

# You Can Lose Weight Too!!

Discover the lifestyle plan that will leave you feeling lighter, refreshed, and more energetic than you've ever been in your life!



Did you ever wonder why some people never seem to get fat?

It all boils down to people's genetic differences, the efficiency of their liver and thyroid gland, their eating habits, stress levels and nutritional status.

Research on fat samples in the USA and Great Britain showed that everyone has highly toxic chemicals stored in their bodies.

One study revealed that at least 100 toxic chemicals were found in each fat cell! Can you imagine that?

When your liver becomes overburdened with these toxins it sends out "warning" signals in the form of excess weight, skin problems, inflammation, fatigue and lack of energy.

## Where do toxins and heavy metals come from?

- Heavy Metals such as lead, cadmium, aluminum, and mercury are obtained from polluted fish, water, some vaccines, dental work, food processing machinery
- Chemical fertilizers, pesticides and insecticides
- Growth hormones, antibiotics and steroids in meat, dairy products, pork and poultry
- Food Additives, preservatives and coloring agents
- Environmental Pollution (air, land, water pollution)
- Chemicals leaching into foods from packaging materials (plastics)
- Artificial sweeteners
- Cosmetics (Our skin is an important detox organ. Did you know that sweating helps the body get rid of toxins?)
- Medications (antidepressants, anticonvulsants, steroid hormones)
- Household Cleaning Chemicals

Your ability to FLUSH harmful toxins out of your body is a major factor in determining the quality of your health... and your WEIGHT.

Did you know that chemical toxins and metals in your body can stop weight loss dead in its tracks and bring your metabolism to a screeching halt?

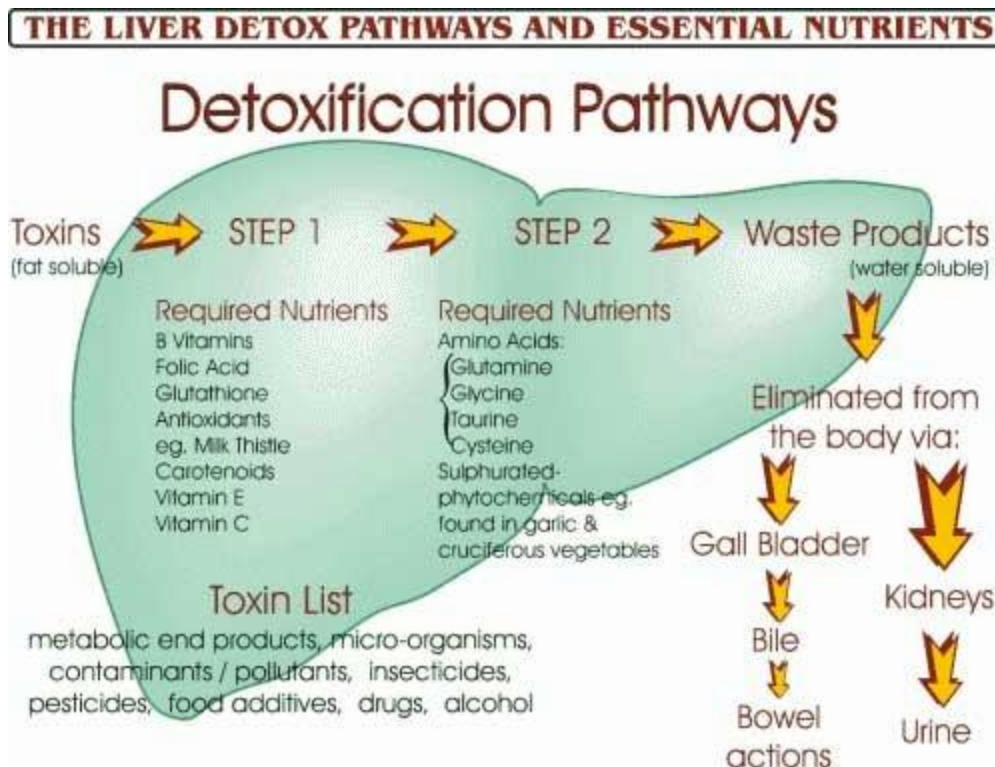
In spite of all the weight loss diets, weight loss clubs, low fat and low calorie meals, exercise classes, gyms, personal trainers, and diet pills the general population is getting fatter and fatter.

People tell me all the time that they diet and exercise like crazy but the weight always comes straight back. Sound familiar?

You will not lose weight permanently until you get rid of the chemicals and metals in your body and stop putting them back from your food, water and products you use on your skin.

Toxins are attracted to and are stored in the fatty tissues of your body. They interfere with the function of all the hormones involved in the weight control mechanism.

Toxins are virtually everywhere. They are virtually impossible to completely avoid. The best thing that you can do is to support your liver's detoxification pathways so that it can get rid of the toxins you are exposed to on a daily basis. To lower the burden on your liver, you can reduce your exposure to chemicals as much as possible and support your immune system so that your body is healthy enough to handle them.



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