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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Weight Problems – Facts You May Not Know

By Janis Ihrig

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Why are weight problems so hard to resolve? Here are some facts you may not know.

Billions are spent on weight loss programs but the percentage of overweight people continues to climb.

The number of overweight people increased dramatically during the last 40 years of the 20th Century...

According to government studies, the following statistics reveal some startling facts about weight gain.

Overweight – 20 years of age and over – shows percent of population

Year 1960–62 | 1971–74 | 1976–80 | 1988–94 | 1999–2000

US 44.8% 47.7% 47.4% 56.0% 64.5%

SOURCES: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Surveys.

As you can see, the overweight problem in the United States has escalated. There are over four million-plus entries listed on Google.com for "Weight Loss." Do you know if any these entries have a real solution? We are hoping to help you out here, so you can determine for yourself what might work and might not before you buy another promise that may not address the underlying factors.

Fact One

Acids build up in the body. A few contributing sources include processed foods, environmental pollution, chemical cleaners and cosmetics, polluted water, pesticides, and stress.

An overload of acids in the body will act as a poison to it.

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Definition: (from Random House Unabridged Dictionary)

"Poison: 1. a substance with an inherent property that tends to destroy life or impair health. 2. something harmful or pernicious, as to happiness or well-being."

"Pernicious: 1. causing insidious harm or ruin; ruinous; injurious; hurtful: pernicious teachings; a pernicious lie. 2. deadly; fatal: a pernicious disease."

Fact Two

The body stores acid poisons in fat cells. This is what the body does in order to keep the acid poisons out of vital organs.

The body tends to hang on to the fat to keep the acid poisons from doing more damage in other areas of the body.

When the body can't store the acid poisons in the fat cells, they are stored in vital organs and/or excreted through the skin causing skin eruptions or rashes.

Fact Three

The body uses a balancing mechanism to ensure high levels of acid poisons do not circulate in the blood stream. You can monitor the acid level by having a pH test done. (pH, meaning potential of hydrogen, refers to a scale showing how acid or alkaline something is, the more acid, the more hydrogen, the more alkaline, more oxygen is present).

The blood of the body needs to be a pH of 7.365 which is slightly alkaline, and the rest of the body works to ensure this happens. A professional healthcare provider can monitor the blood pH to predict and control health issues.

When the blood remains between 7.3 and 7.4 on a consistent basis, the body has the ability to adjust to a normal healthy state which includes ideal weight. The monitoring of pH to predict and control health issues is not widely practiced here in the United States.

You can monitor your blood pH by testing the pH of your urine and saliva. There is a certain protocol to follow and it is a good alternative to testing the blood pH.

When you get the urine and saliva pH to read 7.0 on a consistent basis your body will be able to readjust to it's appropriate or natural weight. Your cravings will change. Your life will change... for the better.

Your body will be working against any weight loss program which is not geared to move the pH of internal systems into the appropriate balance. Detoxifying your body or ridding your body of these acid poisons is a major factor in weight loss.

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Learn more about pH and how you can use it to control your own health and weight.

Janis Ihrigwriter/publisherStudent of Healthy Living – a Lifetime Education "Health Talk – Uncovering a Lost Treasure" – information and practical steps to a balanced pH
<http://www.arkadias-choice.com/subscribe.htm>

weight loss

By amber snyder

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Gaining Weight Over A Long Period of Time Causes Health Problems

The World Health Organization estimates that one-quarter to one-third of cancer cases are related to being overweight and inactive. Research has found that weight gain can lead to a higher risk for colon, prostate, endometrial, esophageal, kidney and post-menopausal breast cancer.

Excess fat cells function as hormone pumps to produce higher levels of insulin and estrogen. When this occurs, cells divide more rapidly and if something in the cell goes awry, the resultant cancer cell also reproduces and follows a pattern of rapid replication. Solutions are available: Herbalife's Weight Management Program have helped thousands of people around the world lose weight and maintain their weight loss over time. The program delivers improved health at the cellular level.

Amber author of Total Health at Home newsletter. Offering advice, tips on health and weight management for the whole family. [Http://www.totalhealth.homestead.com](http://www.totalhealth.homestead.com)



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