

The Secrets to Lasting Weight Loss

DR SANDRA CABOT

*Author of the award winning
Liver Cleansing Diet Book*

The information provided herein should not be used for the diagnosis or treatment of any medical condition. Your own doctor should be consulted for diagnosis and treatment of any and all medical conditions.

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

Published by
Women's Health Advisory Service
PO Box 689
Camden NSW 2570 Australia
Ph: 02 4655 8855
Websites: www.cabothhealth.com.au
www.drcabotcleanse.com
www.sandracabot.com
www.liverdoctor.com
www.quickloss.com.au

If you have any questions, contact our naturopaths and nutritionists at contact@cabothhealth.com.au

© Dr Sandra Cabot, 2014
Updated in 2019
eBook ISBN 978-1-936609-26-0

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Together we can change our health

Everyone needs mentors or guides who have wisdom and experience. Let us share with you the secrets to weight loss.

Most people who go on a diet and lose weight end up regaining that weight within a year. Why does this happen?

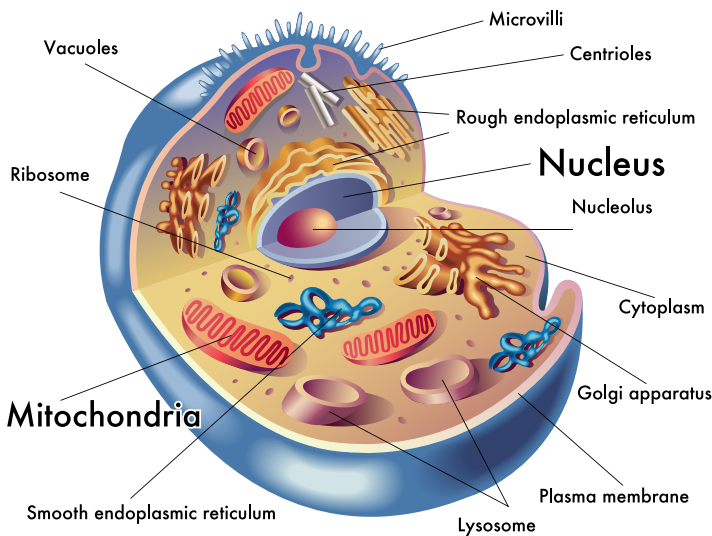
There are many reasons why people fail to lose their excess weight with the most common being:

- They lose their focus on their own wellbeing - that's why you can not do it alone
- Stress gets in the way
- They do not keep healthy food close to them
- They lack self belief – I like this saying “Whether you think you can, or think you can’t, you’re right!”
- They have hidden problems with metabolism that have never been treated

Metabolism

Metabolism is the term used to describe the inner chemical processes that occur in the mitochondria inside the cells during which food energy is turned into cellular energy. The rate at which you turn food energy into cellular energy is called the metabolic rate. If you have a high metabolic rate your cells will convert food energy into cellular energy efficiently, which means that you will not store excess or unused calories as fat so easily.

Conversely if you have a low metabolic rate, you will not convert food energy into cellular energy efficiently and food energy (measured as calories) will be stored as body fat after your glycogen stores are full.



It is well recognised that metabolism has a lot to do with excessive weight gain and those with a slow or sluggish metabolism will gain weight very easily and tend to develop cellulite. Fat cells in areas of cellulite have a very low metabolic rate and this is why it is so hard to burn fat off from these affected areas.

Factors That Influence the Rate You Burn Fat

These include:

- Syndrome X which is also known as the metabolic syndrome or insulin resistance
- Leptin resistance – leptin is a hormone that regulates hunger and it may stop working if you have been overweight for several years
- Fatty liver or sluggish liver function
- Excess cortisol levels caused by prolonged stress – cortisol is an adrenal hormone and it promotes weight gain and fluid retention
- Thyroid gland problems such as thyroid resistance and/or low levels of the thyroid hormone called T3 (triiodothyronine)
- Our genes – this is our unique DNA which we inherit from both parents

- Body toxicity - toxins impair the energy factories inside the fat cells, which reduces their ability to burn fat. Most of these toxins are fat-soluble and only the liver can turn fat-soluble toxins into water-soluble toxins. If this does not occur, the toxins cannot be eliminated, and will stay inside the fat cells. This causes persistence of cellulite.
- Gut problems such as unhealthy bacteria and leaky gut can cause impaired metabolism. To improve the types of bacteria in your gut, increase vegetables and fruits in your diet, take a probiotic, and try some fermented foods.
- Food sensitivities and intolerances cause inflammation, which irritates the gut and overworks the liver leading to problems with metabolism. Food intolerances and allergies cause cravings, often for the very food that is causing the problem. The most common offenders are gluten and sugar. The most common food intolerance to cause weight gain is gluten. See my new book titled "**Gluten – is it making you Sick or Fat?**"
- A chemical imbalance in the brain's neuro-transmitters, especially low dopamine, which makes you crave comfort foods. This can be helped with the amino acid tyrosine.
- Lack of exercise, which will reduce blood supply to the fatty areas and increase fluid retention in cellulite areas.
- A negative self belief pattern – this can be helped by counseling, clinical hypnosis, meditation techniques and by getting expert advice.
- Imbalances in sex hormones such as oestrogen dominance and/or androgen excess in women. This is common in Polycystic Ovarian Syndrome (PCOS).
- Hormonal changes may cause weight gain. Many women complain of weight gain before menstrual bleeding and during and/or after pregnancy. This can be prevented by correct diet and keeping your metabolism at efficient levels. Hormonal imbalances can be treated by using bio-identical hormones such as natural progesterone. The synthetic hormones in the contraceptive pill, and many types of Hormone Replacement Therapy, can lead to weight gain. Bio-identical hormones do not cause weight gain.



A woman with long blonde hair, wearing a dark top, is shown in profile from the chest up. She is holding a white, handheld electronic device with both hands, looking into a circular opening on its front. The background is dark. The text 'COMMON FACTORS THAT CAUSE WEIGHT GAIN' is overlaid on the left side of the image.

COMMON FACTORS THAT CAUSE WEIGHT GAIN

Liver Function

The liver is the major fat burning organ in the body and regulates fat metabolism in several very sophisticated ways. In simple terms we can describe the liver, as an organ which can burn fat and can also pump excessive fat out of the body through the bile into the intestines.

In the Medical Observer Journal in July 2004, non-alcoholic fatty liver disease was called the new epidemic of liver disease facing the Western world.

A fatty liver is far from healthy, as basically it is being choked with unhealthy fat building up within it. The liver cells and the spaces that form the structure of the liver filter become swollen and distorted with unhealthy fat so that they cannot function efficiently.

The healthy liver is a highly organised mechanical filter, which cleanses the blood stream so that healthy clean blood returns to the heart. If the filter is blocked with unhealthy toxic fat, the blood cannot flow easily through its spaces, and thus it is not cleansed. Thus the blood returning to the heart becomes full of unhealthy fats and toxins, which can damage your heart and your immune system.

Today fatty liver is now recognised as the most common cause of abnormal liver function tests in the USA, UK and Australia. Around 20% (or one in five persons in the general population) in Australia and the USA has fatty liver disease.



Fatty liver



Healthy liver

How Do I Know If I Have a Fatty Liver?

Blood test

You can ask your GP to order a liver function test. This takes the form of a routine blood test. If your liver enzymes known as ALT and AST are raised above normal levels, this signifies inflammation and damage to the liver cells caused by the fat building up inside them.

Ultrasound

You can ask your GP for an ultrasound scan of the abdomen. The ultrasound scan reveals the shape, size and texture of the liver. The fatty liver has an abnormal texture which will be seen on the ultrasound scan. The liver may be enlarged – the enlargement is often only slight and is due to the fact that the liver cells are being swollen with fat building up inside them. An ultrasound scan of the abdomen is a test of great value, as it is good at checking the texture of the liver and will show the streaks of fat and sometimes fatty cysts building up in the liver. It will also show the presence of liver diseases such as liver cancer, cysts and tumours.

Liver biopsy

A liver biopsy is an accurate way to diagnose the severity of fatty liver, but a liver biopsy is not without risk and is not usually necessary. A fibroscan can detect any cirrhosis.

If you have a tummy roll of fat at the top of your abdomen and/or you are overweight, chances are that you have a fatty liver. Reversing a fatty liver can best be accomplished with a diet plan to reduce carbohydrate intake. A fatty liver can be reversed and a comprehensive guide on how to do this can be found in my book **“Fatty Liver You Can Reverse It”**. Available as an eBook from iTunes, GooglePlay and Amazon or you may order a printed copy from www.cabothealth.com.au



Thyroid Gland Function

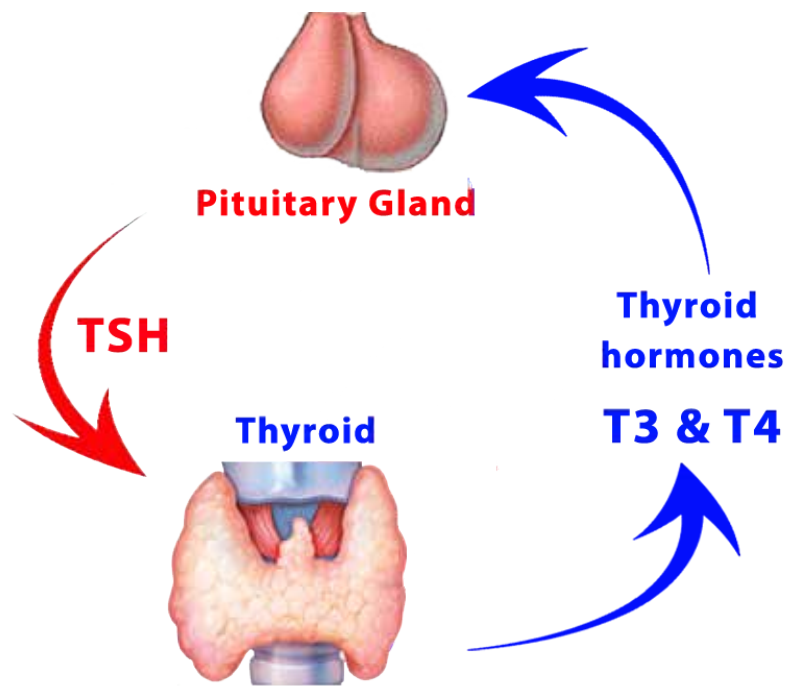
The thyroid gland is located in the front of the neck attached to the lower part of the larynx (voice box) and to the upper part of the trachea (windpipe). The thyroid hormone can be considered to be the throttle or accelerator of body metabolism and as we discussed earlier, metabolism is the process by which cells burn fat.

The thyroid gland produces a thyroid hormone called thyroxine (T4) because it contains 4 molecules of iodine. Thyroxine is not a highly active hormone and must be converted in the body to its more active form called Triiodothyronine or T3, which contains 3 molecules of iodine. Most of this conversion of T4 into T3 occurs in the liver, so you need a healthy liver for efficient thyroid function.

T3 acts directly upon the energy factories inside the cells (mitochondria) to speed up the rate at which they convert food energy into physical energy. In other words T3 speeds up the metabolic rate.

The conversion of T4 into T3 can slow down with advancing years, fatty liver, liver disease, poor diet, or exposure to various toxins such as some prescription drugs, excessive alcohol or insecticides.

Slow or reduced conversion of T4 into T3 is called “thyroid resistance” and results in abnormally low levels of T3 or even the wrong shaped T3, which is useless. People with low levels of T3 or the wrong shaped T3 (known as Reverse T3) will have a very slow metabolic rate and will find it very hard to lose weight. They will age more rapidly and be fatigued. They will experience dryness of the skin and hair, fluid retention and a tendency to puffy cellulite, especially just below the inner knees.



Blood tests for thyroid function

It is easy to check the thyroid function with a simple blood test that your local doctor can arrange.

The normal ranges of thyroid hormones are –

Free thyroxine (T4)	8 to 22 pmol/L
Free triiodothyronine (T3)	2.5 to 6.0 pmol/L
Reverse T3	140 to 500 pmol/L
TSH	0.3 to 4.50 mIU/L (ideally not over 2.5)

Note: Reverse T3 is the wrong shape and it does not work in the body – thus you do not want it to be above the normal range (too high). If Reverse T3 is too high, you need to improve liver function, take a selenium supplement and perhaps take a prescription dose of T3 hormone (triiodothyronine). Thyroid Health capsules contain selenium and iodine.

Your basal body temperature reflects your thyroid function

The basal body temperature is the lowest temperature attained by the body during sleep. It is measured immediately after awakening and before any physical activity has occurred.

In people with an underactive thyroid gland the body temperature falls below normal because of slower metabolism. An overactive thyroid gland elevates body temperature producing a low grade fever.

The metabolism in your whole body is completely dependent on enzyme function.



Importantly enzyme function is highly dependent on body temperature.

If your basal body temperature is below normal, then the enzymes in every cell of your body will be working too slowly, which means your metabolism will be way too low.

Measuring your basal body temperature (BBT) can pin point a thyroid problem even if your blood tests for thyroid function are seemingly “normal.”

This BBT is performed first thing in the morning, upon awakening, and before you become physically active. Tracking basal body temperature over 14 mornings gives you a better average.

Most digital thermometers on the market are not accurate enough for measuring your BBT. A digital thermometer, and also an infrared thermometer, will under read a person’s body temperature.

The most accurate thermometer is the old-fashioned mercury thermometer, around which this specific BBT test was originally created and standardised. Mercury thermometers can still be found in many pharmacies. You can also ask for a mercury-based fertility thermometer.

Modern digital-style thermometers are calibrated differently from the mercury type, hence will give inaccurate readings for the BBT test. Only use the old-fashioned mercury thermometer.

Technique to test the BBT

Your mercury thermometer should be re-set by shaking it down the night before the first morning test, as well as after you have recorded each morning’s result. This ensures the thermometer is ready to use well before the next testing. It can take quite a bit of shaking to get the mercury column to go down to below the 35 degrees Celsius (95.0 degrees Fahrenheit) figure on this type of thermometer.

You must take your temperature immediately after awakening, as any physical activity will increase your temperature, thus preventing you getting the required basal reading.

As soon as you wake up, take your temperature, under the arm in the armpit, (not under the tongue) for a full 10 minutes. It is vital to place the mercury thermometer underarm, and not under the tongue. Do not move or get out of bed before taking your temperature. Any such activity will raise your basal body temperature, and make the test useless.

It's important to accurately record the readings, as well as try to have those readings taken at about the same time each morning.

For pre-menopausal women it is important to only measure the temperature on the 2nd, 3rd and 4th morning of their menstrual bleeding.

For men and post-menopausal women, the temperature can be taken on any 14 – or more - consecutive mornings.

Once you have recorded the 14 readings, work out the average temperature.

Understanding your BBT results

A healthy human's normal body temperature is considered to be 37 degrees Celsius (98.6 Fahrenheit).

If your average basal body temperature (BBT) reading is below 36.5 degrees Celsius (97.7 degrees Fahrenheit), then this is an indication, that you have an underactive thyroid.

The more your average BBT is below 36.5 degrees Celsius (97.7 degrees Fahrenheit), the more your thyroid is under-active. Any average temperature below 36.0 degrees Celsius, (96.8 degrees Fahrenheit) would suggest that your thyroid is starting to become underactive. In such cases, a TSH reading (done on a blood sample) is also more likely to come back as 2.0mU/L or higher.

Sluggish thyroid function is a common hidden problem that prevents many people from being successful with their weight loss programs. For more information about thyroid health see my book "**Your Thyroid Problems Solved**".

Case history

Robyn is a highly experienced nurse who believes in holistic medicine. Even so she did not recognise that she had a hidden thyroid problem. Robyn lives on the south coast of New South Wales Australia and has an organic farm where she raises organic chickens, eggs and meat and vegetables. Robyn had an undiagnosed thyroid condition, which when finally diagnosed and treated, changed her life, body shape and weight.

Read her case history at www.sandracabot.com/thyroid-case-history/

Insulin – the Fat Storing Hormone

Imbalances in insulin are a very common cause of weight excess and inability to lose weight. Insulin imbalance is known as Syndrome X and causes a problem with the metabolism of sugar and fat. Syndrome X is also known as metabolic resistance.

Today, Syndrome X is widely recognised by the medical profession as a forerunner to heart disease and type 2 diabetes; but unfortunately Syndrome X is still greatly underestimated as a cause of obesity.

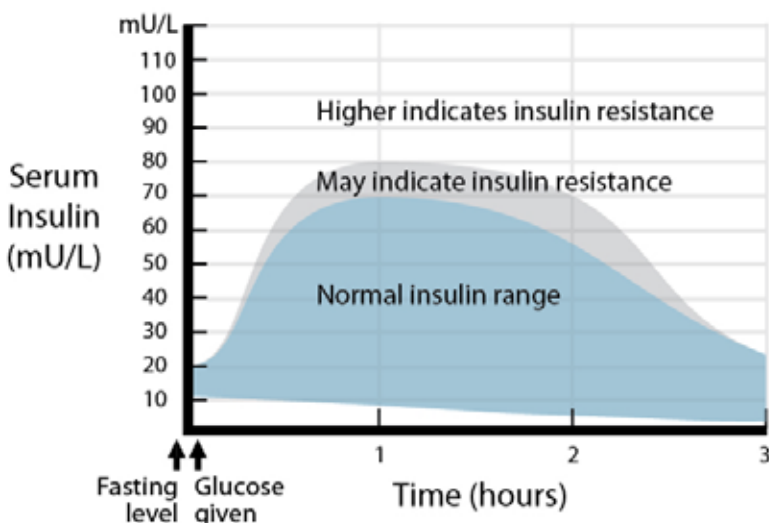
Syndrome X is caused by a disturbance in the function of the hormone insulin, which is really the root cause of the problem. In Syndrome X the body becomes resistant to the action of insulin and to compensate, the pancreas over produces insulin. This can be compared to a builder who has hired workers to build a house. If the workers are inefficient or lazy, the builder has to hire more workers to compensate for the inefficient workers; otherwise the work will never be completed on time. This is what happens in your body if you have Syndrome X – your insulin is lazy and inefficient and to compensate your pancreas has to make a lot more insulin. You end up with way too much insulin. Unfortunately insulin is a potent fat storing hormone.

I describe Syndrome X as a chemical imbalance that makes you fat. Syndrome X makes it virtually impossible to lose weight unless it is specifically treated so that insulin levels come down.

Syndrome X is often not handled correctly because there is a tendency to treat the symptoms of this chemical imbalance, rather than attack the cause of insulin resistance. Those with Syndrome X are often on multiple drugs such as cholesterol lowering drugs,

blood thinners, antihypertensive drugs and blood sugar lowering drugs – just imagine how hard their fatty liver has to work to break down all these drugs? Overworking the liver like this often leads to weight gain because all the liver's energy is used up to breakdown the drugs and there is less liver energy to burn fat– wow what a vicious circle we can create if we only treat the symptoms!

Blood Insulin Curve





SYMPTOMS

**UNDERLYING CAUSE
INSULIN EXCESS**

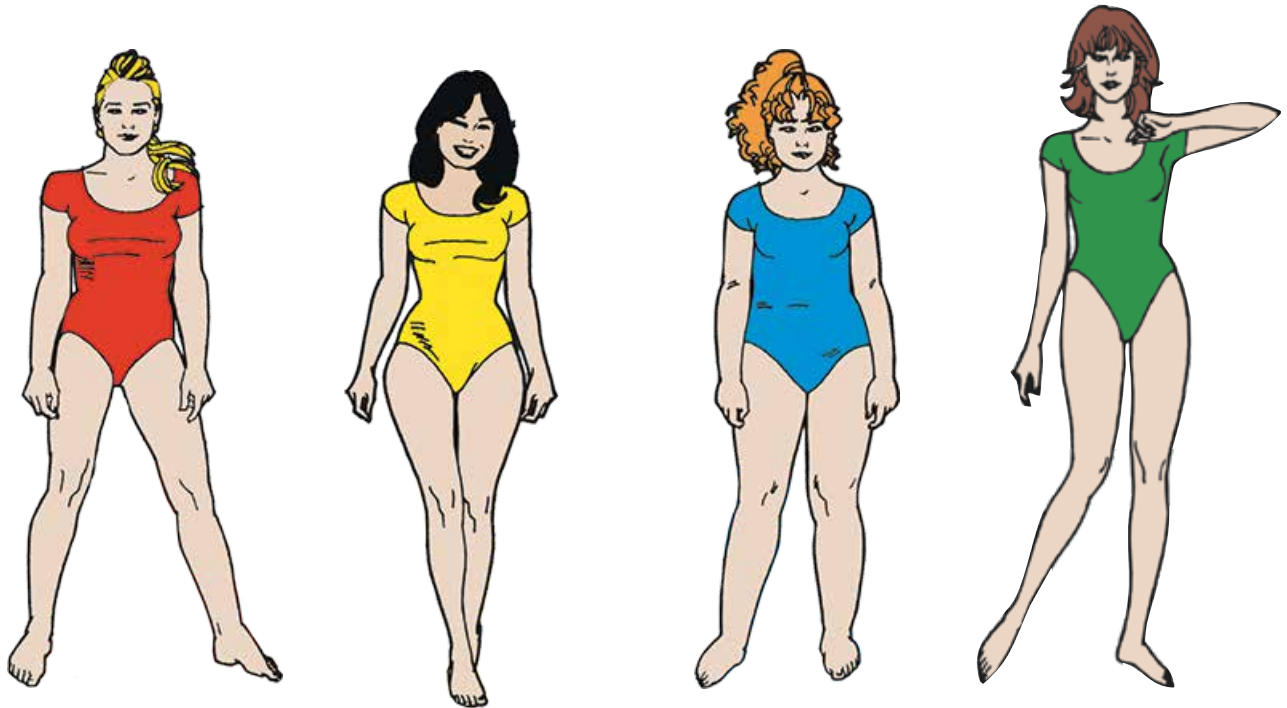
SYNDROME X

Some researchers have compared Syndrome X to an iceberg with its cause hidden beneath the surface of the ocean. At the top of the iceberg we see only the peaks of ice, which represent the symptoms. The symptoms we may see are weight excess (which can vary from slight to obesity) and there may also be abnormal blood fats, raised blood pressure and disturbances of blood glucose levels. Doctors treat these symptoms with drugs, which may be needed but hopefully not forever, if we are able to correct the insulin disturbance, which is the cause of these symptoms.

Excess body fat is a symptom of Syndrome X, and is usually treated with a low-fat diet. However this type of diet does not lower the raised insulin level, which is the cause of the obesity. We need an eating plan and supplement program to normalise the insulin metabolism. Only then are we able to overcome the obesity and all the other symptoms of Syndrome X.

Which foods elevate insulin?

- Refined sugars and processed grains and sugary soft drinks.
- High carb foods such as bread, biscuits, crackers, cakes, pasta, noodles, pastries, muffins, donuts, cereals etc.
- Trans-fatty acids - Deep fried foods, margarine, hydrogenated vegetable oils.

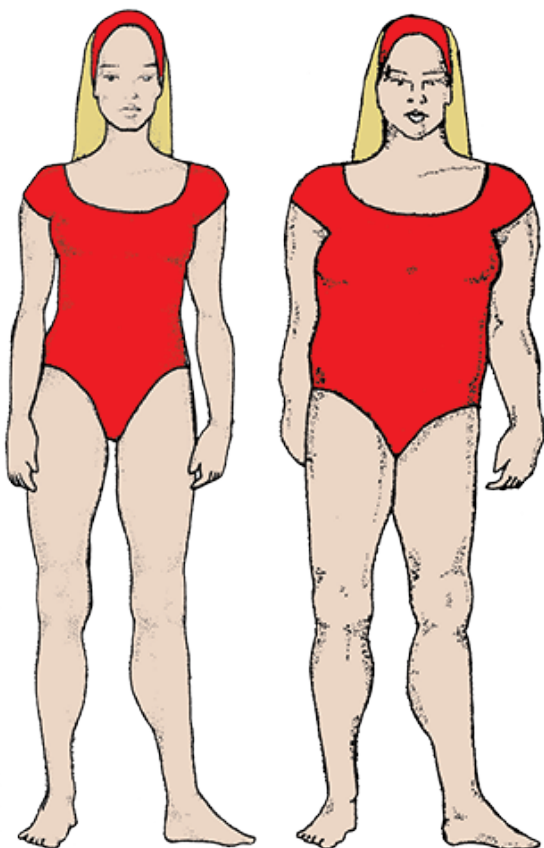


YOUR BODY TYPE

Your Body Type is an important factor in weight gain. There are 4 different body types:

Android, Gynaecoid, Thyroid and Lymphatic

These 4 body types have unique hormonal and metabolic characteristics. Some body types gain weight easily and are also more susceptible to cellulite.

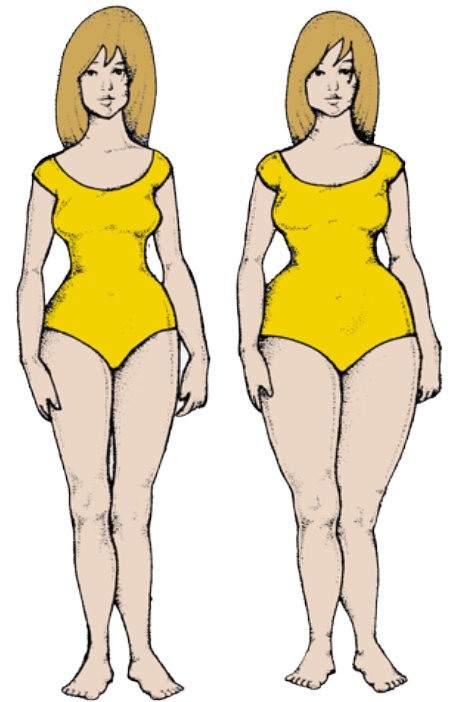


Android Type

The Android body type has broad shoulders and strong muscular limbs. The trunk is somewhat straight up and down and there is not much of a waist. The pelvis is narrow and the hips do not flare. Android types have an anabolic metabolism, which means that they tend to be “body-building” and will gain weight in the upper part of their body so that they may become apple-shaped. Most of their weight gain occurs on the front of the abdomen. They build muscle mass easily and make good athletes. They tend to produce more male hormones than do the other body types.

Gynaecoid Type

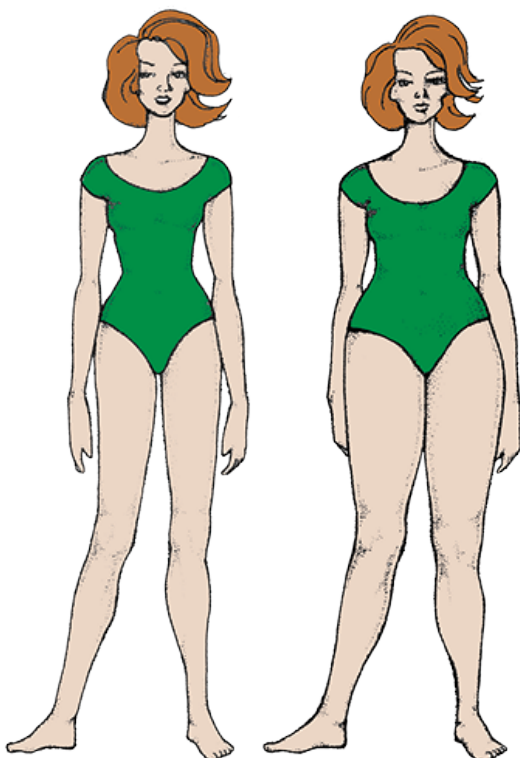
The gynaecoid body type is the curvy shape with small to medium shoulders tapering to a small waist and then flaring below to wide curvaceous hips. Weight gain occurs only on the thighs and lower buttocks and gives a very feminine and curvy shape. Many gynaecoid types will have a big problem with cellulite accumulating around the upper thighs and buttocks. They often have a hormonal imbalance called "oestrogen dominance" which means that there is too much oestrogen compared to progesterone. Gynaecoid types often crave foods combining high amounts of fat and sugar, which will increase their sensitivity to oestrogen leading to more cellulite in the buttocks and thighs. Pear shaped obesity or lower body weight gain in the buttocks, hips and thighs is found in Gynaecoid Body Types. This is associated with oestrogen dominance and can be overcome with natural progesterone cream (5-10% strength) and the correct exercise program.



Thyroid Type

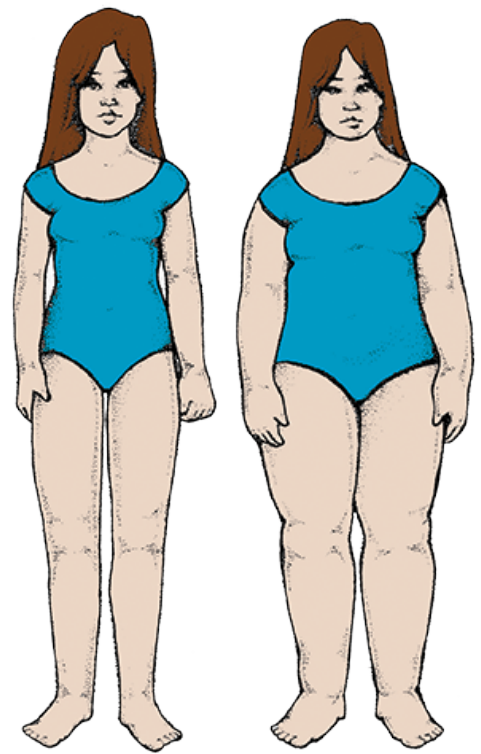
This body type is characterised by a fine narrow bone structure and long limbs. This body type often has a "race-horse" appearance. Many dancers and models belong to this body type. Thyroid types often crave stimulants such as caffeine, nicotine and sugar or artificial sweeteners and may miss meals. They often have problems with unstable blood sugar levels, which can cause fatigue and cravings for sugar and stimulants. Generally speaking thyroid types do not gain weight easily and have a very high metabolic rate. Thyroid Body Types do not have many fat cells (they are born this way) and so they do not have many areas to store fat.

Of all the body types they are least likely to develop cellulite and if it does occur it is on the buttocks.

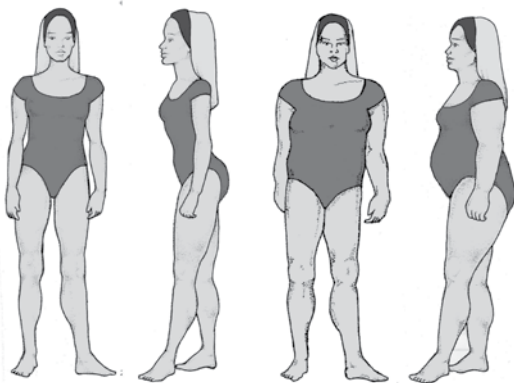


Lymphatic Type

Lymphatic body types gain weight all over the body, and have a “cuddly baby doll” appearance. Weight gain occurs very easily because lymphatic types have a very low metabolic rate. They also have a dysfunctional lymphatic system resulting in generalised fluid retention, which makes them look fatter than they are. They are prone to deposits of fat swollen with lymphatic fluid, which can cause severe cellulite. This type of fluid retention gives them thick puffy limbs so that it is hard to see their bone structure. They often avoid exercise and prefer indoor and creative hobbies instead of physical pursuits.



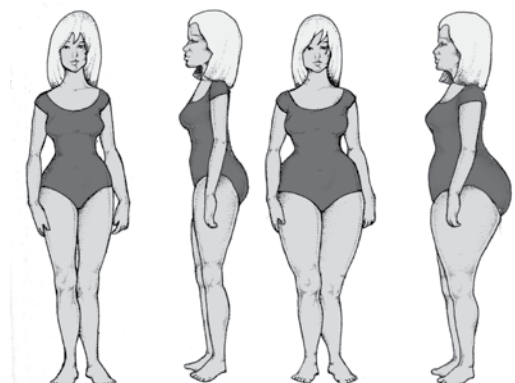
Android Body Type



Normal

Overweight

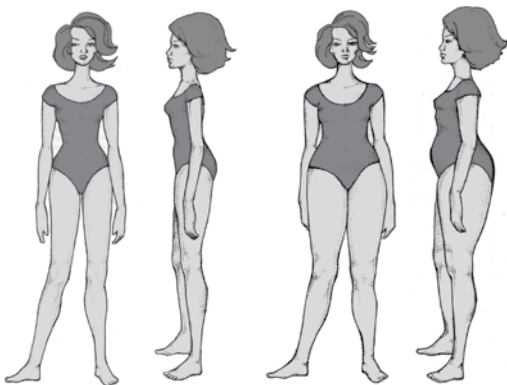
Gynaecoid Body Type



Normal

Overweight

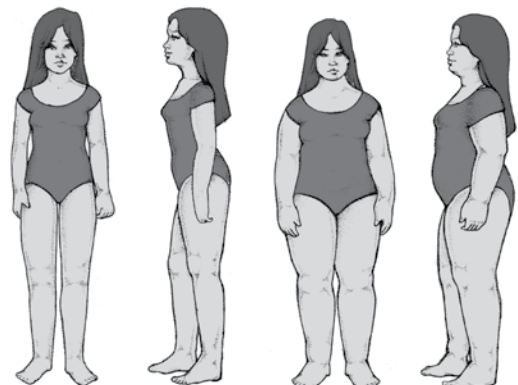
Thyroid Body Type



Normal

Overweight

Lymphatic Body Type



Normal

Overweight



STRESS, DEPRESSION & ANXIETY

Stress can undo everything you are trying to achieve – and it will undo it quickly. Stress makes you lose your focus. To be successful you must be focused on yourself in a positive way – this is number one! You must work on your self esteem – you are worth it!

I have a saying which is “Love Yourself to Health”.

Emotional eating may account for up to 80% of over eating. Emotional eating is dysfunctional and is the use of food to control negative emotions, anxiety or stress. At our Camden Holistic Medical Clinic we use clinical hypnosis and relaxation therapy to reduce compulsive eating caused by anxiety. Dr Evgenia Nisman runs this hypnosis clinic. Our success rate is over 75%.

If you are addicted to food, stress causes a drop in brain dopamine and blood sugar levels, and this will cause powerful cravings for your comfort foods, or in other people cravings for alcohol or cigarettes etc.

The stress can be high and your mind may try to fill you with negative thoughts that sabotage your efforts. Low self-esteem is at the root of most failures and causes us to give up.

You do not have to be perfect and everyone needs little treats and comforts occasionally, especially if they feel empty and unloved.

You may think you can fill up emptiness with chocolate, sugar, carbohydrates, cigarettes or alcohol etc., but for many addicts, it is a case of one is too many and a thousand is not enough. You can replace emptiness with a positive feeling if you work on yourself to be the best you can possibly be, so that you will attract a fulfilling life.

But remember that you need to Love Yourself to Health.



STRATEGIES FOR FAT BURNING

How to Improve Liver Function

This will increase the ability of the liver to burn fat and pump fat out of the body through the bile. It will also help to breakdown fat-soluble toxins that would otherwise become trapped in the fatty tissues and lead to cellulite. Liver tonics are the most effective strategy; however you will need a powerful tonic that can really improve liver function. I recommend a liver tonic that contains milk thistle, selenium and taurine.

Eat plentiful amounts of vegetables and raw fruits. Avoid dried fruits as they are too high in carbohydrates. The best fruits for weight loss are citrus, passion fruit, kiwi fruits, prunes and apples. Drink at least 8 glasses of filtered water everyday.

How to Improve Thyroid Function

The thyroid gland has a high requirement for trace minerals because the enzymes that produce thyroid hormone and convert it to the active form (T3) are dependent upon trace minerals. The most important minerals for this process are selenium, zinc, and iodine. Many people with a weight problem and/or cellulite have a deficiency of these trace minerals, which leads to sluggish thyroid function and a lower metabolic rate.

Tyrosine is the amino acid required to manufacture thyroid hormone, so a tyrosine supplement can improve thyroid function, especially in vegetarians or those with digestive problems.

Many people with an underactive thyroid gland do much better on a gluten free diet. See Robyn's case history at www.sandracabot.com/thyroid-case-history/

Here are some raw juice recipes for boosting metabolism and assisting liver and thyroid health.



Liver Tonic Juice

- 1 carrot
- 1/4 bunch parsley
- 125g cucumber - leave skin on
- 1 orange
- 1 lemon or lime
- 2 kale or 2 cabbage leaves

Method

1. Wash, trim and chop all ingredients and process in juicer.
2. Drink 2 to 3 small cups daily.

Thyroid Gland Juice

- 1.5cm fresh ginger
- 1 red radish
- 2 carrots
- 1/4 medium beetroot and top leaves
- 1 apple - whole
- 2-3 lettuce leaves
- 1/4 tsp kelp powder

Method

1. Wash, trim and chop all produce and their leaves and process in juicer.
2. Stir in kelp powder and mix well.



The popular “Raw Juices Can Save Your Life” book has additional juice recipes for many health problems.

Stimulate Your Fat Cells to Burn Fat

The following natural supplements support and stimulate the metabolism:

- Tyrosine
- Brindleberry (*Garcinia quaesita*)
- Kelp – a source of iodine
- Vitamin B6
- Zinc
- Chromium picolinate

Nutrients and herbs, which help to reduce cellulite and weight effectively, must be able to do the following:

- Support thyroid function
- Support liver function
- Stimulate brown fat metabolism
- Reduce sugar cravings
- Stabilise blood sugar levels

All these nutrients / herbs are combined in Metabocel tablets.

Tyrosine

Tyrosine is required by the body to manufacture thyroid hormone and the neurotransmitters adrenalin and dopamine. Tyrosine stimulates thyroid gland function and therefore metabolism. Tyrosine reduces brain fatigue and improves mood because it helps the brain to make adrenalin and dopamine. It also reduces cravings for comfort foods that you may be addicted to, such as gluten and sugar. Effective results can be obtained with one teaspoon of Tyrosine powder 2 - 3 times daily.

Brindleberry (Garcinia)

Brindleberry is a fruit that has been used for centuries by the people of Southern Asia because it enhances the flavour and satisfaction of meals. The rind of this fruit is rich in Hydroxycitric Acid (HCA).

In 1965 the rind of the brindleberry fruit was found to contain a unique fruit acid which had not previously been discovered. The researchers who isolated this acid called it Hydroxycitric

Acid or HCA. Its action has been reported in highly respected scientific journals such as The American Journal of Clinical Nutrition and The Journal of Biological Chemistry. These reports showed that HCA could reduce food intake and body weight gain. Its mechanism of action was believed to be the inhibition of fat production from dietary carbohydrates.

When carbohydrates are consumed they are broken down into glucose to be used for energy. The glucose that is not used immediately for energy is stored as glycogen in the liver and muscles. If the glycogen stores become full, an enzyme known as ATP-citrate lyase converts excess glucose molecules into fat. It is thought that HCA inhibits this conversion by reducing the action of this enzyme.

Studies have found that HCA may be effective in reducing body fat production by 40 to 70% for up to 12 hours following a meal.

Brindleberry may reduce appetite because excess glucose is no longer being turned into fatty tissue and remains stored as glycogen. With the body glycogen stores maintained at a higher level, the brain receives a message that energy reserves are full and that no more food needs to be taken in. This reduces hunger pangs and removes the desire to snack.

Brindleberry has been used continuously for centuries, which is a testimony to its safety. Its active principle, HCA, is similar to the citric acid found in citrus fruits. HCA has undergone toxicity studies and has been found to be safe.

It is necessary to treat cellulite by targeting the fat layer in the deeper subcutaneous levels of the skin. External treatment of cellulite will often have limited effects. To obtain lasting and desirable results it is vital to enhance metabolism and fat burning on a deeper level.

Keep healthy foods close to you

If you get hungry whilst you are out and about, or busy and stressed on the run, you will grab what is available – this is usually gluten containing foods, sugary foods, processed foods or deep fried foods. If you miss breakfast and get super hungry by mid morning when your blood sugar level drops, you are in a danger zone to grab high carbohydrate foods.

You need to be prepared by carrying a safe food pack with you – a type of survival healthy food pack. Include in this food pack the following:

- Cheese – any cheese will do but don't choose sliced processed cheese or low fat cheese
- Yoghurt – choose plain full fat or Greek yoghurt
- Canned seafood
- Nuts and seeds (sunflower, chia, hemp, flax etc.) – can be salted if desired

- Avocado and olives
- Raw fruits
- Salad vegetables chopped
- Salad dressing in a jar (made with fresh lemon or lime or apple cider vinegar and cold pressed olive oil)
- Pieces of coconut flesh
- Hard boiled eggs
- QuickLoss Meal Replacement – this can be used as a meal or as an in between meal snack. QuickLoss contains dairy protein from grass-fed NZ cows.

Last but Not Least... Exercise

It's no secret that exercise is vitally important to facilitate and maintain weightloss. You may find the thought of exercise troubling. Especially if you have watched some of the weightloss challenge shows on television. They would scare me away and I don't mind the odd puffing and panting to keep in shape. I'd would like you to watch a video of one of my weight loss patients named Marcel, who transformed her life by following some of the suggestions outlined in this book.

www.sandracabot.com/exercises-to-keep-you-fit-part-1

To see the easy exercises that helped her tone up as she lost weight watch part 2 and 3

www.sandracabot.com/exercises-to-keep-you-fit-part-2

www.sandracabot.com/exercises-to-keep-you-fit-part-3





CAN'T LOSE WEIGHT? YOU COULD BE TOXIC

If you have been struggling with excess weight and sluggish metabolism, often the best thing to do is a detoxification or cleanse. Also see your doctor for blood tests and a physical examination to test your liver and thyroid function, as a sluggish thyroid gland can present this way. A fatty liver is a huge obstacle to weight loss because it is storing fat and toxins.

Toxins overload the detoxification pathways in your liver, block enzymes that burn fat and cause fat cells to swell. Toxins not only increase your risk of cancer, they also slow down your fat metabolism.

Today's world is loaded with toxins. They're in your soil, packaging, furniture, clothing, home, water, air, food, cosmetics, cleaning agents and all sorts of other items.

These pollutants bind to your fat cells and are mostly found in fatty tissue. Many toxins are fat soluble and must be made water soluble by your liver to be able to be eliminated from your body in water soluble liquids such as bile, sweat and urine. These toxins keep building up inside your body, year after year.

A big problem is, these toxins – sometimes referred to as “obesogens” – are also creating a cascade of metabolic damage that leads to easy weight gain and difficulty in losing weight.

This could be the reason why you're not losing weight

Obesogenic compounds (fat-soluble toxins and heavy metals) make your fat cells grow bigger and damage the mitochondria in many body cells including the beta cells (insulin producing cells) in your pancreas. This creates the perfect storm for weight gain.

Many of these pollutants are also considered hormone-disruptors. Fat tissue releases hormones such as leptin that regulate your appetite; toxins can disturb this so you are always hungry.

If your fat cells are loaded with toxins, when you diet and exercise, not only do your cells burn fat, they also release these obesity-causing toxins back into your blood stream. This is where a healthy liver becomes vital to break down these toxins into less harmful water-soluble forms, so they can be eliminated from your body before they damage your endocrine glands

It's no wonder so many people hit obstacles in their weight loss; however, there is a way to overcome this seemingly unbeatable problem.

Flush toxins from your fat cells

There are a few nutrients that can help clear toxins from your fat cells more quickly. The green pigment in green leafy vegetables, known as chlorophyll, has the ability to bind with a variety of toxic substances and remove them from your body with your bowel movements.

You can drink more water, eat more organic leafy greens and grow a herb garden – thyme, basil, oregano, parsley, rocket (arugula), coriander (cilantro), radicchio and spinach are all excellent sources of liver cleansing chlorophyll. Add these raw greens chopped up in your salads. Use a dressing of cold pressed olive oil, lemon and lime juice.

A detoxification cleanse to get results

The **Dr Cabot Cleanse** is a 15-day total body detoxification program designed by Dr Sandra Cabot and her medical team to improve the health of your liver, gut and immune system. It reduces inflammation and acidity in the body, protects cell health and strengthens the immune system.

Excess inflammation, fatty liver and toxic overload is often present in those with weight excess.

The 3 cleanse powders will increase the elimination of the toxins that cause inflammation and unhealthy cells.



The Dr Cabot 15-Day Cleanse

The Dr Cabot 15-Day Cleanse contains 3 powders

1) Ultimate Liver Cleanse Powder

- Detoxifying, immune-boosting, high vegetarian protein source

It combines potent antioxidants, high quality superfoods, herbs, greens, vitamins, minerals and superior vegan golden pea protein.

2) Ultimate Body Cleanse Powder

- Reduces acidity, alkalising, promotes healthier cells

A potent combination of alkalising greens, pH balancing minerals and antioxidant citrus extract.

3) Ultimate Gut Cleanse Powder

- Soothing, repairing, digestive, probiotic

A superior gut powder, combining nourishing amino acids, soothing fibres and live probiotics.

For more information visit www.drcabotcleanse.com

**If you would like more information on our Weight Loss Programs
please call one of our friendly naturopaths, nutritionists
and Weight Loss Detectives on (02) 4655 8855.**



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02 4655 8855 | contact@cabothealth.com.au | 19 Little Street, Camden, NSW 2570



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