

WEIGHT LOSS - How the Slim Factor Diet brings good health and wellbeing. - by Julie Dargan RN, BHSc, ND.

The weight loss industry has been booming for decades, with over \$20 billion spent annually on diets and weight loss products in America alone. I distinguish between weight loss and diet as they are quite distinct. Diet means among other attributes, good nutrition, healthy eating practises, exercise, relaxation and lifestyle. The weight loss industry on the other hand puts its emphasis on losing weight, yo-yo dieting and cosmetic enhancement. Regular on and off dieting can in fact be harmful as in many cases lean muscle is lost rather than excess fat.



The **Slim Factor Program** is a healthy dietary programme that I developed based on years of experience in clinical practise. As the Slim Factor diet is based on very low calorie intake initially I recommend you seek practitioners' advice. I had read the work of Dr Albert. W. T. Simeons, (1900 -1970), an endocrinologist who specialized in obesity and its contribution to other adverse health effects such as diabetes, cholesterol, gout, and rheumatism ¹. Clearly Dr. Simeons was ahead of his time, as science has since validated the connection between excess weight / obesity and the afore mentioned conditions which are now classed as diseases. Those diseases apart from debilitating effect on the individual are now fast becoming burdens on the state and society as the whole. For the individual it is reduced energy levels, fatigue, absenteeism and reduced productivity which impacts on personal income and ultimately on the State income.

As an example, diabetes is a growing epidemic. In Ireland 120,000 people were identified as suffering from diabetes in 2007², with an expectation of 100% increase by 2020². One of the many adverse effects of diabetes is diabetic retinopathy (severe damage of the retina) which can affect up to 50% of diabetics³. Some experts believe that as much as 10% of diabetics could become totally blind a good reason for people to control their body weight and diabetes. U.K. health authorities have indicated they expect that 17.5 million citizens will be suffering from arthritis by 2030, indicating that half of that number are already diagnosed as being obese or diabetic. Other complications are increased risk of stroke and kidney failure.

The Fat Bank

Fat should not be classified as an undesirable part of the body's make-up rather it is an extremely important organ playing a key role in metabolic function. Fat plays a further role, important in our times as a collector of modern day toxins, the man made nasty ones. However those toxins need to be detoxified if they are not to cause other chronic adverse health conditions⁴. Up until 20 years ago it was understood that excess fatty tissue served no purpose other than a bulging waist line until scientist's discovered that fat cells produced a hormone called leptin. This hormone is released by the fat cells, enters the blood stream and is transmitted to the brain after crossing the blood brain barrier. Leptin is now highly regarded as the principle modulator in regulating the fat to lean muscle ratio, i.e. reducing excess fat by converting it to lean muscle or as fuel (energy for the body). If leptin was

working correctly excess fat, particularly triglycerides would be broken down, and used for energy instead of being stored which gives the unwanted waistline and future health problems. It is often referred to as the obesity gene because as fat surplus increases so also does the production of leptin. In fact I read in Dr. Simeons book that many times in his career, which spanned more than four decades he could not tell, in some instances whether obesity caused the individuals diabetic condition, or was it the other way around.

One function of leptin is to communicate with endocrine glands including the hypothalamus. It informs the hypothalamus of the fat content in the body, when the correct level of stored fat is achieved and when to release fat as of energy so as to prevent build up of excess and to convert excess fat to lean muscle. In effect it is the signalling system which tells the hypothalamus to inhibit food intake and informs the brain of satiety, the feeling of fullness, thus telling the body to stop eating. Leptin therefore is the key coordinator in the endocrine system which regulates feelings of hunger, satiety and sufficiency. A properly functioning hypothalamus is therefore the key endocrine gland in the process.

Reset Your Hypothalamus

The hypothalamus, a small gland right in the centre of the brain plays a key role through its integration with other organs in regulating autonomic body functions such as breathing, heartbeat, digestion, sleep, sex, the urinary system, the autonomous or vegetative nervous system. This is conducted through connection via the pituitary and the entire endocrine system. With leptin as its message carrier it regulates the complex operation of the intake, storage and issue of fat as fuel for the body. Like all organs, glands and body systems it is subject to malfunction from time to time and needs nourishment and support for correction.

For the purposes of the Slim Factor we use hCG 60x in homoeopathic form. hCG stands for Human Chorionic Gonadotropin, a hormone like substance produced by the body in abundance during pregnancy. The homoeopathic presentation at a potency as high as 60x makes it extremely safe for use and without side effects. Back in his time Dr Simeons used hCG in injectable form at his clinic in Rome, and it was with injectables he carried out his research. However that presentation is no longer available from reliable suppliers but is available on the internet, which I strongly recommend you avoid. Homoeopathy is a long established medicinal modality founded over 200 years ago based on the principle of “like cures like”. In fact homoeopathic remedies have a long and distinguished history in the treatment of weight problems, not just excess fat but also bulimia and anorexia. Kali Carbonicum is well known for its contribution for resolving obesity in the elderly⁵, whilst, Hycoscyamus a constitutional remedy for the undernourished and anorexic⁵. China is another remedy particularly suited for young people who encounter weight problems⁵.

Homoeopathy is very much an individualised medicine, specific to the individual and specific to a vast array of conditions, whether it be oedema, swollen ankles or calves. One well known combination remedy, designed to support the Nervous System has had in addition to a positive outcome for its primary purpose, a positive impact on body weight with significant reductions happening over the six months following commencement. The likely explanation for this is the impact on the autonomic nervous system which interacts with the hypothalamus calling the body to restore itself to its ideal weight. Furthermore an improvement in emotional wellbeing will in itself reduce excess weight through improved lifestyle and exercise.

Continuous excess weight or under-weight i.e. anorexia can often be caused by a genetic or an inherited state which in homoeopathy is known as a miasm. For identification of such issues I recommend you see a homoeopath or a naturopath who uses kinesiology in their practise to help identify people who might be pre disposed to obesity and other conditions.

Benefits to Self and Society

The benefits of maintaining the correct body weight are many. Excess weight lowers self esteem, causes emotional upsets, can interfere with relationships and so on. A healthy weight management program like the Slim Factor can reverse all this. Make you feel good, look better; improve your energy, productivity and output. Most important of all it will greatly enhance your self esteem. The full program is laid out in my book ⁶.

Important as those objectives are we must have a longer term objective for ourselves and for society. As individuals we are spiritual beings made up of body, mind and spirit. We vibrate at different frequencies which means, we connect with our surrounds, the earth, and the cosmos in different ways, but we are all part of the same whole. Consciousness is the term used to identify where we stand in the overall spectrum of enlightenment. We can actually communicate with our higher selves through simple meditation and communication as a means of resolving issues in our lives including excess weight, obesity or other health issues.

The growing financial burden of healthcare on society, our fellow taxpayers, is a concern in Ireland and in many other countries. More than once, during his term as head of the HSE (Health Services Executive) I heard Prof. Brendan Drumm say “the health service as we know it is not sustainable.” I doubt if he was referring solely to the cost of a few thousand consultants and executives who enjoy enormous salaries. I am rather inclined to think Prof. Drumm was referring to the increasing number of people presenting with a variety of conditions and diseases, in particular diseases resulting from lifestyle and diet, such as excess weight, diabetes, high blood pressure, stroke, kidney failure, arthritis, blindness not to mention cancer. When you need help, which consultant will you see first, how will you prioritise, will there be enough consultants to meet demand. Prof. Drumm is saying there will not be enough. Do you think many of the consultants, or indeed any, are likely to say “let your food be your medicine”. I recommend that each of us as individuals connect with our higher selves and say, I will take as much responsibility as I possibly can, I will improve my diet, and take exercise for half an hour every day.

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About the Author:

Julie Dargan, an Australian native, trained and practised as a general nurse for 20 years. Returning to college she did her Advanced Diploma in Naturopathy followed by BHSc (Bachelor of Health Sciences.). She is a member of the Australian Naturopathic Society. She currently runs a private practise and can be contacted at www.dargan.ie

But as a general weight-loss plan, keto is more controversial. Some health experts warn against it entirely, citing unpleasant side effects, health risks, and the diet's unsustainable nature. Even many keto diet proponents admit that, if the diet's not done "the right way," it can be the opposite of healthy. Here are a few things you should know about the ketogenic diet before you try it as a way to lose weight.Â Because the keto diet is so restrictive, health experts say it's not an appropriate plan to follow long-term. (Even Axe says it's best done for 30 to 90 days, followed by a more sustainable diet plan.) But the problem with that, says Kizer, is that most people will regain a lot of the weight they lost as soon as they go back on carbs. A healthy diet is one that helps maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories. A healthy diet may contain fruits, vegetables, and whole grains, and includes little to no processed food and sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although a non-animal source of vitamin B12 is needed for those following a vegan