



**Dr. Thomas L. Wilson**  
**Director, Optimal Health Centers**  
**Folsom and Redding, California**

## **The Truth About Weight Loss**

So you have stepped on the scale and you don't like what you see. Well, that is the beginning. The truth is that scale weight is only part of the story. The purpose of this article is to tell you the *real* truth and the rest of the story. This information is intended to serve as a wake-up call to *stop the insanity and destructive practices* that have been plaguing us in the "battle of the bulge," and offer the understanding that can produce a lifetime of desired results.

For the past 25 years we have been valiantly waging a "war on weight." Today, 40% of women are on a diet. Over 55,000,000 adults are using a weight control/diet product. A best selling book based on weight loss hits the stands almost everyday. At the grocery checkout, try to find a women's magazine without a new miracle diet or a new diet "breakthrough" on the front cover. There are clubs, support groups, organizations, franchise and chain centers, and doctors promoting weight loss. Billions of dollars are spent every year on diuretics, over-the-counter medications, hot baths, saunas, machines to jiggle parts, cellulite cures, fad diets, starch-blockers, fat-blockers, sauna belts, body wraps, and even ear stapling. So, after 25 years of concerted effort, a reasonable question would be, "How are we doing?"

*The answer is not very good – we are a nation of obese and small fat people.* The latest statistics show that the population is 50% overweight and 80% overfat.

In fact, only 5% of all the people *who try* are able to maintain their weight loss. Obviously it is not from a lack of interest and effort. Could it be that we have started with the wrong premise and have been on the wrong track? From the professional point of view, absolutely! The practices that many have followed are not supporting the big picture of their desires.

The big picture of a healthy, lean attractive body with youthful vitality is the correct desire. The usual weight loss practices followed today are obviously not taking people in the right direction. Many people in their weight loss efforts have literally starved and deprived themselves of food to lose weight. Yet, they rebound time and time again as soon as their survival mechanism tells them to start making up for the dietary deficiency. Many use drugs and stimulants to lose weight and find they, also, rebound time and time again as they stop using them. Many use liquid diets for days, weeks and sometimes even months only to rebound time and time again once they return to eating. Many exhausted from the struggle of weight loss time and time again, in desperation, have conceded to jaw wiring, gastric balloons, having their stomachs surgically reduced, and liposuction. When you think about it, do you really believe that you can achieve the improved state of a lean, attractive body with youthful vitality using practices that are destructive? Of course not, on the contrary these practices actually move a person further away from their goal. So, what's a person to do?

Now its time to fill in the rest of the story. When the goal is to monitor life according to the scale, any downward movement is taken as a victory. But, it is critical to understand what that drop in scale weight really means. **When following those destructive dietary practices to lose weight, half of the weight loss is lean tissue.** This is absolutely what you do not want to occur! *For survival, during times of starvation or deficiency, the body must consume its storehouse of lean tissue for essential nutrients.* Lean tissue is defined as organ tissue like heart, liver and lungs, it is muscle tissue that produces an attractive appearance and strength, it is also the bones that produce a strong foundation. Repeated or prolonged periods of deprivation through the use of poor diet choices, drugs, or stimulants causes extensive breakdown of lean tissue. The stress of dietary deprivation sets the stage for numerous physical as well as emotional breakdowns. The destruction of lean tissue accelerates the aging process and directly contributes to all health challenges. *As a matter of fact, the faster lean tissue is destroyed, the faster the scale will drop because lean tissue weighs four times more than fat.* Here is another sad part, when lean tissue is consumed, the calorie burning and energy producing part of the body is destroyed. Consequently, a decrease in lean tissue correlates to an increase rebound effect in body fat. The more prolonged or repeated the destructive practice of consuming lean tissue, the faster the rebound fat gain. And the yoyo diet merry-go-round continues. *And so the insanity continues...*

*How can we stop this insanity? How can we live a lifetime of lean vitality?*

First of all, realize that a lean, vital body is the *natural design* of man. It is the **normal** state of life.

Obviously, the **normal** state of life is not experienced by many people today. The only way to achieve this *natural design* that you are intended to have is to **cooperate with the body.**

Understand these points, and you are on your way.

1. The body has an inherent wisdom to strive towards the *natural design*.

2. To live and function correctly, the body requires essential nutrients (vitamins, minerals, proteins, carbohydrates, essential fatty acids, etc.) which are the essential tools for function. Your body's design directly depends upon the supply of these essential nutrients.

3. The body has a survival system to signal the need for essential nutrients, called hunger, as thirst is for water.

4. This survival mechanism will continue to signal **HUNGER** (the need for these essential nutrients) until the need is satisfied.

5. If the food is **nutrient deficient**, the anxiety and discomfort will continue.

6. In an effort to relieve the discomfort food, beyond caloric needs will be consumed.

7. The body will store excess food as unwanted inches of body fat.

8. *The food supply today is nutrient deficient.* After 60 years of research, we have not found a way to make up for the deficiencies using synthetic, fake, or artificial vitamins or minerals.

*Nutrients must be in the form of food to satisfy the hunger for survival.*

9. With today's nutrient deficient food, the "discomfort of deficiency" is a constant battle.

10. In times past, nutrients from food were taken for granted, but today, we must make conscious decisions and informed choices to make up for the deficiency and satisfy the hunger.

Now you have an understanding of why *you are what you eat*. A deficient body (whatever the cause) is always anxious to consume. This will happen whether the deficiency comes from poor diet choices, drugs, stimulants, or *unfortunately, even the best diet available today*. **To be normal, which is lean and vital, you must supply your body the nutrition for proper function.** Your body must have quality protein, carbohydrates, fats, and “real” vitamins and minerals from a nutrient dense food source.

In today’s world the only means to provide a constant supply of these nutrients is by supplementation. When you begin the correct supplementation program the results can be dramatically effective and dramatically different from what you may expect. *Leaving behind the damaging and dangerous concept of life by the scale sets you free to advance on the path of true weight loss, which is really fat loss.* As you embark on this wonderful new appreciation of living well by building lean tissue, let me explain the three possibilities that can occur to the scale weight. It is the production of lean tissue while losing those unwanted inches of fat that is important.

**Remember lean tissue weighs four times more than fat.**

1. Some of you will lose a tremendous amount of weight and a tremendous number of inches. Hooray for you! You are shedding inches of unwanted fat while gaining lean.

2. Some of you will not lose any weight at all, but will lose many inches of size. Hooray for you! You are shedding pounds of unwanted fat while at the same time adding an equal weight of lean.

3. Some of you will actually gain weight at the same time you are losing inches. Hooray for you! You are adding much needed lean tissue and losing inches of unwanted fat.

Now, do you understand that scale weight is a valuable measure, but only part of the story?

Isn’t it great to know that there is *the rest of the story*. To quote Jim Rohn, a modern business philosopher, “What you don’t know **can** hurt you and ignorance is **not** bliss.”

You are probably wondering if there is truly a source for the answer to having a lean, attractive presence. I am so pleased after 25 years of searching, the answer is finally, “**yes!**” There is a company built on integrity and purity. A company that has made a conscious choice not to duplicate ignorance. A company dedicated to taking the extra time and effort to produce nutrients from a food source. There is only one company I know that has gone the extra mile to produce products that you can trust to consistently produce results. That company is NutriHarmony.

Closing note: I highly recommend that when you start the NutriHarmony program that you use a tape measure to monitor those inches that you will lose forever. After all, it is size and shape, and not weight that carries the attractive presence.

*Short Biography of Author:* Dr. Thomas Wilson is a practicing Chiropractor with 25 years experience. He had one of the most successful practices in California. He personally averaged over 500 patient visits per week in a referral-based practice. He has studied nutrition extensively for 30 years. He has participated in directing the clinical trials of over 100 different nutritional supplements. Dr. Wilson has strived to provide his patients the most effective cutting-edge support for their nutritional needs. Dr. Wilson is currently practicing two days per week devoting the remainder of his time to furthering the understanding of the truth in nutrition.