

Dr Sandra Cabot

I can't lose weight! ...and I don't know why



This is the **ONLY** book that explains
ALL the hidden causes of weight excess!



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ALL the hidden causes of weight excess!



The suggestions, ideas and treatments described in this book must not replace the care and direct supervision of a trained health care professional. All problems and concerns regarding your health require medical supervision. If you have any pre-existing medical disorders, you must consult your own doctor before following the suggestions in this book. If you are taking any prescribed medications you should check with your own doctor before using the recommendations in this book.

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About the Author



Dr Sandra Cabot MBBS, DRCOG is a medical doctor who has extensive clinical experience in treating patients with weight problems, chronic medical problems, liver problems and hormonal imbalances. Dr Cabot works with other medical doctors and her team of naturopaths in Sydney Australia and Phoenix Arizona in the USA.

Dr Sandra Cabot began studying nutritional medicine while she was a medical student and has been a pioneer in the area of holistic healing. She graduated in medicine with honours from Adelaide University, South Australia in 1975.

During the early 1980s Dr Cabot worked as a volunteer in the largest missionary Christian hospital in Northern India, tending to the poor indigenous women.

Dr Cabot has written 30 books on health including the award winning Liver Cleansing Diet Book. She is a pilot and is a proud supporter of the Angel Flight Charity.

Introduction

It's a grim statistic: Most people who go on a diet and lose weight end up regaining that weight within a year.

Why does this happen?

There are many reasons why people fail to lose their excess weight with the most common being –

- Stress gets in the way
- They lose their focus
- They lack self belief – whether you think you can or think you can't, you're right

To overcome these obstacles you need to get the right support and tools from the best people. You will find it difficult to achieve your goal of weight loss by yourself because your own mind will try to sabotage you along the way, especially when stress or fatigue comes along. This is when you need to get help to refocus on yourself. You will need ongoing guidance, support and motivation. My team of Weight Loss Detectives (WLDs) can provide all those things and have been trained by me in my weight loss methods. My WLDs are situated in Camden and Pambula in New South Wales and in Phoenix Arizona in the USA. They can be contacted by phone, skype and email – see page 22

Support groups like Over Eaters Anonymous are also extremely valuable if you go to their meetings regularly.

This book will give you the right knowledge and tools to be successful and I suggest you use it as your weight loss bible and refer to it regularly. Don't hesitate to contact my WLDs if you need help with your weight loss. A big reason that people fail to lose weight is that they view a "diet" as a short-term solution and don't really change their thinking. Our Weight Loss Detective program focuses on REAL sustainable, permanent change. It's not hype!

About this book

If you are battling with a weight problem, this book has a strategy that I truly believe can help you for the rest of your life.

I have an incredible life that has given me the opportunity to communicate face to face with hundreds of thousands of men and women. Most of these people come to see me looking for help with their weight and hormonal problems.

My organisation receives hundreds of E-mails daily from people all over the world. Some people may find this daunting but I find it fascinating and challenging. This is because my weight loss strategies are able to offer these people a healthy and lasting solution to their problems. These people have tried many different things to overcome their weight problems but find that there are missing parts to the jig saw puzzle, which means that they do not know where to start. They will often relate how they have tried every possible diet on the market and taken every type of diet pill, but still continue to gain weight. They feel extremely frustrated, disappointed and confused.

The major obstacle is that they lack a plan or strategy that is tailor made for them, and takes into account **all the reasons that prevent them from losing weight.**

After 40 years of medical research and clinical practice I have been able to focus on the hidden problems that prevent people from losing weight. I have also developed new treatments that can overcome these medical problems safely and naturally. They will work for you, as they scientifically attack the medical problems that cause your metabolism to be abnormal. My approach works on the causes of weight excess, which means that if you can adopt my program as a lifestyle, you will gradually be successful.

If you are overweight you need to recognize the underlying problems that are keeping you fat. If you do not understand the enemy you cannot fight the battle and win. The 12 week Metabolic Weight Loss Plan in this book and my team of

Weight Loss Detectives provide the best strategy for you to win.

People believe they are fat just because they eat too much, don't exercise enough or have inherited the wrong genes from their parents. This is a far too simplistic and limited attitude. Indeed these people are very surprised and often relieved to learn that they have several medical problems that may be making them fat.

When a patient with a weight problem consults one of our Weight Loss Detectives we check -

- Do they suffer with Syndrome X?
- Do they have a dysfunctional or fatty liver?
- Do they have imbalances in their sex hormones?
- Do they have leptin resistance?
- Do they have a thyroid gland problem?
- Do they have an overload of toxins?
- Do they have food intolerances and/or food allergies?
- Do they have the wrong balance of bacteria in their intestines?
- Do they have fluid retention due to sluggish kidneys?
- Do they have impaired metabolism?
- Do they have imbalances in their brain chemicals (neurotransmitters)?
- Do they have a sleeping disorder?
- Do they have a negative belief pattern?

Only after **all the above factors** are taken into account can a tailor made strategy for their own individual weight problem be developed and fine tuned over time. I think this makes a lot of sense, don't you?

I am sure you know people who seem to overeat, but manage to stay slim, and others who seem to eat very little, but remain overweight. This is because body weight and body shape are greatly affected by genetic, metabolic, hormonal

and psychological factors, and not just by how much a person eats every day. What we eat is often more important than how much we eat. This is because the molecules in different foods will affect our genes, liver and gut function, and our brain chemistry, and this will impact on metabolism and hormonal balance.

Do not worry that because this book takes into account ALL the factors that could be keeping you overweight, it must therefore be complicated; it is not; indeed it will bring you clarity and direction.

To help you to be successful I have a team of dedicated and qualified people called The Weight Loss Detectives (WLDs) who can support you through the phone, skype and the Internet, and if needed via face to face consults. See page 22

Our websites offer you a wealth of information and I encourage you to visit them and send your questions by email.

The websites are –

www.drscabotclinics.com.au
www.quickloss.com.au
www.liverdoctor.com

If you need more help phone 02 4655 8855 in Australia or 623 334 3232 in the USA

It can be so confusing

Thirty years ago when I started writing there was a lack of information regarding nutritional medicine and natural therapies. People were starving for information especially about natural therapies, diet and hormones. Today the opposite has happened and people suffer with information overload. Yes there are too many diets, so many supplements and so many philosophies, and in one lifetime you cannot possibly do them all! Furthermore, you cannot try all these things successfully without some form of long term support and direction.

You need to know is what is right for you as an individual

You need to know in your particular case, if there are specific medical problems that are keeping you fat. That is why I have developed The Weight Loss Detective Program where all these factors can be addressed. My team of Weight Loss Detectives are dedicated to your success.

Several years ago I read with amusement, an article published in a medical journal titled *Cardiologist's Fat Fight*. It described the extreme clashing of expert opinions at the annual meeting of the American College of Cardiology. Supporters of the official low fat approach argued with opponents who believed it was excess carbohydrates and not fat that caused weight excess.

The main opponents were the late cardiologist Dr Robert Atkins, and cardiologist Dr Dean Ornish who had totally opposite views on the best diet to prevent obesity caused by Syndrome X.

Dr Atkins promoted his low-carbohydrate, high-fat, high-protein diet, while Dr Ornish promoted a rigorous vegetarian diet low in fat and high in complex carbohydrates. If the experts have totally different approaches and cannot agree, then who can?

I believe that the types of food we eat on a regular basis are crucial to our health and weight control success, and in most of my patients I need to make dietary changes. I find that it is extremely rare to find someone who has a perfect diet, especially bearing in mind that this means different things to different people, including the experts!

It is true that when we look around, people are generally eating less fat and more carbohydrates, and yet they are getting fatter! Indeed some experts believe that a high carbohydrate, low-fat diet can be dangerous to your health and lead to obesity and diabetes.

But I have also found that it is not the diet alone that needs to be considered, but the individual problems that may be sabotaging your best efforts at following a healthy diet, no

matter whose diet you follow. Yes we need to look a little deeper into our health in much the same way as a detective would solve a mysterious case. Let us find the missing pieces of the jig saw puzzle so that we can see the overall picture and begin the holistic approach that leaves no stone unturned. Only then are our chances of success very high.

The missing parts to the jig saw puzzle include:

- Syndrome X which is also known as the Metabolic Syndrome or Insulin Resistance
- Leptin resistance – leptin is a hormone that regulates hunger
- Fatty liver or sluggish liver function
- Imbalances in the sex hormones
- Excess cortisol levels caused by stress – cortisol is an adrenal hormone
- Thyroid gland problems such as thyroid resistance and low levels of the thyroid hormone called T 3
- Our genes – this is our unique DNA which we inherit from both parents
- Body toxicity and excess inflammation
- Gut problems such as unhealthy bacteria in the intestines
- Food intolerances and food allergies
- Fluid retention
- A sluggish metabolism
- A chemical imbalance in the brain's neuro-transmitters, especially low dopamine
- A negative self belief pattern

So stay with me and allow me to help you solve your own jig saw puzzle. Read on and discover that what seems at first to be hidden, difficult and confusing, is in fact not hard to understand; knowledge is power and will enable you to overcome your weight problem.

Interesting case histories

During one of my seminars in 1999, I met a woman who really showed me how important it is to consider all the medical reasons that can make a person chronically obese and unwell. Donna was 47 years old and had suffered with polycystic ovaries for many years, which unfortunately had been inadequately treated. Donna was very overweight, and being an Android Body Type (apple shaped) she carried all of her excess weight in her upper body and abdomen. She had lost most of her hair and was almost bald in the male pattern of baldness, although she hid this well with a colored headband over her forehead. She had a fatty liver, Syndrome X and was hypertensive. Although she was almost of menopausal age, she complained of heavy menstrual bleeding, which was due to the deficiency of the hormone progesterone, commonly seen in women who do not ovulate regularly. She was taking the drug Aldactone, in an attempt to reduce her excessive male hormones but this was not controlling her hormonal and metabolic imbalance. Indeed she was going nowhere and had been trapped in a hormonal and metabolic nightmare for years. I thought to myself *“if only I had been able to see this woman 20 years ago, what a difference I could have made to her physical and mental state”*. This woman needed specific help to address ALL of the medical problems that were making her obese and destroying her looks. However it is never too late to restore normal body chemistry and she was still looking for a solution after all these years.

I started her on my dietary program for Syndrome X, and gave her supplements to reduce her high insulin levels and reduce her cravings for carbohydrates. I also stopped the Aldactone, which was not helping her bleeding and hair loss. I prescribed the anti-male hormone medication called Cyproterone acetate, which acts as a type of progesterone to reduce heavy bleeding, and is also very effective at reducing high levels of male hormones.

To be able to balance her metabolism and get her excess weight off, I had to -

- Reverse her chemical imbalance of insulin resistance
- Balance her sex hormones
- Improve her liver function
- Take into account her Body Type

Someone like this presents a real challenge, and needs powerful strategies that look at ALL the imbalances that perpetuate obesity.

Within 6 months I had brought her hormonal problems under control, so that her vaginal bleeding had gone and her hair was growing back. Lowering the male hormones had made it much easier for her to lose the weight from her upper body, as excess male hormones increase insulin resistance and thus fat gain.

It took me 12 months to reverse her fatty liver condition and during this time, as her liver started to burn fat normally, she gradually lost her abdominal obesity. The supplements and liver tonics had also helped her to speed up her sluggish metabolism.

It gave me great satisfaction to see this woman change from an obese masculine balding woman, to an attractive middle aged woman with thicker hair and a normal body weight.

Another interesting case history comes from Dr. Tom Eanelli MD, who is a medical specialist working with cancer patients in New Jersey USA. Dr. Eanelli was suffering with fatty liver, which had caused his weight to balloon to 325 pounds (148kg). He found it impossible to lose weight and was frustrated by the lack of information available on fatty liver condition. One day whilst searching in a book store, he came across my book on the liver titled ***The Liver Cleansing Diet***. He read the book and was astounded to learn that his fatty liver could be treated by a specific nutritional program. Dr Eanelli followed the eating plan and took Livatone liver tonic every day. Gradually over a two year period he was able to

reverse his fatty liver and got down to 185 pounds (84Kg). Dr Eanelli believes that I saved his life, which is true, as a fatty liver is a serious condition. His case history demonstrates dramatically how essential it is to treat the medical causes of obesity if one is to achieve long lasting success. Dr Eanelli was so inspired by his results that he co-authored a book with me titled ***Fatty Liver – You Can Reverse It.***

How to use this book

*For those who want to get started straight away, turn to **page 34** and start reading!*

This section contains the 12-Week Metabolic Weight Loss Plan. Simply start following the easy menus/recipes and begin to re-direct your metabolism from fat-storing into fat-burning straight away.

You can then use the Table of Contents to choose the subjects that interest you.

If you have questions, feel free to call our help-line on 02 4655 8855 in Australia or 623 334 3232 in the USA to speak to a naturopath.



Dr Sandra Cabot

Have you tried all the fad diets, exercised your heart out and still wonder why you can't lose weight? This is the book for you.

I can't lose weight!... and I don't know why

Award winning author Dr Sandra Cabot explains ALL the hidden causes of weight excess and what to do about it.

Understanding how to be successful in controlling your weight is like working on a jigsaw puzzle. Each piece interacts with every other, and without an understanding of how they fit together you cannot complete the big picture; thus you lose direction to your goal.



One missing piece can be as simple as a deficiency of iodine or a complex hormonal imbalance. Other pieces of the puzzle such as thyroid resistance, food addiction, body inflammation and many other causes of weight gain, are included in this book.

Learn what each piece of the puzzle is and what to do about it.

Award winning author Dr Sandra Cabot has 40 years of clinical experience in nutritional medicine

- Informative case histories
- 12 week metabolic weight loss plan
- Delicious low carb recipes

This book is written with a never fail, never give up attitude. It provides ongoing help, guidance and resources.

www.sandracabot.com

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Ultimate Total Body Cleanse

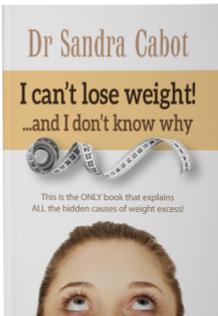
DR CABOT CLEANSE

15 - Day Detox Plan

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