? For women, maybe some of us have just "let ourselves go." Maybe we gained a little weight after the

baby was born, got too busy caring for others, and just never got back into shape. For men, maybe we stopped working out and got a little too familiar with fast food, bags of chips, and beer. But what about those of us who try to eat healthy; *really try*, and still don't see any results? I know who you are, and I know you're not eating—at least not very much. I also know you're not very satisfied. In fact, you are probably consuming less food than ever before and most likely your daily fare is predominantly salads. Right?

You're also exercising aren't you? Yoga, Pilates, running, those Curves classes. It all helps . . . well, a little. And, of course, you know it's good for you but, darn, your energy isn't what it used to be. You really aren't feeling completely well these days, if you think about it for more than a second before you rush off to that next thing on your to-do list. It's nothing to put your finger on, just you're not feeling up to speed.

You look in the mirror and those love handles persist, your stomach won't shrink or tighten, and then there's the bloating, constipation, long sleepless nights, and this new overriding funk that comes and goes, but when it's there, it hangs over your head like a dark cloud. Where did that come from? You look in the mirror and you don't like what you see. You remember when your waist was tiny, even though you never realized (or appreciated) back then that you were small through the abdomen. You think, well, I'll just do more crunches; yes, that will do it. But it doesn't. Nothing seems to be working the way you'd like it to.

What happened? You used to be able to lose five pounds in a week if you really wanted to get into a favorite dress. Or you men go to button your pants and when you finally do, your gut flops over your pants and you have trouble tucking in your shirt. You used to be able to go to bed and know that you would sleep a good eight hours. What happened? When did you start sleeping five hours or less each night and restless sleep at that? And I'm sure you've heard that a lack of sleep makes you fat—which makes it all the harder not to stress about sleep!

Why is depression a new visitor to your life? Those blues go away with fattening foods, though, don't they?! Who cares? you ask yourself; what the heck, I'm fat, anyway, so let's pile on more bread, bagels, pasta, cakes,

and cookies. That first bite makes you feel amazing, but then comes the self-loathing and more depression. Your friends who had really bad PMS used to have those terrible mood swings, but now you do, too. What happened?

And if you're like many, you may have noticed that you now react strangely to certain foods (like ice cream, which is now a guilty pleasure of the past unless you want your stomach to blow up like you are nine months pregnant). Come to think of it, pasta may not be sitting very well with you these days, either.

So what is different since you hit, or blew past, the halfway mark that is forty?

Before I explain, just know for starters that it's all fixable for you and your whole family. That's the good news. But to make the fixes stick, you have to commit to making some life changes or you will fail again and again.

To successfully lose fat after forty you need to understand the changes that have taken place on the planet that have created a toxic environment, and why and how these changes are affecting all of us. To unravel the solution to permanent weight loss that is unique to your age, you must understand that imbalanced hormones and chemicals play a huge part in the equation. *Huge!* Your age is a factor. You have been around long enough for the toxic buildup to have become a burden that you are constantly carrying in your body. This buildup creates a toxic load, and everything in your life is now affected by it.

With each of my books our collective knowledge grows, new elements about health reveal themselves, science makes more breakthroughs, and I get excited about sharing it all with you. *Sexy Forever* collects all that is current to give you updated information on permanent weight loss. I still follow all the tenets of weight loss that I have prescribed in past books, but now we are moving several steps farther in our ongoing education of how to stay thin, healthy, and happy. My new plan recognizes the changes in the planet that are affecting everyone.

Sexy Forever addresses why it is that you can't, or aren't, losing weight even though you are dieting. What exactly is wrong? Why is what you're doing no longer working for you?

We must accept that the world has changed. Toxicity is slowly killing us and these new changes in the environment, as well as our food supply and everyday stress, which is at an all-time high, are the reasons we've hit a wall not only in our wellness, but also in trying to lose weight. Now is the time to readjust how we handle these changes. The toxicity is not going away. But this book will show you how to live with it and not let it capsize your health and your weight.

Your grandparents had less stress, ate cleaner food, and their chemical exposure was nearly unheard of. Yet, as more and more of us were introduced to chemicals, we got sicker and fatter. Less than a hundred years ago "the big three"—cancer, heart disease, and diabetes—were relatively rare. Extreme obesity was reserved for the occasional circus performer. Why?

Something has to change. Sixty million people in America are obese! More than 9 million of them are ages six to nineteen years old. Our being overweight isn't solely attributable to the amount of food we are consuming. In fact, friends of mine who have serious weight problems appear to eat less than anyone else. They certainly eat less than I do. I have a very hearty appetite and I am able to maintain near perfect weight for my body composition.

It's not just how much you are eating that is causing you problems, it is also *what* you are eating that is important.

Look at our children's diet. Our kids eat pizza for breakfast in elementary school! Worse yet, for lunch it's macaroni and cheese, a white-flour roll, and apple juice. Let's examine the foods offered to these children:

Pizza: trans fats, chemicals, white flour, and sugar (no nutrition)

Pepperoni: nitrates and chemicals (toxic)

Macaroni: white flour (no nutrition)

Cheese: from a macaroni package, man-made chemicals (toxic)

Apple juice: no fiber plus pesticides and added sugar (toxic)

This is not food! This is a nutrient-zero meal loaded with chemicals! How can we expect meals like these to build strong bodies and brains in our children? And the double jeopardy is setting them up for a lifetime of poor dietary choices. So much for a healthy diet! This is a disastrous diet, and these poor eating habits continue into adulthood, because these are the foods you grew up eating and they now have become your comfort foods.

Tragically, this is normal eating for Americans. As a people, we are fatter than any other country, and as my friend Dr. Burton Goldberg says:

“We are starving to death in the land of plenty!”

You aren't getting nutrition because of your toxic burden, and toxins are everywhere: in our food, water, household cleaners, and skin and hair care products. Ever wonder why you have chronic headaches, asthma, allergies, brain fog, fatigue, memory problems, depression, chronic pain, infections, and gut problems? I'm going to say this over and over in these pages. We are unknowingly filling our bodies with toxins that have burdened us, and sometimes these conditions are the body's way of screaming for help. It's not normal to have headaches or pain, or sinus or allergies or gut problems. These are signals to do something—and fast—because we are slowly killing ourselves. It's that important and that drastic. I am not shaking my finger at anyone here. It's not your fault. This situation has evolved, but the consequences are severe. And this book provides a clear alternative. *Stay with me.* Don't get overwhelmed. The solutions are coming.

The Iroquois Indians made decisions based on what impact they would have seven generations later. Ask yourself these questions: What do you think our country's present habits of eating poor-quality chemical-laden

food will mean to our families in seven generations? Do you foresee perfect health? Do you see trim, toned bodies? Or do you see a lot of cancer, wheelchairs, obesity, mental disorders, Alzheimer's, heart disease, heart attacks, and chronic unrelenting diabetes? Perhaps you also see a loss of creativity and a dampening of the human spirit.

Some doctors are saying that the next generation will be sterile. Now whether or not you believe this will come to pass, you can at least see the possibilities from the effects of toxicity. It's no joke. It's serious and your weight is a language; a wake-up call from your body saying, "Do something *now!*"

It feels overwhelming: eliminate all the chemicals, eat real food. You wonder what is left for you to eat. How are you going to do this? Some people get very depressed when they learn of the toxic soup in which we live. *Stay with me.* Don't let it bring you down! Use this knowledge to make the changes where you can. Every little bit helps. I am extreme in attempting to remove toxins from my life and I know I am still surrounded. Do your best, but don't become overwhelmed and put on blinders to this reality you are about to discover. It's never been more important to educate yourself in order to rectify these environmental and age-related issues. If you don't start making changes now, the deterioration will begin. The longer you wait, the more difficult the job . . . but it's never impossible.

I am going to take you step-by-step through this process and show you the way. I have access to incredible doctors and experts who have shared their knowledge with me and I will now share it with you. You create your own course—and you would not have picked up this book unless you see yourself successful, healthy, and thin. When did it all change?

Food used to be more nutritious than it is today. The environment was cleaner. People exercised more each day just living their everyday lives. They didn't sit at their computers all day long. When it came to food, organic wasn't even a term. All food was organic. It wasn't until around the late 1950s when we began to liberally use poison sprays on our food that it became necessary to label food organic. Think how differently we'd react if they called food what it really has become: poisoned or not poisoned!

Which would you choose? Think about the craziness of the concept . . . who decided it was a good idea to put poison on our food or spray chemicals around our homes?

Our food supply used to be loaded with essential nutrients that are being depleted by modern-day agricultural methods. Nutrients that used to be in our natural food supply now need to be taken as supplements. Previously, we ate grass-fed beef with naturally occurring omega-3 fats. Today's corn-fed beef, on the other hand, is loaded with hormones, antibiotics, and of course excess omega-6 fats from the corn feed.

COMING CLEAN

In *Sexy Forever* you will learn that detoxing (cleaning out the body of chemicals and toxins) will speed-dial in weight loss. The pounds are going to fall off while you sit back and enjoy eating healthy, delicious food. Losing weight is truly not so much about portion control (although once you've "cleaned house" and your body is receiving its nutritional requirements, you really won't crave as much food anymore). You will be fully satisfied with the right amounts of food when the food you are taking in is nutritious. A toxic body is not only extremely unhealthy, but also has a slowed metabolism. A toxic body will cause you to get fatter and fatter, while a cleansed one stays slim and, best of all, healthy.

GO WITH YOUR GUT

In this book I will be interviewing Brenda Watson, who is one of the foremost authorities on digestive health. Her specialties are healing the digestive system and saying goodbye to bloating and stomach discomfort. Understanding gut health is crucial to your well-being. Gastrointestinal (GI) disturbances are a primary cause of weight gain, and healing the gut removes yet another obstacle to your goal. You will learn the importance of probiotics and fiber as key secret weapons in weight loss. Fiber increases

the feeling of fullness, dampens hunger, and reduces caloric intake. You will also say goodbye to constipation, which plagues many adults and is an impediment to losing weight. Plus, you will learn about undetected food allergies or intolerances that may be keeping you bloated, puffy, overweight, or even chronically ill . . . and how a simple blood test can unravel these secrets and provide the easiest solution you could ever imagine to looking and feeling great.

THE BALANCING ACT

You can't lose weight if your hormones
aren't balanced.

Another key component to regaining your optimal weight and quality of life is to rebalance your hormones with natural bioidentical hormone replacement. You will hear from Dr. Jonathan Wright, the father of bioidentical hormones, and from Bill Faloon of Life Extension. They teach us that the balance of these important and vital hormones plays a significant role in determining not only your health, but also your weight. Why is it that when you were young and making a full complement of hormones you didn't battle weight as you do now?

It's your hormones!

Declining hormones create a cascade of bodily problems. Add to that the fact that stress further blunts hormone production and you get the picture.

The chemical exposure I have mentioned also blunts hormone production. And these factors lead to weight gain, accelerated aging, and poor health. Excess chemicals may also be the reason that hormones are

declining at younger and younger ages with imbalances starting in our late thirties and early forties becoming much more common. This has never happened before.

Imbalanced hormones are a perfect setup not only for weight gain, but also disease. It is unfortunate that our medical schools do such a poor job educating our future physicians in hormone replacement. So often what are simply signs of hormonal decline are treated as a new “condition” for which a pharmaceutical appears to be the only answer. This is how more and more drugs creep into our lives. It’s the middle-age dilemma affecting women *and* men. I have been replacing my declining hormones for fifteen years and every day is a good one. I am healthy, balanced, happy, and thin. My husband does it, too. It’s not difficult, and I will explain how to do it. Once you connect the dots and absorb all of this new information, losing weight will become a breeze and, best of all, permanent.

Losing weight permanently
requires a commitment to change.

Being Sexy Forever requires new knowledge, a shift in your thinking, plus a commitment to making some permanent changes in your lifestyle and dietary habits. You have to approach this next passage in life differently.

Let’s sum up what’s true about fighting fat after forty:

- The reason you are having difficulty is environmental toxicity, which creates a toxic burden on your body and a change in your personal chemical makeup.
- Toxicity causes nutritional deprivation. Your body craves more and more food, trying to get what it needs to thrive.
- Hormonal disturbances cause accelerated aging, poor health, physical deterioration, and weight gain.

This lethal triad makes traditional dieting useless. It's no longer about eating less, it's about being smart about all the things that go in—and on—your body. In fact, once you discover the solution offered by *Sexy Forever* and hear what doctors and professionals have to say, you will understand how to decrease your toxic burden, you will master your cravings, and you will learn to fuel your body in a way that eliminates addictive eating. Once you understand the devastating effects of chemicals on your health, you will minimize where you can, live green, and choose foods that satisfy. You won't be left feeling hungry, and you will be thin and energetic.

Balancing your hormones will put you in a good mood, you will feel sexual once more, your brain will be sharp, your bones will be strong, and you can expect a blissful, deep sleep each night. I know this because after I made the simple changes I recommend in this book I was able to resolve a weight stall that had puzzled me. You, too, can discover which foods are causing problems and are an obstacle to weight loss and which foods will help instead of hurt. You will learn the benefits of herbs and spices that have antioxidant effects and help in eliminating the buildup of toxins that are causing the food cravings. Your meals will be absolutely scrumptious, and once you adapt to these changes you will be amazed that while you are on your way to being thin, sexy, and fabulous you will also be eating the greatest-tasting food of your life.

With the concepts of *Sexy Forever* you are going to make your insides young; and your healthy organs and glands will be operating at optimal levels. The effects created by these changes will make you youthful, healthy, and energetic naturally without any drugs.

The assault on our bodies from stress, aging, and toxicity is rectifiable. Hormonal imbalance raises insulin (the fat-storing hormone) levels and you get fatter. Toxins accumulate in the fat, requiring more and more fat to store them, depending on your particular personal makeup. Put the two elements together and you realize why, when you are eating only salads, you are getting fatter and fatter.

No more. You are about to begin a journey that will change your life.

Sexy Forever is not a diet. It's a new program for lifelong health and

slimness. Diets don't work. Food is not the enemy. *Sexy Forever* offers a plan that clearly explains what you need to do and all you need to know.

PART I: WHAT'S MAKING — AND KEEPING — US FAT?

This section explains toxic buildup. Chemicals here, there, and everywhere are slowly causing more and more damage to you and it's insidious. It happens slowly, often without any of us really noticing. Little by little, it eats away at our once perfect health. It gets stored in the fat and is ready and waiting to attack when free-radical damage overwhelms your healthy cells and the immune system is compromised from an outside assault. Now you're in trouble.

When you ask yourself, *Why are we so sick and why are we all so fat?* I can only answer with another question: *Why wouldn't we be sick and fat?* Look at what we are doing to ourselves. What are we thinking? It took me some time to connect the dots, to really understand the devastating effects of toxins in our environment and poisons on our food. *Stay with me.* I will show you solutions to these problems so you can live a clean, healthy, long life with a slim body.

PART II: GOODBYE FAT, HELLO SEXY

This section provides an all-access pass to revered doctors, experts, and nutritionists who uncover obstacles that could be in your way.

You'll learn

- How to lessen toxic levels in your food and home; the importance of organic food, household cleaners, and skin care products (plus, how to manage if you can't afford organic).
- Balancing your hormones for health, wellness, sleep, sexuality, and weight loss.

- Digestive health—how you must heal your gut and uncover hidden allergies to have success losing weight.
- Exercise—you know me, I like it fast and easy. You can do this!
- Supplements—expert recommendations on what to take for health and weight loss.

PART III: THE EATING PLAN AND RECIPES

In this section we put the Sexy Forever weight loss plan into action. When it comes to food, the array you'll have available is vast and delicious. Real food is exciting. I don't eat boring food. My cooking is founded in Tuscan and country French, so I love a good wine reduction sauce or slow-cooked protein. The food choices and recipes I give you will be the best of your life. You can win this battle. It requires commitment, but it does not mean you are going to have to eat boring, portion-controlled meals. Ask any of my friends and they will tell you my food is fabulous (she says modestly). A few simple changes starting today will allow you to achieve your ideal body composition and stay that way. . . . deliciously.

You'll find

- The Detox Phase—the first thirty days designed to release the toxic burden and blast off those first pounds.
- Level 1 Weight Loss Phase—where you'll adopt a plan to enjoy incredible meals while you chisel down to your goal weight with your supercharged metabolism.
- Level 2 Lifestyle Phase—the maintenance plan where you learn to stay Sexy Forever!
- Jump-Start Your Success—outlining the most cutting-edge natural tools and products to make every step of the plan faster, easier, and more convenient. (I promise not to use the word *miracle*.)

- Recipes—delicious, all-new recipes, with menus for fabulous eating every day.

It's all here for you and yours for the taking. *Sexy Forever* is the answer to staying thin and healthy forever. Food is about to become your friend: delicious, fabulous, nutritious, incredible food! Get ready. Your life is about to transform. I will be with you every step of the way with additional support and resources at my online companion to this book SexyForeverPlan.com/book. *Stay with me* and imagine you . . . *Sexy Forever!*

PART I

What's Making — and
Keeping — Us Fat?





THE TOXIC CONNECTION: THE HEART OF THE PROBLEM

For the first time in the history of the world, every human being is now subjected to contact with dangerous chemicals, from the moment of conception until death.

—RACHEL CARSON, *SILENT SPRING*



EXPERTS WEIGH IN: WHAT ARE YOU UNKNOWINGLY TAKING IN?

Most of us are aware of toxins to which we are exposed in our food, water, and air; however, we are also surrounded by hidden ones. I asked Brenda Watson, author of *The Detox Strategy*, where else we are unknowingly taking them in. Her answer will shock you.

Let's begin with your bed. There are several ingredients that your body absorbs while you sleep, including toluene, a chemical linked to birth defects and emitted from the polyurethane foam that makes your bed so comfy, and perfluorooctanoic acid, a chemical that makes fabrics stain resistant but which is a hormone disruptor linked to ADHD in children. Then there are fire-retardant chemicals, some linked to learning

disabilities and thyroid dysfunction, and some, like antimony, linked to heart and lung problems. As of July 1, 2007, all mattresses manufactured or imported into the United States must be treated with these fire-retardant chemicals. How about your carpet? Most likely it is synthetic and full of these same stain- and fire-resistant chemicals. When you brush your teeth, you know that warning label that says to keep your toothpaste out of reach of children under the age of six? Well, this label exists because your toothpaste exposes you to sodium fluoride, which is linked to enzyme disruption and thyroid problems. Also in your toothpaste may be sodium lauryl sulfate, which is linked to organ and reproductive toxicity, and triclosan, an antibacterial agent that's registered as a pesticide with the EPA and is linked to organ toxicity and possibly cancer. Most mouthwash contains formaldehyde and ammonia, several flavoring and coloring chemicals, as well as some chemicals that have leached from the plastic in the bottle. It's a huge problem, and difficult to minimize.

Depending on the type of shampoo and soaps you are using, you expose yourself to coloring agents, dyes, artificial preservatives, and propylene glycol, a suspected carcinogen. Most antiperspirants contain aluminum zirconium, which is toxic to the nervous and reproductive systems; a chemical called BHT, believed to be a hormone disruptor and neurotoxin; other chemicals that give the products their distinctive smell; and then there is more of that propylene glycol, linked to irritation and immune system toxicity.

If you dry-clean your clothes, you're exposed to a plethora of chemicals, including perchloroethylene (PCE), a chemical believed to be capable of causing cancer, especially in the liver and kidneys. It is also shown to affect developing fetuses. Even if you don't get your clothes dry-cleaned, what about synthetic fibers in your clothing (think polyester), which may be giving off small molecules of plasticizer fumes?

It goes on and on. It's in your makeup, cosmetics, hair spray (its ingredients can affect your nervous, reproductive, and immune systems), hair gel, mousse, and cream conditioner, which are equally toxic.

How did it get like this? How did our beautiful planet become so contaminated? Our waters no longer run clean, our precious air is polluted, and oil has gushed into the Gulf of Mexico, contaminating our shores and our seafood. Chemicals are everywhere—in our homes, in our offices, in our gardens, and most unfortunately, in our bodies. And this toxicity is making us very unhealthy and very fat.

Remember this: you must be healthy to lose weight!

First, let's examine what the word *toxin* means. A toxin is a poisonous substance; it's taken from the Greek word *toxikon*, which means "arrow poison."

For our purposes, there are two types of toxins: environmental and internal. *Environmental* toxins include household chemicals, industrial pollutants, food additives, and pesticides. *Internal* toxins consist of waste products created by normal metabolic processes within the body. These toxins are produced as a result of our digestive system breaking down proteins, carbohydrates, and fats.

We are bombarded with external toxins: car exhaust, paint fumes, industrial solvents, plasticizers, household cleaning products. Every breath we take is laden with tiny amounts of pollutants and poisons. I was hugging my little granddaughter the other day and I said, "You always smell so clean and fresh," but then I realized her clean clothes smelled like the laundry detergent and fabric softener her mom used, the same ones I had been using for so many years.

I used to spray my house with aerosol room fresheners and clean with foaming chemical cleansers; I used hair spray and tanning lotions and cosmetics laden with chemicals. We have all grown accustomed to the daily conveniences of modern life, but we don't make the connection between these and our unexplained weight gain and ailments. How about that new-car smell? You got it—it's a chemical. And it's making you fat.

Kids are now born with this crazy toxic burden, which is a tragedy. The researchers at the Environmental Working Group (EWG) examined the cord blood, which circulates between a baby and its mother's placenta, of infants born in U.S. hospitals to study how many toxins are passed on. The results were startling: the EWG found that newborns begin their

lives with exposure to as many as 287 of the 413 toxic chemicals being studied. A range of between 154 and 231 toxins were found per baby, and 101 toxins were found in all of the babies. The 287 toxins included 180 chemical compounds that have been shown to cause cancer in either animals or humans.

Once we're born, we go on to accumulate tiny traces of poison every day. We have pollutants in the air we breathe both indoors and out, our food, our water, our soil, our backyards and gardens. Ever wonder how come you never see a bug in a grocery store? Ever wonder why you don't see insects or rodents in hotels, even with all the room service trays left around? Hmmmm . . . must be the chemical spray. Yes, supermarkets, hotels, and most places of business are routinely sprayed with pesticides, so that we never have to endure the sight of those little critters. But at what cost to our health?

We spray weedkillers like Round-Up as if they were some miracle. According to Dr. Russell Blaylock, renowned neuroscientist and one of my dear friends, "The 'miracle' is that there is an 800 percent increased risk of multiple myeloma [a cancer of the white blood cells] connected with users of Round-Up." In Los Angeles, Department of Recreation and Parks trucks proudly state on the sides, "We use Round-Up!" They are spraying it everywhere, and we are breathing it, walking through it, sitting on green lawns covered in it, playing in it, and worst of all, contaminating our food with it.

According to Brenda Watson in her book *The Detox Strategy*, "Our diets and health are unfortunately largely controlled by three giant sectors and driving forces of the economy: food and agricultural corporations, including processed food giants; pharmaceutical companies; and the chemical and manufacturing industry, which aims to create unnaturally occurring products that may be superior in some ways to naturally occurring ones, yet incredibly harmful to humans in other ways. Because these three sectors are huge economic generators we are led to believe their activities are okay, that processed and chemically altered or modified foods and agriculture, as well as chemically engineered goods and drugs, are actu-

ally better than what nature would provide. But this is far from the truth. They may be better in the sense that they make our lives easier, but the cost is exposure to potentially harmful substances.”

There are many of us saying the same thing. We are noticing what has happened. We are noticing that business is in control of our environment, our food, and our health. But the majority of the population is in a fog. In this case, ignorance is not bliss. And wearing blinders to the dangers of toxicity is to invite disease, obesity, and a shortened life.

Let's talk about some of the areas where ignorance is leading us to dangerous grounds. Take fluoride. How did its widespread use come about? Fluoride is a huge problem for humans despite what the American Dental Association (ADA) has to say about it. It's crucial to install reverse osmosis filters on all your faucets, including in showers and bathtubs, for protection, but fluoride eats away at the filters, so they must be changed every three months. If fluoride does that to a filter in three months, imagine what it is doing inside your body! According to Dr. Russell Blaylock, “You have to understand it's all a payoff system. Fluoride is a waste product. Communities keep trying to refuse it, and they come back every year and try again. They offer cities contracts, government contracts, and dangle the possibility that they are going to do a big project if this community agrees to fluoridate the water supply.

“Fluoride is one of the most poisonous substances on earth. It tends to accumulate in the body, particularly in the bones, thyroid gland, and brain. It lowers IQ. It's associated with Down syndrome, and it triggers toxicity in the human body. But the people who are promoting it (primarily the government and the ADA) have so much influence through the media that you really can't get the truth out. People are just not aware how enormously toxic fluoride is, particularly when combined with

aluminum. When you mix them together, which is what happens in drinking water, they combine chemically and form a substance that acts as a false transmitter for what are called G protein receptors in brain cells, as well as other cells, and wreaks all kinds of havoc. We also find that some tumor cells have these G-type receptors, some of which are glutamate (chemical) receptors, and that fluoride activates them.” So this connects to the findings that fluoride increases cancer growth and cancer mortality. Plus, its toxicity to your body makes you fat. Imagine—you can get fat from your drinking water.

PCBs (polychlorinated biphenyls) are another major source of our toxic burden and need to be eliminated from our bodies. PCBs are highly toxic chemicals found in adults and also in the cord blood of newborns! PCBs were originally manufactured for use as coolants in electrical transformers, and then they went on to serve many other industrial uses. Because they were found to be so toxic and dangerous to our health, PCBs have been banned worldwide since the 1970s. Yet they are so persistent in the environment that they are still found in fish, animals, and people. For example, they are found in cattle feed, which then makes its way into the cow, then into the milk and meat, and ultimately into human stomachs.

Stay with me. Solutions are on the way, but having knowledge is vital!

In global samplings of butter, the highest levels of PCBs have been found in butter made in Europe and North America.

WHAT ABOUT PLASTICS?

For the sake of convenience we have enjoyed the ease and convenience of nonstick pots and pans, and we have untold ways of using plastic in the kitchen, from soft sandwich bags to hard storage containers and bottles.

These conveniences make modern life much easier than it once was, but again, at what cost to our health?

Bisphenol A (BPA) is an ingredient used to make a wide variety of plastic goods and to line metal food and drink cans (that's why those canned products slip so easily out of the can). The convenience is hardly worth this toxin, which is associated with birth defects of the male and female reproductive systems. What is troubling is that BPA is unregulated, allowed in unlimited amounts in consumer products, drinking water, and food.

Our Teflon-coated pots and pans have been touted as the nonstick miracle, but unfortunately the toxins from Teflon stay forever in the environment and in your body. When Teflon is heated, the chemicals emitted into the air will kill some birds if they are in the same room. What do you suppose this off-gassing is doing to us?

Aluminum also has been linked to Alzheimer's, as it is a powerful neurotoxin that damages brain cells. Yet it is found in a number of our everyday products, including the vaccines given regularly to children. Almost all water and food contain some form of aluminum, as it is used by municipal water supplies as a flocculating agent to remove dirt. It is also widely used in food processing, foil and utensils, antiperspirants, paints, cosmetics, and baking powders as well as over-the-counter painkillers, anti-inflammatory drugs, antacids, and douche preparations (ouch!).

Look in your kitchen right now and see how many of these products you use on a daily basis. You will start to see the enormous size of the toxic burden we are all carrying in our bodies, residing in our fat. Think of your most-stuffed storage closet. What do you do when you can't fit any more in it? You enlarge the closet to hold all the contents. That's what is happening to you. The more toxins you take in, the more fat is required to store them.

TOXIC OVERLOAD

A little knowledge (which is what we call ignorance) is, in fact, a dangerous thing. Almost everyone, at least in the industrialized world, knows that drinking water from a filthy pond or polluted lake can cause life-threatening diarrhea, but still only a few realize that holding on to resentment, anger, and fear, or eating fast foods, chemical additives, and artificial sweeteners, is no less dangerous than drinking polluted water; it may just take a little longer to kill a person than a tiny amoeba can.

—ANDREAS MORITZ

Major ailments are now so commonplace that we pay little attention to how widespread they have become: asthma, diabetes, fibromyalgia, infertility, Parkinson's disease, bone cancer, leukemia, and lymphoma, as well as autoimmune diseases such as lupus, rheumatoid arthritis, and Hashimoto's thyroiditis.

Toxin-induced sicknesses are growing like weeds. Yet we haven't connected the dots. Toxins make us fat and make us sick, and are the missing piece to the puzzle of why we can't lose weight and why we feel so lousy. Where is the tipping point? What chemical, what fume, what pesticide, what toxin is the one that puts you over the top?

Obesity rates have more than doubled in the past thirty years. Doesn't it raise the question of why? Toxins make you fat. It's that simple, and that complex. Here's why.

Mitochondria are the little powerhouses inside every living cell in your body. They provide power for your cells by creating energy from fats and sugars, thereby driving your metabolism and fueling your whole body.

When toxins enter your body the buildup damages the mitochondria, your cellular power plants, so they no longer work effectively. As a result,



fats and sugars that aren't being burned for fuel pile up all over the body in the form of extra pounds. Also, without the mitochondria working optimally, you lose your physical energy. You see it every day—middle-aged people who are out of gas, have no energy, always feel sluggish. Is that you? If so, you probably don't have the energy to exercise, and this fatigue causes food cravings, usually for sugar and carbohydrates. So now there's a domino effect—but you are the one getting knocked down, while you get fatter and fatter.

Every one of us is living in a toxic world.

We are under the greatest environmental assault in the history of mankind. Toxins are everywhere; they're in our homes, our offices, the air we breathe, the water we drink, the food we consume, the cosmetics and creams we put on our bodies. Just by living in this day and age we build up a toxic load. These toxins move throughout the bloodstream alongside the nutrients, the oxygen and other essentials, our bodies need. These man-made chemicals, originally designed to help us live better lives, were never intended to be inside of us. At some point these toxins reach critical mass in our bodies, and then we're in trouble. What microwaved food covered in plastic, or diet soda, or trans-fat-laden fast-food burger, or pesticide will be the tipping point to toxic overload and an entrée to disease and obesity?

BEAST OF BURDEN

Americans' average toxic burden is higher than it's ever been. And the obesity rate in this country is off the charts. So connect the dots. It's not a coincidence. Scientific studies show a strong correlation between levels of toxic burden, higher body weight, and the risk of diabetes.

Yet not all people who carry a toxic burden are fat. Some people are



better at fighting back, but this toxic load will surface in ways other than obesity: fatigue, autoimmune diseases such as lupus or fibromyalgia, cancer, allergies, and food intolerances to wheat, gluten, dairy, and sugar.

Toxic overload comes on slowly, one day at a time, one year at a time, with the symptoms creeping up and getting worse and worse. It starts with relatively benign things like exhaustion, and then more serious conditions erupt such as asthma, gut disturbances, food intolerances, depression, arthritis, heart disease, cancer, Parkinson's, and diabetes. These are all terrible conditions and diseases that are debilitating to the human body.

NOWHERE TO RUN

No matter how the toxins get into our bodies, whether through the lungs, stomach, or skin, they all meet the liver at some point and from there get sent to the kidneys and colon for elimination, become trapped in bones, muscles, tissues, or other organs, or they get locked in the liver itself, *or* they get stored away in fat cells!

The fact that many toxins get trapped in fat cells deserves special attention. Fat cells don't get broken down easily, so the toxins literally weigh the body down. If you carry excess fat, burning up that fat releases toxins into the bloodstream for proper removal. As toxins accumulate, they act in unsuspected ways. You begin to experience health problems like allergies, colds, migraines, and infertility, or major diseases like breast cancer and dementia.

Avoiding fat-soluble toxins sounds like a solution, but it is very difficult to do. We are constantly exposed to fat-soluble toxic chemicals used as solvents, glues, paints, or cleaning products. Toluene and benzene are solvents (meaning they are capable of dissolving other substances) that we typically encounter in daily life when we pump gas, shop for clothes, buy a new car, or pick up the dry cleaning.

These fat-soluble chemicals collect in the fatty tissues of the body rather than being excreted quickly. They are particularly damaging to people who are deficient in nutrients called essential fatty acids, because

a body deprived of essential fats is a body that will grab on to most any oily substances, even toxic substances like diesel fuel! These compounds can cause liver and kidney damage as well as skin irritation. This information is depressing, right? I know I sound like doom and gloom in contrast to my usual optimistic self. Stay with me. Solutions are coming, but first, know thy enemy.

It is clear that daily exposure to toxins makes us ill. Some people will develop conditions sooner than others, but if you do not change your diet and lifestyle, toxicity will most likely affect you at some point. But there is another dimension to the definition of what is a toxin that is frequently overlooked. And substances you wouldn't normally view as toxic or poisonous absolutely can be: pharmaceutical drugs, excessive caffeine, even alcohol. I point this out so you don't deceive yourself that things like over-the-counter painkillers and tequila are good for you. They are instead toxic to our system; they are foreign substances to the body, especially your liver, which has to process all of them. A cup of coffee a day and the occasional glass of red wine or tequila shooter can be handled by the body *if* the toxic burden you are carrying is under control. We are going to learn how to reduce this burden on your body so that these pleasures can be enjoyed.

DETOX FOR HEALTH

Detoxification is a constant bodily process. We are continually eliminating toxins through our digestive, urinary, skin, circulatory, respiratory, and lymphatic systems. Nature is wondrous and has thought it all out for us. These systems are brilliant, but sad to say, these marvelous systems are being taxed to the point of near uselessness by the chemical onslaught of today's world. We regularly consume poor-quality food contaminated by pesticides and animal proteins that have been injected with chemicals such as antibiotics and growth hormones. As a result, people today are sick and fat, with detoxification systems that just are not able to cope.

The word *detoxification* also relates to the treatments employed to help

support the function of these natural detoxification channels. In this sense detoxification is about taking an active role in stimulating your body's innate ability to cleanse itself.

Most people think of colon cleansing as the only way to detoxify, but this is a very narrow view. Detoxing is not about taking a laxative and going on with your poor diet and lifestyle habits. It's about doing internal cleanses on a regular basis, changing your diet to healthy, nonpoisonous (organic) food, using fresh herbs and spices as natural antioxidants, and switching out household cleaners to green nontoxic ones. The more you reduce your toxic burden, the faster you will experience improved health and a thinner body. Toxins are very difficult to eliminate, and you have to make a concerted effort to reduce your personal toxic burden if you are to have true hope for success.

WHY A HEALTHY LIVER IS KEY TO LOSING WEIGHT

Body fat accumulation, especially around the midsection, suggests that your liver is not functioning as efficiently as it could. Detoxification is the way to a healthy liver—and a slim waistline.

When your liver works efficiently, it's much easier to lose weight. If your liver gets overloaded, increased levels of toxins will be circulating in your blood, and those toxins can damage your organs and glands and interfere with their ability to function properly. Toxicity confuses your body and creates poor health. As a result, you cannot metabolize well, you will have no energy, you will not absorb nutrients essential to life, and you won't be able to fight disease. If your liver is sluggish and bile production is insufficient, instead of breaking down fat and processing it your liver stores it away, usually in a big spare tire around your middle. Constant stress on the liver interferes with both bile production and detoxification, leading to stress, fatigue, weight gain, and toxic buildup inside your body.

So what puts extra stress on your liver and interferes with your liver's ability to efficiently detoxify? Here is a list of just a few of the most common culprits:

- Sugar and artificial sweeteners.
- Trans-fatty acids (found in partially hydrogenated oils). Partial hydrogenation of vegetable oil is a process that turns healthy oils into essentially “plastic” oil and creates killer trans-fatty acids.
- Most over-the-counter pain relievers and practically all prescription drugs, including blood pressure medications and cholesterol-lowering drugs.
- Regular alcohol consumption. Two servings (preferably of red wine) a couple of times a week is fine; more than that becomes toxic to your system. Look for organic wine as a best choice, sold at stores like Whole Foods.
- Constipation. If the colon is backed up, the liver dumps the toxins into the cells and the toxins build up in the body. Regular colonics, enemas, or coffee enemas are good ways of irrigating the colon and cleaning out constipation.

Therefore, if during any given day you put artificial sweetener in your coffee, eat at a fast-food restaurant, take an Advil, pop down your daily Lipitor prescription, and are constipated from toxins and lack of exercise, then accept that you have totally messed with the natural function of your liver, your vital detoxification organ. Most Americans are doing this on a daily basis. And we wonder why we are sick and fat!

When you couple your toxic burden with hormonal imbalance, the combination is a setup for weight gain and disease.

If you are overweight, you are not healthy. If you are
not hormonally balanced, you are not healthy.

If you consume, live with, breathe, or bathe in chemicals, you are not healthy, and that pretty much includes everyone on the planet. Not to worry. I have a plan for detoxing and losing weight.

WHAT ARE WE EATING?



Food is now nothing more than plastic for people's mouth entertainment.

—DR. STEVEN NELSON

Family meals are a ritual of the past. Now instead, children graze or forage; but unlike previous hunter gatherers, they do not come up against a scarcity of food, but rather a surfeit of it. Nothing is easier for them than to overindulge, and the appetite grows with the feeding. Their tastes never develop beyond the most instantly gratifying types of food; sugary and fatty, and they eat like children for the rest of their lives.

—WALL STREET JOURNAL

We now know that chemicals are everywhere and that they are insidious. The toxic load they put on the body is awful, but there is another reason they impede weight loss. Here it is: our bodies crave nutrients, yet we eat foods and so-called diet foods that have no real nutritional value. This

leaves us craving more and more of this bad food, and as a result we eat more and more chemicals and more and more preservatives. We ignorantly consume genetically modified foods, not realizing that these foods are void of nutrition and can lead to weight gain and disease.

No one knows the long-term dangers
of these new engineered foods.

Why do we keep trying to outthink Mother Nature?

Look at corn and soy. They are some of the top genetically modified crops. You think you're choosing a healthy alternative, but you're not. All genetically modified (GM) soy contains fat, which is a great carrier of toxins. A high soy intake has been linked with lower thyroid function, so if you are switching to soy products for health and weight loss, it could actually be working against you.

Before we go further, it might help to know what I mean by genetically modified foods. These are foods that have been genetically altered to withstand spraying with pesticides or to introduce other new characteristics. In modifying the seed, we don't know what other effects might result. Might the modification produce new toxins? Trigger allergies? Increase antibiotic resistance? In a recent study of rats fed a diet exclusively of genetically modified foods, all the rats developed organ damage, and many died.

In the movie *Food Inc.*, writer Michael Pollan says, "The way we eat has changed more in the last fifty years than in the previous ten thousand. You go into the supermarket and you see pictures of farmers, the picket fence, the silo, the thirties farmhouse, and the green grass. It's the spinning of this pastoral fantasy. The American supermarket has on average forty-seven thousand products. There are no seasons in the American supermarket. Now there are tomatoes all year round, grown halfway around the world, sprayed with pesticides, picked when they were green, and rip-

ened with ethylene gas.” It’s the same with strawberries, bananas . . . and the list goes on and on.

This is just the beginning. Until recently we just didn’t think about things like pesticides and ethylene gas. How are these new chemicals affecting our health? We are now engineering our foods so that they don’t go bad in the refrigerator or become rancid as quickly. But at what price to us?

Corn is the main ingredient in feed for chicken, hogs, and cattle. It’s cheap. In the United States today, 30 percent of our agricultural land base is being planted with corn, largely driven by government policy. High-fructose corn syrup (HFCS) can be found in virtually everything, and since its introduction in the 1950s, it has been one of the main contributors to the incredible rise in diabetes here.

More smoke and mirrors:
The food industry is trying to change
high-fructose corn syrup’s name to “corn sugar.”
Be on the lookout; it’s the same bad stuff.

According to Pollan, “Corn is the great raw material. You get that big fat kernel of starch and break it down and reassemble it.” This is how they make high-fructose corn syrup; it is also where we get maltodextrin, diglycerides, and many of the other unpronounceable ingredients in processed food that we’ve become so used to seeing. They are now part of everyday life. We have to understand how widespread this is to grasp the profound effect chemicals are having on our health and the rise in obesity.

When you go to a supermarket, what looks like a cornucopia of choice is not. There is an illusion of diversity, but actually there are only a few large companies involved, and so much of our industrial food turns out to be clever rearrangements of corn.

Corn has conquered the world in a lot of ways. It is a remarkable plant,

and land that used to produce 20 bushels of corn an acre can now produce 200 bushels an acre, which is an astonishing achievement for breeders (I wouldn't call them farmers any longer). Chemical fertilizers also deserve credit, as do pesticides.

But again I ask: at what cost to us is this remarkable achievement? Disease and obesity are at all-time highs. A diet of high-fructose corn syrup and refined carbohydrates leads to spikes of insulin and gradually a wearing down of the system by which our body metabolizes sugar.

We're now even feeding corn to fish. Whether we are eating farmed tilapia or salmon, we're eating corn. Think about it—we are teaching fish to eat corn, and cattle have been retrained to go against their natural evolutionary inclinations to eat grass. Now we are feeding them corn to fatten them up cheaply. Yes, corn is high in starch and is fattening—*very fattening*—and our protein is being fed a diet of it. Then we are eating that animal, which fattens *us* up. Add to that the numerous products we all have on our pantry shelves loaded with corn derivatives, and you get the picture.

The industrial food system is always looking for greater efficiency, but many new steps in efficiency lead to problems. One result: feed corn to cattle and the dangerous *E. coli* O157:h7 bacterium hits the world stage. How does this happen? It's their new diet of corn, which is not natural for cattle, giving them infections and making them less healthy (and since they are not getting the proper nutrients, we don't either). Combine that with the overuse of antibiotics and the filth in feedlots where cattle stand ankle deep in their manure all day long, and it's a recipe for disaster. When these feces-covered cattle are sent to the slaughterhouse, they are thrown on top of each other, and contaminated meat gets mixed up with noncontaminated meat. That's how *E. coli* gets into our meat supply. Remember the poor little boy who died from *E. coli*-tainted meat from a Jack in the Box? This is the meat that ends up in fast-food restaurants, the food of choice for the majority of Americans.

Gone are the pastures with cows lazily grazing on natural green grass. Recently I drove up Highway 101 from southern California to Big Sur

for one of my favorite vacations, a stay at the Post Ranch Inn. Along the way I was pleased and delighted to see gently rolling hills covered with beautiful green grass, where brown and white cows were happily grazing. In describing this pastoral scene to a supplier I work with, I proudly pointed out that I had been touched by this beautiful scene. What she said shocked me: “I know it looks perfect, but regrettably, this is not the end stage; this is just a temporary stop on their way to the feedlots. Most all American cows are sent to the feedlots, and once they get there, they are all shoved together with no room to move. Then they are force-fed corn to fatten them up. There’s more money in fat cows. It’s pretty difficult to find grass-fed cows in the United States anymore.”

Did you know that many countries ban American beef? According to CNN, Singapore, Malaysia, Taiwan, Japan, and South Korea have all banned U.S. beef imports at some time in the last decade.

Yet according to Michael Pollan, if you take cattle off their corn diet, within five days they will shed 80 percent of the dangerous strain of *E. coli* in their gut. But does the cattle industry do this? No. Instead they use ammonium hydroxide to try to kill it. Ammonia kills bacteria, but it doesn’t get to the root of the problem. The end result is more chemicals for us—plus the added bonus of more disease and more obesity.

Imagine.

We need nutrients for survival. To be healthy and thin, we need real food that has not been sprayed with poison or had its genes tinkered with. Unfortunately, genetically modified foods are not labeled as such in the United States. That is why organic food is the healthy choice—truly, the only real *food* choice.

Harmful foods have invaded our pantries without most of us ever realizing that by consuming them *we* are playing a huge part in contributing

to the epidemic of obesity and poor health. Think about the craziness of this. The world is on a low-fat craze, yet obesity, heart disease, diabetes, and cancer are at an all-time high! Obviously what we have been doing isn't working. Low-fat foods, diet foods, and foods laden with chemicals are not the answer.

The body operates on nutrients. They are essential to life and health. You can't be healthy if you are not getting the proper nutrients, which includes healthy oils. But things have gone so wrong in today's world, and these changes are tragic for us.

Food is nowhere near as nutritious and nutrient-dense as it used to be. For instance, take apples. According to the U.S. Department of Agriculture, apples today have fewer minerals than apples grown in 1990. That means you have to eat more apples to get the same nutritional value your grandparents received from eating just one! This is only one example. Our fruits and vegetables are now largely grown in mineral-depleted soil, so the nutrient content is dramatically reduced compared to before. Because of this, our bodies now require proper supplementation to get the needed minerals and vitamins.

Essential nutrients play a big role in everything about your health, including your ability to burn stored body fat and maintain a healthy weight. If you don't get enough of the essential vitamins and minerals to enable your organs and glands to function properly, your health will suffer. Weight gain and degenerative disease are connected; a lack of nutrients combined with the slowdown of our metabolisms creates hormonal imbalance and sets our bodies up for disease. Unfortunately, not much attention is paid to mineral deficiency in orthodox medicine. Yet replacement helps to speed up the weight loss process, with the bonus of better health.

DRINKING IN OUR FAT

News flash: Artificial sweeteners make you fat!

There is no such thing as “junk food,” only “junk diets”!

—DR. HELEN A. GUTHRIE

Ever wonder why people who walk around all day drinking diet sodas are not thin? The average diet soda addict drinks anywhere from a six-pack to a case of diet soda *daily*. Because diet sodas are made from chemicals, there are no nutrients for the body to extract, and this confuses the brain, whose job it is to look at all food as building blocks. When you drink diet soda, the brain finds nothing recognizable as nutrition to make healthy cells; as a result, the brain tries again and again to get fed, triggering cravings for more. When you are depleted because of toxicity, you tend to go for sugars and carbohydrates . . . or more diet sodas. This results in more and more chemicals and further activates cravings for foods that make you fat.

Diet sodas make you crave fattening foods.

I was appalled when the makers of soft drinks decided to oblige the First Lady’s campaign to end childhood obesity by banning sugared soft drinks from vending machines in schools. Why? Surely it’s great to get rid of the soda . . . except the sugared versions are being replaced by diet sodas! The chemicals in diet sodas have been directly linked to the worst kinds of brain tumors and are major contributors to obesity.

According to Dr. Russell Blaylock, “There is powerful evidence that MSG and other excitotoxic chemical food additives [such as the artificial

sweetener aspartame] induce extreme obesity that lasts a lifetime (it's related to a loss of leptin receptors in the hypothalamus). Recent studies have also shown that aspartame induces obesity in a number of people, probably for the same reason. The rise in childhood obesity is accompanied by a rise in metabolic syndrome, which is also produced by early life exposure to MSG and probably aspartame. Often forgotten is that soy contains high levels of glutamate and can trigger similar reactions as MSG. Because so many children have been exposed to high levels of MSG, as they age we see a large number of people from fifty on with uncontrollable obesity. The characteristic of this form of obesity is that it is very difficult to remove with dieting and is quite resistant to exercise. The astronomical rise in type 2 diabetes is in large part secondary to early MSG exposure, and when combined with the massive intake of HFCS [high-fructose corn syrup] and simple sugars, the rates go up even higher. Stopping the excitotoxin exposure is vital for ending obesity and for the sake of health for all people."

According to J. J. Virgin in *Six Weeks to Sleeveless and Sexy*, "In a recent study, rats were given sugar water and then rat food. They ate what they needed to maintain their weight. Then the same rats were given artificially sweetened water, and again they ate what they needed to maintain their weight. The problem arose when the rats went back to drinking the sugar water, as they could no longer correlate the degree of sweetness with the amount of calories, so they overate." When you eat sweet, you crave sweet. As this author points out, "If you are trying to retrain your taste buds to perceive a blueberry or an apple as delicious and sweet, it will be impossible to do so if you keep confusing your taste buds to think that artificially supersweetened jam is the level of sweetness that sets the bar." Again, not to worry. I will provide several natural sweetening solutions in the coming chapters.

In order for a product to be labeled
"artificial sweetener," it must contain chemicals—
stay away from them!

MYTH: TOXINS ARE HARMLESS IN SMALL AMOUNTS

At this point in your life, your body is weighed down by a toxic burden and cannot handle any more chemicals. Fresh organic food is the best place to start healing, and in eating it you feed the little powerhouses (mitochondria) that fuel your weight loss and every vital system in your body. Say goodbye to the chemicals and poisons you have unconsciously taken in until now.

Unfortunately, we will never again be able to live an existence that is devoid of chemicals and toxins unless we move to the most remote part of the globe and eliminate all modern conveniences and technologies from our lives, and even then acid rain and chemical-laden clouds would likely be passing overhead. But don't be overwhelmed. Simple changes add up, creating an internal environment predominantly made up of healthy cells rather than unhealthy cells. This new ratio will change your health, and as a result the pounds will drop away. Having a high ratio of healthy cells to malfunctioning cells is a key to beating the present unavoidable environmental assault. And it's key to staying Sexy Forever.

We can get fat because of overeating and lack of exercise, but in middle age we now know there's more to it. When we're overweight we feel fatigued, but this fatigue and the accompanying fat are, as we have established, a result of environmental toxins. It's the toxins that make it *impossible* for your body to absorb nutrients. When you don't absorb nutrients, your body is essentially starving, which makes you hungry for more and more food. But the body can't get what it needs because of this devastating toxic burden. This cycle will not stop without intervention, and as a result, you will gain more and more weight.

Without nutrients the body begins to decline in many ways. If you reduce your load of toxins, you will have more energy and fewer pounds of fat. When you start absorbing nutrients again, you won't crave poor-quality foods, and you will start gravitating to foods that have high nutritional content. The body is smart, but it can't help you out when

chemicals are blocking all entryways for nutrition. Imagine trying to run your car without gas.

But just getting rid of the fat doesn't get rid of the toxins. They are re-absorbed into your body and new fat *immediately* starts to collect. This is what creates the vicious cycle.

HELLO TV DINNERS, GOODBYE HEALTH

We need to retrain ourselves to eat as we were meant to eat. I believe one of the ways we got started on this path was with TV dinners. When I was a kid, I used to beg my mother to buy TV dinners. I thought they were a treat, but when you actually think about it, TV dinners are a form of poison. Let's just start with the aluminum trays, which we heated on high. (If you recall, you used to be able to taste the aluminum.) So right there you have a big dose of heavy metals, which have been linked to brain tumors, among many other things. The food itself was of poor quality and non-nutritious. The oils used were bad. And the most exciting part of the meal was the gooey, sugary, apple-y, chemical-y thing they called dessert.

TV dinners began our transition from real nutrition to toxic, chemical-filled food, and the obesity rate rose commensurately, as did rates of diabetes, heart disease, and cancer.

Don't be afraid of real food. If you want to stay Sexy Forever, first and most important, you must eat real food—in other words, foods that come from nature, not man-made foods, not fake foods, not any foods with chemicals.

BECOME AWARE OF FOOD ADDITIVES

You must also become informed about food additives. Harmful glutamates such as MSG may be hidden in food ingredients such as caseinate, autolyzed yeast enzymes, beef or chicken broth, natural flavorings, soy

protein, hydrolyzed protein, soy isolates, and soy protein concentrates. This is how large manufacturers get around listing MSG. (That being said, these ingredients do not always contain MSG.) If you are truly serious about losing weight and getting healthy, you must be vigilant about avoiding these substances.

WHAT WE SHOULD BE EATING: BUTTER AND OTHER GOOD FATS

It is important to become knowledgeable about good and bad fats. The wrong choice of fats will have a serious effect on your health and your ability to lose weight.

Omega-3 fats are heart-healthy fats.

The right choices of fats are crucial to the membranes of every one of the trillions of cells in your body. Omega-3 fats create a soft, pliable membrane around each cell, allowing for water and air (hydration and oxygenation) to flow through. *Life* is water and air, and the good omega-3 oils that promote life are perilla oil, flaxseed oil, and fish oil. Animal fats from healthy animals like grass-fed cattle are also acceptable in moderation; it is a shame these healthy, naturally occurring fats have been demonized by the food processing industry.

When your cells have the proper amounts of water and oxygen, the mitochondria (the energy source of your cells) work optimally, and a side benefit is rapid weight loss. Well-functioning hydrated cells also reverse the aging process and create a smoothly functioning, healthy body. When water and air are not penetrating the cells, your energy slows or stops, resulting in potentially serious effects on your health, all while setting you up to get fatter and fatter.

Trans fats and too many omega-6 fats are harmful.

Trans fats found in partially hydrogenated oils, margarine, and shortening are the worst type of fats because they are completely unnatural. Less known are the dangers of omega-6 fats, which are found in safflower oil, sunflower oil, corn oil, peanut oil, soybean oil, cottonseed oil, among others. Too many omega-6 fats and not enough omega-3 fats creates a hard membrane around each cell, like an eggshell. Free radicals entering your body can cause the membrane to crack, and now you have a malfunctioning cell. When you reach a point where you have more malfunctioning cells than healthy cells, you will most likely become very ill, possibly with diseases such as cancer and heart disease. Along the way your weight will soar. A simple step such as changing the oils you consume can positively impact the health of your cells; there is no drug that can do that.

I think Sally Fallon in her book *Nourishing Traditions* says it best: “During the sixty-year period from 1910 to 1970, the proportion of traditional animal fat in the American diet declined from 83 percent to 62 percent, and butter consumption plummeted from 18 pounds per person per year to four. During the past eighty years, dietary cholesterol intake has increased only 1 percent. During the same period the percentage of dietary vegetable oils in the form of margarine, shortening and refined oils increased about 400 percent while the consumption of sugar and processed foods increased about 60 percent.” Americans are dying of heart disease from sugar, processed foods, bad oils, margarine, shortening, and refined foods. We are getting fatter and fatter eating all this poor-quality food.

WHAT WE SHOULD BE EATING: MORE PROTEIN

Overall, we need high-quality protein at most every meal. By high-quality, I mean protein that has not been contaminated by chemicals, pesticides, growth hormones, or antibiotics. Protein is extremely important and is involved in every life function from your bone marrow to your skin. Proteins are found in both animal and vegetable sources. Animal-source protein is complete protein because almost all animal proteins contain all eight essential amino acids in optimal proportions. This ratio of amino acids is very valuable to your body.

Studies prove that too little protein in your body results in health problems that range in severity from a suppressed immune system and physical weakness to stunted growth and mental retardation. It takes a diet of at least 30 percent protein to maximize the biochemicals (eicosanoids) in your system that enhance your immune system, decrease inflammation and pain, increase oxygen flow, improve endurance, and more.

Fish is a great source of protein. Chicken and beef are a great source of protein but chicken should be organic and beef grass-fed whenever possible; conventionally raised poultry may suffer from the same problems of poor-quality feed and overcrowding that conventionally raised cattle and pigs do. Russia doesn't want our chicken, and they have a food shortage. That should tell you something!

Russia, along with several other countries, has banned poultry from the United States because of the chlorine (a known carcinogen) used in the processing.

Besides, organic chickens taste so much better. If you cannot afford organic, look for natural poultry and meats raised without antibiotics or

hormones. These are always better choices and will contribute to your daily health and nutritional requirements.

DETOX FIRST, LOSE WEIGHT AFTER

Losing weight without getting rid of the toxins ensures that you *will* gain back all the fat and more. Think about it—just getting rid of the fat doesn't get rid of the toxins, which are reabsorbed into your body. This creates a vicious cycle. Losing weight without learning to eliminate chemicals is like a merry-go-round. And it's why dieting doesn't work. Plus the toxic load makes it more and more difficult for people from age forty on to lose weight.

Now do you understand why losing weight has been a frustrating battle for you? Are you ready to get off that not-so-merry-go-round?

Here we go!

PART II

Goodbye Fat,
Hello Sexy

