

CHEMICALS MAKE YOU FAT – THE MEDICAL EVIDENCE

ELIMINATE CHEMICAL CALORIES



Dr. Paula Baillie-Hamilton

What is the cause of obesity? Why do current estimates suggest that women are gaining weight to the tune of 450g and men 225g each year despite the many diets they undertake?

Could it be true that the chemicals in our food, skin care and detergents make us fat?

The foundation for most diets today is based on the work of Drs Johnston and Newsborough of Michigan University who, during the 1930s, developed the theory that if a person consumes fewer calories than the body needs, the body will burn up its fat stores.

In her groundbreaking book, *The Detox Diet - Eliminate Chemical Calories and Enhance Your Natural Slimming System*, Dr Paula Baillie-Hamilton tackles what she believes is the root cause of weight gain. Our own natural weight-control system is being poisoned by the toxic chemicals that we encounter in our everyday lives – this damage makes it increasingly difficult for our bodies to control their own weight, so we end up getting fatter even if we

eat less food. This detox diet approach tells us how to avoid the most “fattening” chemicals, or “chemical calories” in our food and around our home. It explains how we can shed our body’s load of chemical calories safely, and rebuild our natural slimming system.

Synthetic chemicals damage our health in two ways. First, by acute “poisoning” through exposure to large quantities, which induce almost immediate and often violent reactions that account for a staggering 220,000 fatalities worldwide every year. The second, more subtle way is by long-term exposure to much lower levels. This is what Dr Baillie-Hamilton explores in her book.

“The Detox Diet” links the current fat epidemic to the toxic synthetic chemicals used in agriculture, skin care, cosmetics and household products. Toxic synthetic chemicals are highly fat soluble and when we are exposed to them the body creates fat to safely store those toxins it cannot process and eliminate safely.

Carbamates, a group of insecticides and herbicides used in the growing of food, cosmetic and medicinal ingredients, are also used as growth promoters in battery-farm

situations because they slow down the metabolic rate. So, the same synthetic chemicals used on our fruit and vegetables are used to fatten livestock! Carbamates are also used in medicine to promote weight gain in humans.

People are not overweight simply through their own lack of effort, such as exercise. The truth is that the finger of blame must also be pointed at toxic chemicals. It is known that toxic chemicals, even when present in very small amounts, directly damage muscles and disrupt the hormones that control their growth.

Catecholamines, a valuable group of slimming hormones, also seem to come under frequent attack by these chemicals, which interferes with the metabolic process and inhibits our body’s own natural slimming systems.

Dr Baillie-Hamilton recommends the replacement of our food, skin care, cosmetics and household products that contain toxic synthetic chemicals with organic products, combined with effective detoxification. In addition, her research suggests that the highest levels of “slimming nutrients” are found in organically grown produce.