

Healthy and Unhealthy Weight Loss

ECOhealth Information Module

Many of us, if not most of us, have either experienced
or have heard of the **futility**, if not the **danger** of forced weight loss.
There are scores, or perhaps hundreds, of weight loss schemes
that are not sustainable, that don't work,
or that produce secondary effects that are unpleasant or are dangerous.

A Use of Adipose Tissue

When the body uses adipose tissue (fat) to hold unprocessable,
overdemands upon the immune system, and we force weight loss,
we deprive our human physiology of a fundamental mechanism.
We not only deprive our body of a fundamental mechanism,
we re-cast the toxins, stored in the adipose tissue, into our circulatory system,
without the ability to process the toxins.

No wonder forced weight loss schemes don't work! They make you **sick**.

We become so overfocused upon our appearance, we disregard our functioning.

Three Stage Process

- 1) We must **always** first, cut down the demand upon the immune system.
- 2) Then, secondly, **arm the immune system**, to prepare it
to cope with the excess toxins, which will be released with weight loss.
- 3) Then, and only then, we must undertake a **rate** of weight loss
commensurate with the toxic load of our environment
and the readiness of our immune system.

No other weight loss strategy is healthy!

The reduced calories and exercise strategy is **futile**, and can make you **sick**.

We are living in an environment which is growing ever more **polluted**.
We are ingesting food, which we are overprocessing,
both during production and in home preparation,
which eliminates or which destroys the immune supporting nutrients,

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Our food is less nourishing and more polluted,
because of numerous health compromising choices we have made.

We are awkward, clumsy and ignorant about health issues and about **life**.

Let's Survive

So, perhaps here, perhaps now, perhaps from this source of information,
some few who respond, can begin to yield a survivable population.

Wouldn't you like to be part of that survivable population?

Let's learn **Ecohealth!**

Make it a by-word, a movement, a revolution.