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What's wrong with this picture?



Find out in ...

**The 7 Unknown Secrets
of Weight Control**



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Secrets of Weight Control

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The Seven Unknown Secrets of Weight Control

What We Should Already Know

Before we get into the more interesting part of this information we are going to discuss what we should already know about weight control or weight loss. This will form a foundation or a basis to better understand and apply the secrets that I am going to reveal to you.

As many of you may be aware what is currently taught by dietitians and other experts in the health field is that your weight control is a simple equation which you can write as

$$\text{weight loss/gain} = \text{calories consumed} - \text{calories expended}$$

Explaining this equation further; we eat food for a number of reasons apart from pleasure of course. We eat food to supply much needed resources to the body. Obviously without food we would die. Food provides an energy source to our body. It also provides nutrients and materials by which the body can replace itself or rebuild itself.

Energy comes from two main sources in our body - that is fat and sugar. Fat really just is stored energy, a reserve. The body can store a small amount of sugar but that is quickly used up.

This is where the principle of exercise comes in. As we exercise obviously we use our muscles and we must burn sugar to create that energy. If the exercise is strenuous enough and prolonged enough (about 12 mins.), and where your breathing is more rapid we classify that as *aerobic*.

After a short while you will use up your sugar or your glucose storage and then you will move into fat burning and your body will be able to burn up its fat stores.

So obviously exercise and the more of it will burn up more calories.

The term calorie simply comes from a term, which means the amount of heat which can be produced by burning a particular fuel. So obviously after exercise you will get hot as a result of raising your metabolism. Your sugar and your fat are a type of fuel for your body and the more activity you do then the more energy you will need and the more calories you burn and lose.

You burn calories all the time because your body never stops working and always needs energy. Even when you “think,” you need a fuel supply for your brain, which mainly uses sugar for its energy.

You even burn calories when you sleep.

When you exercise you are burning more calories.

So going back to the initial equation, depending upon how much food you eat is the calories you're putting into your body.

If you are not using or burning up that amount of calories then obviously your body will store those excess calories in the form of fat. If you are burning more calories than you have put in then the body will have to use its stores thereby you loose fat.

That is the simple part of the equation.

If you limit your weight control to those two factors, the amount of food you eat and the amount of exercise you do, then you may become disappointed as many of you may already have.

We all know the individual who can virtually eat as much as they like and yet still stay skinny as a Rake.

On the other hand we have the person who will virtually starve themselves and yet still stay overweight.

So what's going on here? What's missing?

Well these are the 7 secrets which I m going to reveal to you now which need to be put into the equation, to be used to your great advantage.

The Secret Weight Loss Formula

Weight loss = Calories Consumed – Calories Expended +?+?+?+?+?+?+?

Before I reveal these secrets unto you, our Health Empowerment Program discusses at least 4 of these principles at much greater length; in fact we have audios, which are devoted to at least 4 of these secrets, one audio for each secret. Also in our Life Success Wholistic DVD library we also have at least one DVD, which goes into more detail on these secrets.

So if you want more information or want to go into more detail I recommend the Health Empowerment Program as well as the DVD entitled "The Unknown Secrets of Weight Control."

The advantage of the Health Empowerment Program is that it also recommends particular products that you can use to actually help you in your efforts to be your ideal weight.

Chapter One

Secret #1

Detoxification

We have a booklet, which gives more information on this topic, available from us, called “Detoxification and Rejuvenation.”

In this secret we will talk about Detoxification only.

There are a number of organs of elimination; your bowels, liver, kidneys, lungs, lymphatic system and your skin. If any of these organs are not working properly, especially the bowel then you will get a build up of wastes in your body.

When you eat, you do not absorb all of the food that you eat, you only absorb a certain portion of it. The remainder is waste and must be eliminated through your bowels. The normal metabolic processes of the body also produce waste. This must also be eliminated through the organs that we have already listed.

If you are not eliminating the wastes that you are eating or producing, you will get a build up.

What does the body do with the build up?

It has to store the build up in your body's tissues.

Therefore you will be carrying not only the excess weight but also an excess of garbage around with you.

Now this can do untold damage to your body.

Some of the side effects of this obviously is the impairment of the functions of your liver, kidney, bowels and lymphatics.

We get a vicious cycles being set up.

These waste materials impair many of the organs or functions of the body, which then makes it more difficult for the body to carry on its eliminative processes.

So we get this vicious cycle set up.

This is #1 in our program - to detoxify the body and improve the eliminative organs.

You can do this by modifying your diet and we recommend that you use a program of eating more fruits and vegetables and less meat and less dairy to help your body catch up in eliminating its wastes.

Obviously eating less waste/ garbage foods such as fats and sugars the better it is.

I think those rubbish foods are pretty much self explanatory, but avoid particularly refined foods, white flour products, cakes, biscuits - *all the foods you love*. I'm not saying that you have to go off all of these forever, what I'm saying is to just minimize them as much as you can.

If you must have these treats then obviously reward yourself for your efforts.

Foods can be labeled good and/or bad, and what we mean by that is some people say this is bad for you and others say this is good for you and the reason is that they are both partly right.

Meat for instance is probably the best source of protein and some of the nutrients that your body needs than any other food, but unfortunately it's very high in waste material. It requires a high amount of digestion and requires also a lot of eliminating because of its waste content.

It may also contain chemicals and hormones etc. that again your body has to detoxify out. The example of meat is that it is good in some ways but bad in other ways.

Dairy is another example as it provides many good qualities for our bodies but it can also produce mucus and some individuals are more sensitive to dairy than others.

We're not against Meat or Dairy, we're just saying either keep them to a minimum or if you really want to attack your weight problem then go off them for a while.

The more fresh fruit and vegetables you eat the more your body will be able to detoxify.

In fact if you really want to get serious then just go on a fruit and vegetable diet for as long as you can and eat nothing but fruit and vegetables.

If you must have some carbohydrates then just have some brown rice.

Probably one of the quickest and best ways to lose weight is to eat fresh pineapple

Again it is just like a pineapple fast or a pineapple diet where you just eat pineapples for as many days as you can. That may be too severe for some of you but for those who are really desperate it is an excellent way to kick start the weight loss cycle. If that doesn't appeal to you, you can use pineapple for one meal of the day or you could use pineapple just for one day a week.

There are no hard and fast rules but obviously the more committed you are and the stricter you are the better results you will get.

If you can't face doing pineapple for a week then just do pineapple for one or two meals or for one day.

It will also help your body detox properly and quickly.

Often if some people are very toxic they can get headaches and feel very ill as they start to detox. If that occurs with you, you might want to be more gradual in your approach until your body gets used to the idea.

Taking certain herbs will help the process and quicken it up. Taking Psyllium or Slippery Elm for your bowels as well as a herbal cleansing formula, which actually helps your body to work better and to cleanse more efficiently.

Chapter Two

Secret #2

The Cardio Vascular System

This is the heart and your circulation.

You may be wondering what does that have to do with weight loss.

Well, you are about to find out.

Every part of your body consists of cells; bone cells, muscle cells, liver cells, tissue cells...*and* every cell needs a blood supply.

The reason it needs a blood supply is because blood delivers everything the cell needs.

It delivers the oxygen, which is what the body uses to burn your fuel, and it also delivers the fuel in the form of sugar in the blood.

It also delivers the nutrients the cells need and the amino acids (breakdown elements of protein) for repair of new parts.

Your blood supplies *everything* the cells need.

If your blood supply and heart is ineffective, then your cell will not get what it needs.

It will not get the oxygen therefore it cannot burn the fuel that you have.

We mentioned in the beginning how your body burns fuel and energy and how critical that is in your weight control.

If the blood supply or your heart is weak then you do not get good delivery of your oxygen *and* your fuel to the cell so then it cannot perform its function.

Even though you may have all of this stored fuel in the form of fat it is more difficult for the body to use it if it is not getting to the cell.

Interestingly when you create energy you don't just need oxygen and fuel, you also need other nutrients and enzymes to be able to complete the energy cycle.

The energy cycle in the body is called Krebs - at least that's the main one.

This Krebs cycle needs other nutrients to be able to burn the glucose and thus create the energy (more on that later.)

If your heart and circulation are not functioning properly, you are not going to feel like doing any exercise and you will feel sluggish. Although it's not one of the secrets obviously exercise is an important ingredient in your weight control equation or formula. A strong heart and a strong circulation also act as a good flushing agent to the body to move the impurities through.

Chapter Three

Secret # 3

Digestion

Now this is a very interesting topic, believe it or not, the more efficient your digestion is the more likely it will be for you to lose weight.

You may be thinking the opposite is true and in fact when we started working with our weight loss patients it surprised me when we noticed this phenomenon occurring.

As we worked with **food combinations** in patients we got results where lots of other things would fail.

Food combinations actually help your digestive system to work to its optimum.

So what is going on here?

What I came to understand is that when you eat food, if your digestive system is not working properly it may absorb the calorie part of your food, but you may have difficulty absorbing the enzymes and the nutrients from your food.

As we mentioned previously in order for your body to burn the fuel it has to have the other nutrients and enzymes present.

A good healthy digestive system helps your body absorb these nutrients and get them to the cells where the fuel can actually be burnt effectively.

A good digestive system is one of our important secrets and is one of the ones that are often overlooked.

How do you improve the digestive system?

One way is to use food combinations and this can get quite complicated, so I am going to give you the simple application of it here.

The simplest one is not to combine protein with starch.

What do we mean by protein? Fish, meat, chicken, eggs etc.

What do we mean by starch? Potatoes, pumpkin, carrots, sweet potatoes, white rice.

A point I need to make here is that no food is predominately a protein or a starch or carbohydrate.

All foods contain a number of these elements. However a food may be predominately more protein or predominately more carbohydrates.

Brown rice for instance has protein in it and it also has a carbohydrate element in it also.

What is the difference between a starch and a carbohydrate?

I don't want to get too complicated here, but a carbohydrate is basically a food that can be broken down into sugar for your body.

A complex carb. has more nutrients in it and takes longer to digest than a refined carb.

It also has a lower glycemic index which gives you less of a sugar spike in your blood stream. High blood sugar can be converted to fat.

Protein is basically a food that has been broken down into amino acids, which are the building blocks for all the different functions for the body.

Fat is also broken down into sugar for the body to use as fuel, but fat is a lot more concentrated type of fuel.

Starch is like a step between carbohydrate and sugar so the starch is closer to a sugar than is a carbohydrate. Most foods, if not all foods, contain elements of all these things.

Meat obviously has fat in it; it also has protein and some carbohydrates.

So when we talk about a protein food we are talking about a food that is predominately protein or a starch food is predominately starch e.g. potatoes.

Try not to combine your starch and your protein at the same meal. Starch is not a good food to eat anyway if you want to lose weight, because as just mentioned the body will convert it very quickly to sugar. If you hold a starch in your mouth for long enough it would taste sweet because the body is using an enzyme in the mouth to actually break that down.

When you eat food, the first stage of digestion is obviously your mouth because you physically break the food down into smaller particles and there is a small degree of enzyme digestion that occurs in the mouth. The stomach is the next stage and the stomach mostly digests proteins.

The small intestine then breaks down the protein even further and also breaks down the carbohydrates and the fats. The final stage of everything takes place in the small intestine. Starch is passed through your stomach very quickly whereas protein remains in your stomach to be broken down for a couple of hours.

So then if you eat starch and protein at the same time, especially if you have a weak digestive system or you're susceptible in that way, then you have this struggle going on between the starch wanting to move through and the protein wanting to stay there.

This can contribute to the improper digestion of either or both.

When the body is functioning properly it is equipped to handle these things and can deal with it, but if you have a digestive problem or a weight problem involving digestion then do not mix protein with starch.

Fruit passes through your body system very quickly so it is best to eat fruit by itself as it is a wonderful cleansing agent, but care must be taken with sweet fruit and at certain times of the day because the sweet fruit can cause your blood sugar to rise.

Fruit is recommended with a couple of qualifications.

Don't mix fruits with other food groups. Exceptions to this are pineapple and paw paw because of their enzyme content.

Melons are recommended to be eaten by themselves with no other fruits.

Salads and non-starchy veggies can be eaten with anything so you can have salad with protein or with non-starchy veggies.

If you're eating starchy veggies, which we do not recommend, you can eat that with non-starchy veggies or salad.

If you want to have carbohydrates such as brown rice or corn, again you can mix anything with salads or non-starchy veggies.

Some foods have a type in both camps and so it can get complicated, but when you have a *light* protein such as beans or lentils you can actually mix a light protein and a complex carbohydrate such as brown rice, which is partly protein and partly carbohydrate.

You have certain foods that you can mix if you understand the composition correctly.

We have a lot more information at the clinic and we have testing also to see which are the best combinations for you.

Very importantly, I want to say something about the type of food you eat at the certain time of the day that you eat it, but I'll say more on that in metabolism which is a big topic and we have only touched on it a bit here.

Chapter Four

Secret # 4

Enzymes

Enzymes are little chemical structures that make everything work in your body. I like to differentiate between nutrients and enzymes for a good reason. Nutrients I term as vitamins and minerals; even amino acids can be nutrients also. These all have their function, whereas enzymes are just a little different. The reason I'm talking about enzymes separately is because of the important role they play in your weight control.

Enzymes are what will help your body burn fuel more effectively and interestingly enzymes are destroyed by cooking at high temperatures. Above 120° Fahrenheit but that's just going from memory. But you get the idea - that cooking actually destroys enzymes, which is why with weight loss raw foods are paramount and these include of course your salads and fruits.

Other foods that are very high in enzymes are sprouted foods such as grains, mung, alfalfa, broccoli, and other seeds. Anything that is sprouted is much higher in enzymes because it is alive and it's growing. So they are highly recommended as part of not only your weight loss strategies but also for your health.

What are enzymes made of?

They are made up of amino acids and trace minerals.

This is where we get the link up with the nutrients and why digestion of your protein is very important to supply the body with the materials to make its own enzymes.

When you eat food that has no enzymes in it then the body has to try and make them itself so the more you can supply them in the ready form the better it is and the better your digestion will be.

Just a quick word on trace minerals.

Trace minerals are minerals that are only found in very small amounts that's why they are called trace because there is only a trace of them.

Examples are chromium, vanadium, and molybdenum.

There are about 70 of these trace minerals and these are used by your body to make enzymes.

Because it's very hard to get all of these things you need in your diet, we recommend two good supplements which are colloidal minerals liquid and green powder.

Green powder is a substance from foods such as Barley shoots, wheat grass etc. They harvest these plants, dry them, and preserve them so it actually helps to preserve the enzyme content. When you're taking a green powder you're getting virtually a pure food

source that's easy to assimilate with basically no digesting, full of enzymes readily available to the body and virtually no waste material to eliminate.

These green powders are virtually the perfect food not just for your health but also for your weight loss.

Taking these are what I believe to be the two most powerful things you can put in your body as far as a dietary supplement is concerned.

Taking these will dramatically improve your energy and your health as well as your weight loss.

They also help other parts of your body involved in your weight control which shall be mentioned further on.

Chapter Five

Secret #5

Metabolism

We all know about the skinny person who can eat anything they want and the fatter person who eats like a sparrow with virtually no change.

One of the reasons for this of course is metabolism and because everybody's metabolism is different therefore we burn our calories at a different rate.

The skinny person burns their calories much quicker whereas the overweight person burns them much more slowly.

Unfortunately to some degree that depends upon your biochemical individuality (who you are) but also just as fortunate is the fact that something can be done to help this situation.

It's not hopeless.

One of the main glands that influence your metabolism of course is the thyroid gland and when your thyroid is sluggish or slow your metabolism will operate at a much slower rate.

As mentioned in our previous secret green powder and colloidal minerals are two excellent products but they also help supply the right nutrition for your thyroid gland.

They also provide the right nutrition for your pituitary and your hypothalamus.

Your pituitary gland is the master gland of the body; it controls and directs all of the other glands. It tells them when to slow down and when to speed up.

The hypothalamus which is sort of part of the brain tells the pituitary gland what to do.

The hypothalamus is influenced by what we think and especially our emotions (see Biocybernetics) but more on that in another secret.

Emotional stress can also impact on your thyroid and eventually it will wear itself out and become sluggish.

Many different things can affect your thyroid.

It's a small cog in a big mechanism and just trying to treat the thyroid by itself when it's malfunctioning is very limiting.

It's important to look at many different parts of the body to actually help your thyroid.

Should you choose to do the Health Empowerment Program many of the steps in that are outlined here will actually help to indirectly improve your thyroid.

One example:- your thyroid is influenced by the immune system and the immune system is influenced by so many things that are too numerous to point out here.

We have an excellent article on the immune system should you wish to get that.

You will find that the immune system can be affected by all kinds of things and that's almost the hidden agenda of the thyroid which is that the immune system can effect the thyroid. What can also affect it are the toxins in your body particularly heavy metals.

Detoxing the heavy metals will actually help your thyroid to improve. The general detox. will often be enough but sometimes you have to be more specific and use a specific homeopathic remedy as outlined through either Vega testing or muscle testing.

This isolates the specific heavy metals that are affecting the thyroid and the specific remedy to help the body eliminate the build up of heavy metals in the body.

Heavy metals are such things as lead, aluminum, cadmium, mercury etc.

These heavy metals are in the food chain and what we mean by that is they are in our water, food, animals, plants and soil. They are everywhere.

People *usually* eliminate them quite well but some people don't.

Sugar Levels

Included in this section on metabolism are sugar levels.

When you eat certain foods such as sugar foods or starchy foods or even carbohydrates, then your sugar levels go too high in your blood. When that causes too much for your blood to transport or carry then your body will store the excess sugar as fat.

Every time you eat a food which causes a spike in your blood sugar levels, is often stored as fat.

Obviously the urine can illuminate some but that has its limits also.

This is where protein comes to the rescue.

When you eat protein it actually causes a very slow absorption or release from the bloodstream into the digestive tract of sugar. It slows down the digestion rate of sugar absorption into your blood so you get a much more slow, sustained, controllable release of sugar in the bloodstream.

It's a bit like putting a log on the fire or lots of small pieces of wood.

The small pieces will burn very quickly whereas the big log will burn very slowly.

The big log is the protein and the small pieces of wood are the starches and even to some degree your carbohydrates.

This is why the first meal of the day is so important because if you have a carbohydrate or a sugar breakfast it will cause a spike in our blood sugar.

When your blood sugar rises too high the body must react to that and it pumps out insulin to get the blood sugar to come down.

If it goes too high too quick it will often go down too low too quick and then when your blood sugar drops you feel like something sweet and so you get these mid morning mid afternoon drops in your energy and you feel like something sweet to lift up your blood sugar.

By having the protein breakfast you help to set the pattern for the rest of the day in keeping your blood sugar levels under control.

Even a protein lunch is advisable too.

It does not have to be a large amount of protein - just a small amount.

Just a tip, when you're eating proteins always try to have some raw food with it so that you can digest it easier.

It provides the enzymes as well as the roughage to create good digestive function.

If you want to have salmon, tuna, turkey, chicken etc. for your breakfast make sure you eat some capsicum or cucumber or something of that nature to actually help the digestion.

That may not be enough to sustain you, so to stop your blood sugar dropping you may need to eat a carbohydrate food mid-morning. A good mid-morning carbohydrate would be almond or cashew butter with rye bread, which is also good for breakfast.

That's a protein combined with carbohydrate food, which will sustain you.

If you have just the protein and the raw food it will often cause a sugar drop as well.

So either half hour to 2hrs after your protein meal, have a small amount of carbohydrate to help sustain you.

The reason we don't usually recommend wheat is because wheat is a high GI food. What does that mean? High Glycemic means it causes high blood sugar.

Glycemia simply means sugar in the blood so a high glycemic food is something that would cause the blood sugar to go up too high too quick.

Of course sugar is a high glycemic food.

Now, because everybody's different a protein breakfast may not suit your body.

You may be better off with protein for lunch or dinner.

Likewise with fruit, starches or carbohydrates.

Your body digests certain food groups better at different times of the day than others.

As we said before if you're eating something that your body is not able to digest properly up goes the sugar content that you absorb and down goes the nutrients.

The food combinations are important but so is the time of day you should be eating the food group.

There's only two ways you can apply this.

One is we can test you for this in the clinic or you can do trial and error yourself to find out which food group is best for you.

If you are in tune with your body you can often tell what your body feels like but that can be a trap if you are not careful.

Your body obviously has cravings which are sensations in the form of an addiction.

This is where you become addicted to sugar therefore you crave it.

Listening to your body is important to differentiate between what your body really needs and what it craves.

Adrenal Glands

Your adrenal glands perform many functions.

They are little glands sitting on the top of your kidneys about the size of a 20c piece and they help control blood sugar levels, blood pressure, kidney function (thereby influencing fluid in your body).

They also control stress hormones which is their primary function along with all the other things.

If you are under too much stress your adrenals glands may not be working optimally therefore they may not be able to monitor your blood sugar properly.

So you can get problems with your blood sugar because your adrenals are weakened due to a number of things but particularly being preoccupied with your imaginary fears.

We'll say more on that in another secret.

Sometimes your adrenal glands do need some nutritional support to help them work better and help them to control your blood sugar.

When you do not eat properly, your blood sugar can drop too low.

Your adrenal glands are designed to monitor that and kick in and release a hormone which causes the release of sugar from the liver and the muscles where it is stored.

Again if your adrenals are slow to respond to your blood sugar drop so you will crave something sweet to make up the difference.

So be very careful that you don't stress out the adrenals.

This can be tricky obviously, which is why eating small meals more often; more protein based and more complex carbohydrate based than sugar and starch is a way around this.

Chapter Six

Secret #6

Hormone Balance

Now most of the females reading this will be very much aware of the worst time of the month. Some of the men may also be aware because they are on the receiving end but I'm not going to get into that as I might make some enemies.

Your hormones obviously influence many things in your body and were talking primarily about reproductive hormones here.

Hormones can influence how much fluid you carry and they can also influence where you distribute your weight.

If you have a hormonal imbalance these can be two features of that balance; fluid and improper weight distribution - thus affecting your shape.

Balancing the hormones is a bit of a juggling act and probably difficult for you to do this yourself. If you want to do this yourself then try the different hormonal products on the market to find out which ones are best for you.

In the clinic we do muscle testing to find out which natural product is the best for you.

This helps your body make the hormones it needs *when* it needs them.

An important part of your hormone control is your liver.

Your liver prefabricates your hormones.

What that means is it makes the chemical molecule up in parts.

It's a bit like when you are building a house.

You can dump all the materials at the site and build it from scratch or you can pre assemble some of the parts in the factory e.g. frames etc.

So your liver pre-assembles the hormone and then sends the parts through the bloodstream to the ovaries etc. where it is finally assembled to the hormone or molecule you need.

This is the case with many other chemical compounds in your body.

The liver is a very important part of correcting hormonal imbalance in your body.

Doing the detox as mentioned in secret # 1 of health empowerment program will greatly assist your hormone balancing.

Doing a liver detox and taking some liver detox herbs will also help.

As you know, stress causes hormonal imbalance and hormonal imbalance causes stress.

For those ladies who are in the better half of your life, when your ovaries stop producing hormones the adrenal glands are meant to take over and produce the estrogen. This helps your body to function normally even after you've finished ovulating.

If the adrenal glands are already overworked then it will struggle to produce the hormones that you need and this is where you start to get the symptoms of menopause.

Chapter Seven

Secret #7

Stress Management, the Emotions and Subconscious Programming

This is a huge area all by itself so I'm just going to touch on it here and direct you to the other material we have on this topic, which we highly recommend.

We have books available, CD's and DVD's on this very important topic of your emotions and your subconscious mind.

We recommend 2 books, which are 'Lord of the Genes' and 'Bio-Cybernetics.' We also have an audio CDs and work book called the Life Empowerment Course, which is also part of Bio-Cybernetics, and we have Life Empowerment Course Level 2 and also Level 3.

Fundamentally from the day we are born we are being conditioned or programmed through the perception of our experiences.

This information is stored on our subconscious and used by us to help negotiate our way through life.

It influences how we see and understand ourselves, others and life in general.

Unfortunately, our programming or our conditioning is not perfect, its faulty.

Just as unfortunate is the fact that we do not always perceive things as they are or what they are meant to be.

All of this information is stored on our subconscious and if we are not aware it can literally control us.

It influences how we see ourselves, our thoughts, our feelings and thereby our actions.

It affects our self-esteem, our values, and our belief systems.

We have had much success and great breakthroughs in helping people with weight loss by helping them to uncover their blocks to their weight loss.

Of course this very powerful technique has many applications and we have used it in many different ways.

As far as your weight loss is concerned let's take a couple of examples of personal experiences and hopefully you will see how powerful this is.

We have had patients who were sexually molested when they were younger and one way that patients deal with this is by putting on extra weight so they will look unattractive to the members of the opposite sex.

This then provides a place of safety for them so that it will reduce the risk that someone will molest them again because they are not attractive enough to be molested.

I know that doesn't make sense to our conscious minds but we're talking about the subconscious here.

Another way the subconscious may seek to protect us from further pain is to make ourselves bigger so we can protect ourselves better.

Either way, one can be to make us unattractive and another to make us feel bigger so we can protect and defend ourselves better.

This is the way the subconscious is programmed.

It is programmed to protect and look after you but it doesn't always get it right, and even though we may desperately want to lose weight, if the subconscious has a belief system that it will be bad for us or even dangerous then it will **self sabotage any attempts we take towards a direction that the subconscious believes is not in our best interest.**

No matter how much we desire that consciously

Many times we are not aware that we have our self sabotage within us and so it's important to find out if we have those limiting self beliefs.

We have methods and techniques that we teach our patients so that these blocks to their desires can be removed.

Another way the subconscious affects you is if you have a low self esteem.

Because of your upbringing or the way you felt you were treated when you were younger may cause you to believe that you don't deserve to be your ideal weight because you were told when you were younger that you don't deserve *this* or you don't deserve *that* because of what you've done.

There are other ways your self-esteem may be affected and of course many reasons, so if we don't feel good about ourselves then it's very difficult to change our actions and thereby get the results we can and should have in our lives.

We have just discussed the importance of understanding the negative or erroneous programming of the subconscious mind particularly as in your formative years when you are growing up.

When we work with this technique in the Biocybernetics system we simply divide what we do into two parts. Initially we *de*-program the subconscious mind by eliminating negatives and then when we feel the patient has progressed far enough we move into *Re*-programming the subconscious mind.

This is where we program in the positives.

An example of this would be on the negative side or the deprogramming we would have the patient use a mental exercise such as,

“How would it feel to deeply and completely release all fear of abuse past, present and future”,

or in the case of low self esteem, depending on what the tests showed, use a statement like,

“How would it feel to deeply and completely release all insecurity.”

In fact there's a whole list of fears that can be addressed to clear out those self limiting beliefs.

Even using the word **fear** can help immensely.

An example of reprogramming that is putting in a positive we would use what we call the FATS acronym.

Its basically how would I **F**eel, how would I **A**ct, how would I **T**hink, what do I **S**ee myself doing differently - if I was i.e. a person of great worth and true value.

Or – if I had deep and profound confidence in myself.

Or in the case that were talking about - if I was at my ideal weight.

To make it more believable or achievable we may have the patients do a mental exercise, which will incorporate the statement,

“how would it feel to be approaching my ideal weight; or - my ideal size; or - ideal appearance; or - achieving my fat goal and how would I act ,think,see (FATS) if I was achieving my fat goal.

Obviously we’re not going into a full explanation here of the Biocybernetics program just to give a peek review so you can see how the Biocybernetics can help you and help you get the right mind set so that you can remove obstacles that can be there and stopping you from achieving your ideal weight or your weight goal.

So that is why now we are going to discuss the fat content in your body:

how to determine your approximate fat content in your body and also suggest possible goals to aim for to help you achieve your ideal weight by setting fat percentage goals.

It’s important to know where you are now and how to progressively, in stages, achieve your optimum because your subconscious is a goal seeking device.

That is why we call the technique we use Biocybernetics because a cybernetic system is a goal seeking device like a guided missile or a robot.

It is programmed to do certain things.

Your subconscious is programmed to do certain things and as we said earlier can be erroneously programmed to do what you don’t want.

So having a goal is very important to be able to focus your subconscious mind on and move your cybernetics system in the direction you want to go and deprogram and reprogram your subconscious mind to help you achieve what you want.

In the reprogramming exercise using your goal can help to give you a much more successful result.

Just as important is that it will help you to *maintain* it because you may spend a lot of time and effort and a lot of pain and suffering to achieve your goal only to find yourself slipping back again because of your erroneous programming.

Recently an acquaintance of mine approached me in a very disturbed state.

This particular lady was doing very well in her weight loss and was looking much more attractive not only I her body but in her face.

She approached me and expressed a concern that she had been told that muscle does *not* weigh more than fat and this was from an apparently reputable organization.

I disagree with that.

I agree with the opinion that muscle is heavier than fat.

She was concerned because she had been working out at the gym and she was looking really good and her clothes were fitting better.

Her shape was improving and yet she was hardly losing anything on the scales

This could become quite discouraging.

This is very important to understand because she was getting discouraged and what happens when you are discouraged?

You lose your power and give up.

In this state of mind she approached me and asked me if muscle did weigh more than fat or visa versa.

I assured her that muscle did weigh more than fat and thereby as she began to lose fat (if she was doing her weight management program correctly)

She should be gaining more muscle and that's why you don't appear to lose anything on the scales.

As you lose fat, you gain muscle and therefore your body doesn't *seem* to be making any progress in the weight department.

This is a big trap that you need to be aware of and you need to avoid being sucked into.

After reassuring her and telling her that she was getting fantastic results strangely enough her whole perspective changed.

When she stopped and thought about it her clothes were fitting better, she was looking better, she was feeling better and her shape was improving.

Yet initially she believed or she was tempted to believe that she wasn't making any progress because the scales were not changing and so she was doubting what she was feeling and what she could tell already happened.

I reassured that she was on the right path and was going well and not to worry about the scales and to my surprise she was greatly relieved and thanked me and said now I'm going to go and throw myself into it some more because I'm now *encouraged* and not *discouraged*.

That is why this next section on fat loss and setting fat loss goals or optimum fat content goals for your body is very important so please use it to your advantage.

Addendum

Measuring Your Fat Content and Your Progress

Fat Loss

FAT CONTENT

To determine the fat content of the body (approximate only):

Female

Measure the Circumference around the upper arm midway between the elbow and the shoulder with the elbow resting at the right angles on a table. Measure the other arm and take the average of the two, i.e. add the two figures together and divide by two. Measure the circumference around each thigh at a level one inch below the pubic bone. Take the average and add the figure to that of the arm. Enter into the table shown and read off the approximate fat content of your body.

The normal fat content of the average women is 22% body fat. A rule of thumb is to subtract the ideal body fat from your own. Divide by 2 and this becomes your first goal. Say your body fat was 32% of your body weight, which is about average over fat. Then your first goal would be 6% body fat in say three months. That is 2% per month or ½% per week. Most people say at this point “that’s not very much”. But let us stop and look more closely.

If your body weight was 70 kilos then the amount of fat you will be losing or releasing would be 2% of 70 kilos, which is 1.4 kilos (about 3 lbs).

THAT IS THE EQUIVALENT OF ALMOST SIX PACKETS OF BUTTER (250g each) OR LARD to be more accurate.

GOAL SETTING

The importance of goal setting cannot be over emphasized as it assists greatly not only motivation but persistence.

Which as I am sure you will appreciate is a vital ingredient for continual success.

The importance of fat goals can readily be seen when at the end of the month you may not have lost much “weight”- 1.5kg – big deal.

And maybe not even that on the scales,

RESULT – DISCOURAGEMENT AND GIVING UP.

But not when you have already lost six packets of LARD and in 2 months will lose 12 packets or more.

Talk about commitment and motivation, “and come to think of it I have lost centimeters (or inches) and my clothes do fit better.”

This has been the comment of hundreds of people who have gone through this method. Remember your initial goal is to “*be*” 28% body fat, not to *lose* 6% body fat. At the end of the three months, set another goal to arrive at 25% body fat in another 3 months and so on.

Another vital fact to bear in mind is that muscles are heavier than fat and muscles are what give you your shape. Muscles do not make a woman look like a man, they make them look more like women.

It does not always reflect on the scales in weight loss. But it will reflect in the mirror and in other people’s faces.

Do not get hung up on weight and the measurement of the scales, especially in the beginning, when your progress does not appear to show. Study the principles here outlined very closely because they have worked for countless others.

PERCENTAGE OF BODY FAT FOR WOMEN (Approximate only)

Note: The main purpose of the table is to provide a method of measuring improvement in fat loss.

Instructions

- a) Measure the circumference of both thighs one inch below the pubic bone, and divide by two.
- b) Measure the circumference of both arms midway between the elbow and armpit and divide by two.
- c) Add a) and b) together and enter the figure into a table.

a) + b)	Percentage body fat
25	12
26	14
27	16
28	18
29	20
30	22
31	23
32	24
33	25
34	26

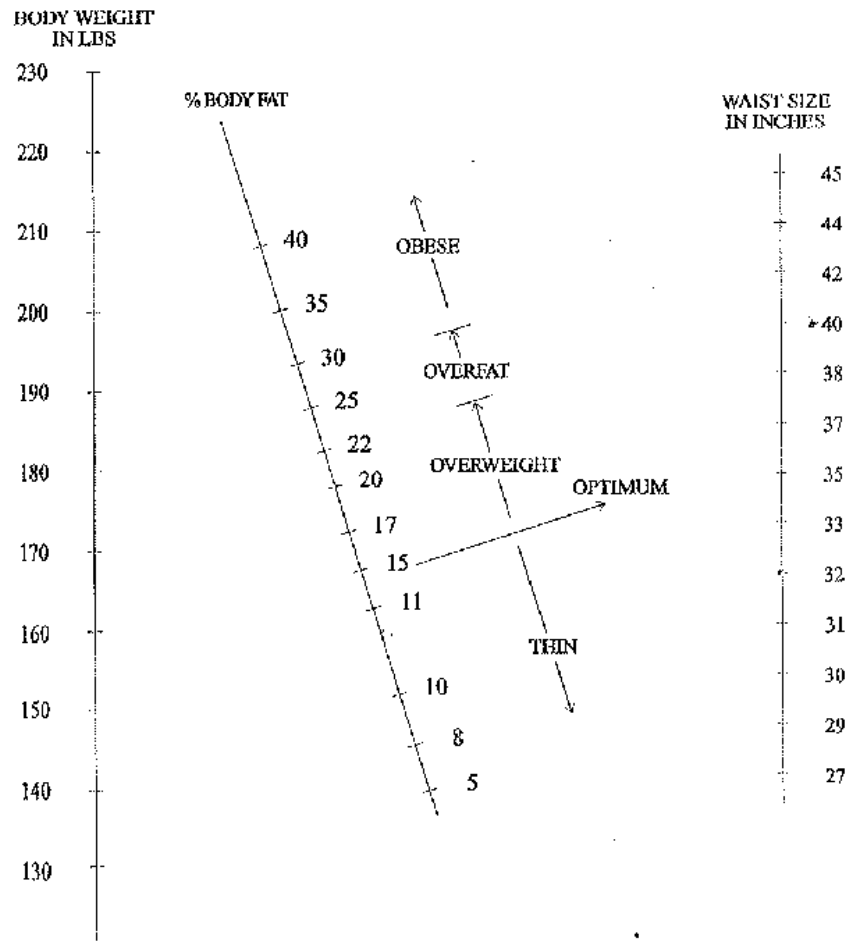
35	27
35.5	28
36	29
37	30
38	31
39	32
40	34
41	35
42	36
43	37
44	38
45	40
46	41
47	42
48	43
49	44
50	46

PERCENTAGE OF BODY FAT FOR MEN
(Approximate only)

Note: The main purpose of the chart is to provide a method of measuring improvement in fat loss. It may be inaccurate for very muscular men.

Instructions

- a) Measure around waist at level of umbilicus
- b) Determine body weight
- c) Draw a line between a) and b) to determine fat content



Conclusion

At the beginning we introduced you to a secret formula for weight control – here it is!

Weight loss =

**Calories Consumed – Calories Expended + Detoxification + Circulation + Digestion +
Enzymes + Metabolism + Hormones + Subconscious Reprogramming**

Those are the 7 Secrets. We have touched on them as best we could and as mentioned in the beginning we strongly recommend you continue your study of these 7 secrets and we would be happy to supply you with any information or any products that you need to help you in your important and desirable goal to look and be your best self.

Note: there a number of natural nutrients and products that can support these 7 Secrets. Some of these have already been mentioned – but not all. If you do get stuck with your progress we can advise ways to get you “going” again.

**I hope this has been helpful to you
Wishing you every health, success and happiness
Dr. Bill**

Resources

Book - Detoxification and Rejuvenation

Book - Lord of the Genes

The Health Empowerment Program

The Life Empowerment Course I, II & III (Biocybernetics)

Websites

www.empoweryou.com.au

www.shirechiropractic.com.au

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