

Smart Life Forum

presents

Raymond Francis, DSc, MSc

on

Never Be Fat Again

Thursday, May 17, 2007
at 7:00 PM
Cubberly Center, Room H1
4000 Middlefield Road
Palo Alto, CA

Future Speakers:

June 21: James Wilson, ND,
on "How to Live to be 100 or;
How to Avoid Being Fat, Sick
and Ugly"

FMBR, Friday, 8 PM, May 25th: Jeanne Denney, is a Hospice Chaplain, Body Psychotherapist, Thanotologist, and recent graduate from ITP's Global program. She lives in Suffern, NY and will fly here to present her work on non-verbal communication with dying patients. In her pilot investigation, probably the first of its kind, Jeanne explored the effect of compassionate presence on the somatic and emotional states of four non-communicative women on hospice using biofeedback technology. The study also considered the effect of prayer, touch, and meditation on the dying. The results were both fascinating and surprising. *See fmbr.org for more information.*

Meet Ray Francis

Raymond Francis, DSc, MSc, RNC, is a chemist, a graduate of MIT, and an internationally recognized leader in the field of optimal health maintenance. He is author of the internationally acclaimed book *Never Be Sick Again* and his latest book is *Never Be Fat Again*. He is chairman and CEO of Beyond Health Corporation, a supplier of highly advanced health education and health-supporting products. Raymond is also president of Health-e-America Foundation, national chairman of The Project to End Disease, publisher of *Beyond Health News*, and host and producer of the *Beyond Health* radio talk show.

Main Presentation

Never Be Fat Again is fundamentally different from your typical weight-loss book. It is not about an on-again, off-again diet. In fact, it is not about a diet at all. It is about a way of living that works with your body and not against it. In truth, there is no such thing as a popular "diet" that works in the long term. Such diets trick the body into quick but temporary weight loss by putting it in an unnatural and unhealthy state. Raymond's presentation will

give you the keys to good health and permanent weight loss by showing you how to live a lifestyle that is based on the most recent advances in science as well as on thousands of years of biological history. He claims that, unlike the iffy science in your usual weight-loss book, the long-term effectiveness of this weight-controlling, health-giving lifestyle is a proven fact. It works!

Most overweight people feel helpless. They have tried everything; they have lost the same pounds again and again. Many have given up hope. But there is hope! Permanent weight loss is possible—if you know how to do it. The key is to understand that overweight is a disease, caused by malnutrition and environmental toxins. Weight-loss diets don't work because you cannot cure this disease by trying to lose weight—the weight is merely a symptom, and this symptom will come back unless you eliminate the underlying causes.

If you want to lose weight, do not go on a diet. At least not a diet as we have come to know that word—deprivation, aggravation, even starvation—all aimed at losing weight. To lose weight

permanently, not just while you are suffering through another silly, trendy, latest/greatest “diet,” you must understand that overweight is a disease, not a cosmetic flaw. Once you learn what the true causes of this disease are, you can learn how to heal yourself, and you can regain health, energy and a more youthful appearance.

Learn why low-fat, no-fat products can actually make you fatter. Find out how a missing nutrient can signal your body to store fat. Discover the truth about how common chemical toxins, found in most foods, alter the expression of weight-control genes and can pack on pounds. Learn how allergies, addictions and stress contribute to overweight. Your body already knows how to balance its weight. You just have to give your body a fighting chance.

Just about everyone dreams of staying trim and looking younger. Billions of dollars are spent every year on diet plans, books, gimmicks and tricks, but without an understanding of how your body chemistry works, you are sabotaging your own efforts. You are suffering needlessly. In fact, dieting can be dangerous. You might actually be causing yourself to gain more weight as well as to damage your health. Losing weight is a national obsession. Yet the public continues to lack clearly defined scientific guidelines to deal with this problem. Take a look around; mostly what you see is failure. Obesity rates are skyrocketing, Americans rank among the sickest people in the industrialized world and life expectancy is about to turn down. Weight-loss diets and programs have failed us because they are scientifically and nutritionally unsound.

Perhaps in the past you managed to lose weight by going on a popular diet plan, but you did not, in fact, cure your overweight disease. Your weight was destined to return. You cannot lose weight permanently by trying to lose weight. To be successful, you must restore your health first; that is the engine that will drive weight loss, including dramatic weight loss. You don't have to work at losing weight because it will happen automatically if you address the underlying causes. What you have to work at is providing yourself with good nutrition and avoiding toxins. It sounds too simple? In so many ways it is simple. You may have to make significant changes in your lifestyle. But do understand—you do not need to suffer. And your

rewards? They can be exhilarating. You will want to keep going.

Erase your old definition of “diet”—the negative one. Think of your new lifestyle in a positive, appealing, even exciting new way. Consuming the total nutrition your body needs to stay well is automatically a plan for losing and keeping off excess weight. Feed your body the right foods (and plenty of them) and keep away from the toxic and nutritionally deficient foodstuffs sitting on supermarket shelves, and your body will regulate itself. A properly nourished, well-fed body will naturally maintain a healthy weight. You can do this!

Healthy weight isn't just about looking good; it is about living well—fewer illnesses (ideally, no illness at all), clearer arteries, fewer disabilities and a longer life. Excess body weight is a risk factor for health problems that include cancer, diabetes, hypertension, heart disease and more, not to mention fatigue and accelerated aging. When you have excess weight you move slower, you tire faster, you feel worse. Indeed, a healthy body is also a more beautiful body: glowing skin, fewer wrinkles and better hair. In fact, you can reverse aging effects that have already occurred; you can reverse diseases from which you already suffer. Follow the plan outlined in *Never Be Fat Again*, and you will not only change your body, you will change your life. Your new lifestyle will not be about deprivation, aggravation and starvation. Instead, your meals will be nourishing, encouraging and fulfilling. It is not that hard to do. In fact, once you master this, it can be enjoyable. Besides, the new you will have energy and enthusiasm to spare.

The Standard American Diet is our leading cause of disease—a diet of chronic disease and death. It is virtually impossible to consume such a diet and be healthy or trim. So stop trying to do the impossible and then expecting that a magic shake, a pill that melts fat away while you sleep or your doctor will solve your problems.

The Standard American Diet is deficient in nutrients, polluted with toxins and loaded with more calories than we can use. Whenever we consume more calories than necessary to maintain our current weight, we will store fat. This is because our biology is designed for the life of the hunter-

gatherer. Historically, hunter-gathers might go for days without food. When they found food, they would gorge themselves because they didn't know where their next meal was coming from. The excess calories were stored as fat to supply them with energy when food was scarce.

Throughout human history, our biggest concern was to obtain enough food. Now we live a lifestyle with an abundance of inexpensive, calorie-rich, nutritionally inadequate food. Never in human history has such an astonishing amount of food been so constantly and easily available. We have created a culture that has led us into a biological trap, becoming a nation of addicted, compulsive eaters, eating a diet that is vastly different from the one to which our bodies are biologically adapted. This diet contains sugar, salt, white flour, dairy, too much animal protein and the wrong fats, providing insufficient nutrients and excessive toxins. Along with the diet, technology has made our lives easier, so we engage in less physical activity than ever, expending little energy. The pace of life seems to go faster and faster, leaving less time to prepare the wholesome foods that people were eating just decades ago.

There are ever-present ads for timesaving convenience foods (i.e. junk foods). This diet and lifestyle sends inappropriate instructions to our genes, stimulates our bodies to store excess calories as fat, accelerates aging, and results in malnutrition. Eating mostly high-calorie junk food while not doing a lot of physical work is a surefire formula for gaining weight.

One of the critical factors most often missed by people trying to lose weight is how common environmental toxins—from chemicals in food, toiletries, and even in their homes—stand in the way of weight-loss success. Toxins interfere with your appetite-control and fat-management functions. They can keep your appetite turned on while instructing your cells to store fat. Simply put—environmental toxins may be helping you to pack on the pounds! If these chemicals are jamming your fat-control system, it will be very difficult to lose weight until you lose the chemicals. This is why it is so important to learn where these toxins are coming from, how to avoid them and how to get rid of them.

Another part of the overweight equation is that while you are what you eat, you are also what you think. You can, truly, think yourself thinner and healthier as readily as you can psychologically sabotage your health and weight-loss. The mind and body are inseparable. If you want to look and feel years younger and be pounds thinner, the process begins in your mind.

Most of us have heard that exercise is the key to losing weight and to keeping it off. An obese person's body treats fats differently than the body of one who is physically fit. Two people can eat the same fats, but the obese person will store more fat. Exercise can change how an overweight person's body processes fats, changing the body's response from one of storing fat to burning fat. Another benefit of exercise is that energy expenditure remains elevated even after you finish your workout. Aerobic activity causes your metabolic rate to increase not only while engaging in activity, but for several hours afterward. Weight training increases your metabolic rate for up to two days. This means your body burns more calories and you lose more weight.

A strictly genetic cause for overweight, one that cannot be altered with diet and exercise, does happen, but it is very rare. Genes do play an important role in how our bodies store fat, but what we eat and how we live are the determining factors in whether these genes are turned "on" or "off" and how they manifest.

Because overweight is a disease, you might be compelled to look for answers at your doctor's office. To that, Ray would say: CAUTION WHEN ENTERING. Modern medicine, as it is commonly practiced, does nothing to address the true causes of disease and, more often than not, doctors and the drugs they prescribe will make you sicker and fatter. This is not your answer to optimal health or permanent weight control.

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See additional notes and links here
(and add your own!):

<http://SmartLifeForum.org/2007/05>

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