

## **WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET**

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If I were asked which is the area of greatest misunderstanding and confusion in the field on nutrition, I would definitely be forced to reply, it is the failure to properly understand and interpret the symptoms and changes, which follow the beginning of a better programme.

A better nutritional programme is the introduction of foods of higher quality in place of lower quality ones. The quality of a nutritional programme is also improved by omitting toxic substances such as coffee, tea, chocolate tobacco, salt, pepper, etc.

Remarkable things begin to happen to the body as well as the mind. When the quality of the food coming into the body is of higher quality than the tissues which the body is made up of, the body begins to discard the lower grade materials and tissues to make room for the superior which it uses to make the newer and healthier tissues.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods? When the use of a toxin is suddenly stopped, headaches are common and letdown occurs. This is due to the discard by the body of toxins which are transported by the bloodstream during its many bodily rounds. Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain -- headache. Usually, within three days, the symptoms vanish and we feel stronger due to the recuperation, which follows.

As one continues on the improved diet and gradually raises the quality, interesting symptoms begin to appear. The body begins a process called "retracing". The cellular intelligence has a chance to get rid of old garbage and build a beautiful new house. The accent is on elimination and the body begins to move garbage deposited in the tissues.

People may experience skin rashes or eruptions due to elimination of poisons and harmful drugs through the skin. If they go to the doctor not familiar with this aspect of nutrition, he might diagnose it as an allergy and suggest the diet be discontinued. They don't understand that the body is "retracing". The skin is becoming more alive and active. These toxins being discarded are saving you from more serious disease, which will result if you keep them in your body too much longer. Possibility: Hepatitis, Kidney Disorders, Blood Disease, Heart Disease, Arthritis, Nerve Degeneration, or even Cancer. Be happy you're paying your bills now in an easy payment plan. With some, colds may occur, or even fever. THIS IS NATURE'S WAY OF HOUSECLEANING. Understand that those actions are constructive, even though unpleasant at the moment. DON'T try to stop these symptoms by the use of certain drugs. These symptoms are part of a curing process. These are not deficiency conditions or allergic reactions.

Symptoms then may include headaches at the beginning, fever and/or colds, skin breakouts, bowel sluggishness, occasional diarrhoea, tiredness, nervousness, irritability, negativity, etc... BEAR WITH IT!

## **WEIGHT LOSS PLATEAU IS A GOOD SIGN**

The first week of a calorie-controlled weight loss diet is easy. The second and third weeks are generally not too hard either... BUT, around the fourth or fifth week, it seems that the scales will not budge for some people!!!

YOU HAVE REACHED YOUR FIRST WEIGHT LOSS PLATEAU! Plateaus (the times when your weight stubbornly stays put) are NORMAL. Of course, plateaus are frustrating - so much so that many people abandon their weight loss efforts.

Surprisingly, however, a plateau is a positive sign. It is a signal from your body that you have lost body fat, but not body weight.

That last statement may sound contradictory. How can someone lose body fat and not lose body weight? Basically, the answer is that in place of the fat you lost, your body now retains water (even though you lost some earlier.) Until the retained water is lost, the scales WILL NOT register your total achievement.

Scales cannot tell the difference between weight that is FAT and weight that is WATER. Unfortunately, you can't see inside of yourself either, but you can learn what is going on and why.

The human body, like the food we eat, is composed of nutrients: protein, carbohydrates, fat, vitamins, minerals and water. If you were a trim 150 pounds, your body would contain about 90 pounds of water, 30 pounds of fat and 30 pounds of all other nutrients. As you can see, you (and everyone else) are mostly "ALL WET". Water is not just in blood, much of the body's water is part of the chemical configuration of cells, tissues and organs.

Muscles, for example, hold considerable water within their structure. Generally, one pound of muscle tissue in the body is associated with four pounds of water. Even fat tissue is about 15% water; so seven pounds of body fat contains about one pound of water.

When you're eating fewer calories than you are burning up, your body must get the energy it needs from somewhere, that somewhere is you. When you lose weight, you are in fact consuming your own fat and protein to get the energy (calories) you need. In effect, you are "eating" yourself.

\* During the first few weeks of any weight loss programme, your body tends to use up more body protein in the form of muscle and organ tissue than in later weeks of dieting. As time goes on, your body becomes more selective and relies mainly on fat stores for energy and LESS on the protein tissues essential to body functioning.

When body protein and fat tissues are used for energy, the water associated with those tissues generally hangs around for a while. In other words, you remain "water-logged". THIS IS WHAT ACCOUNTS FOR THE PLATEAU PERIODS. It's like the body resting before it goes down to the next lower weight.

To see the pounds disappear, you may want to assist your body in losing its excess water weight; you can do so by reducing your sodium intake. Try to keep from adding much salt in cooking and don't put a salt shaker on the table. Cut down on condiments, such as: pickles, mustard, ketchup and soy sauce. Instead of salt condiments, try applesauce, spiced peaches and other fruits to perk up meats. Use lemon, spices and herbs for flavours, but avoid monosodium glutamate (flavour enhancer). Avoid foods canned with salt. Avoid drinking soda water also.

While water fluctuations are frustrating, they are temporary. The true test of dieting success is in the "pinch test", not the scale's numbers game. It is how much real fat you lose, not how much protein and water you lose, that makes for a healthier you!!!

**\*\* NOTE \*\*** This does not occur when using a balanced nutritional programme such as **Herbalife's Cellular Nutrition range, with all 22 essential Amino Acids.**

## Water

### 8 Glasses A Day Keeps The Fat Away

*WATER: The transparent, colourless liquid (H<sub>2</sub>O) which falls from the sky as rain, issues from the ground as springs and composes  $\frac{3}{4}$  of the earth's surface in the form of rivers lakes etc. **(Webster's New Lexicon Dictionary)***

Water is probably the single, most important catalyst in losing weight and keeping it off. One of the things we take most for granted, water plays a very important role in permanent weight loss. It aids in suppressing the appetite naturally and metabolising stored fat.

Studies show that a increase in water intake can actually reduce fat deposits. The kidneys do not function properly without enough water. When this occurs, some of the load is passed on to the liver has to aid the kidneys, it cannot function efficiently. Consequently, the liver metabolises less fat, thus fat remains stored in the body and weight loss ceases.

Many people, whose bodies retain water, drink less water, hoping to eliminate the problem. The body sees this action as a threat to its survival, so it attempts to hold on to every drop. Water is then stored in spaces outside the body's cells. This causes swollen feet, hands and legs. Diuretics offer only temporary relief. The best way to overcome excess water retention is to give the body what it needs, which is plenty of water! Only then can stored water be released.

Overweight people need more water than thin people. Larger people have a large metabolic load. Water also helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It helps prevent sagging skin that usually follows weight loss. Shrinking cells are plumped up by water. The complexion then appears clean, healthy and resilient. Water also flushes wastes from the body and thus eliminates constipation. The endocrine gland function improves, thus the entire system functions more efficiently.

Water not only accomplishes all of the things listed above, but it also works with fibre to create a satisfied feeling and help subdue hunger pangs. At least 6 – 8 glasses of water per day is recommended.

#### **\* REMEMBER \***

**“WHAT GOES THROUGH THE LIPS, MUST GO ON THE HIPS”  
BE HONEST WITH YOURSELF.**

#### **Function of Water**

Water reserves are stored in extra-cellular spaces, outside the cells. This water can show up as swollen feet, hands and legs. [Eight glasses a day keeps the fat off.](#)

Diuretics only offer a temporary solution at the best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs, plenty of water- only then will stored water be released.

If water retention is a constant problem for you, excess salt may be to blame.

Your body will only tolerate sodium in certain concentrations. The more salt you eat,

the more water your system retains to dilute it. But getting rid of unneeded salt is easy- just drink more water. Then how much water is enough?

If you are a normal weight for your height, then on average you should drink eight glasses a day. However, if you are overweight, you should take one additional glass for every 12 kg.

The amount that you drink should be increased if you exercise or if the weather is hot and dry.

Some evidence suggests that drinking cold water can actually burn calories. To utilize water most efficiently during weight loss, follow this schedule.

Morning > 1 liter of pure water over 30 minutes

Noon > 1 liter of pure water over 30 minutes

Evening > 1 liter of pure water between 5-8 pm

When the body gets all the water it needs to function optimally, all body system fluids will perfectly balance.

When this happens you reach breakthrough point. This means that your endocrine gland function improves and fluid retention is alleviated as stored water is lost. In addition, more fat can be used as fuel because the liver is free to metabolize stored fat.

However, if you stop drinking enough water your body fluids will again be thrown out of balance. Once again, you may experience fluid retention, unexplained weight gain and loss of thirst.

If this happens, start over and increase your water intake to force another breakthrough.

Excerpts from "The Snowbird Diet" by Donald Robertson and Carol Robertson