

## **How Long Will This Take?**

or

Physiology: Why this doesn't happen overnight!

There are many diets out there in Diet-Industry Land promising fast results to weight loss. That is the one promise that will hook your attention and separate you from your hard-earned dollars before you can blink. Who doesn't want the instant cure, promised with a lack of hard work and attention to what you eat? Woo hoo, heaven on earth!

It doesn't work though, does it? Sure, there's the short-term fix of five to ten pounds. And pretty soon, there's the physical backlash of weight gain, frequently more than you tried to rid yourself of to begin with. The attendant feelings of failure, depression and hopelessness are not any fun. The inevitable rationalizations that you are too old, too menopausal, too injured, too ill, too genetically pre-disposed to being fat mount. Somewhere inside of you, you must know it's not true. Ouch! On to the next promising diet.

Dieting is a futile merry-go-round. It's a situation where you dig a metabolic hole deeper and deeper. Sometimes you may find a diet combination that works for a period of time, and then 'something happens'. More frequently, you get into the spin-cycle of dieting where each new regimen lasts only a few weeks before you bail on it. There are also the exercise-addicted folks (marathons are populated with these) that don't understand why they either can't drop weight or are actually increasing in weight. They barely eat and live on a path of deep-seated frustration without athletic improvement.

Dieting does not work.

I have a completely different take on fat loss. First of all, I call it 'fat loss' and not 'weight loss'. A healthy, fully functioning body will burn stored fat for fuel. That is what you want. You are not interested in 'weight loss' at any cost; it won't work for your body for the long term (nor, arguably, in the short term). I know that once your body is healthy, it will burn stored fat for fuel. You will feel stronger, more energetic,

and you'll look good, too. Fit, healthy, youthful. The longer you allow your body this natural process, the more healthy and fit you will become. If you do it long enough, your body's physiology will have so turned around that now you have habits that promote your health and you won't consider dieting ever again. It will be a lifestyle you enjoy and embrace. And it will feel so simple!

On to the burning question on the edge of every person with a diet history: How long will this take?

It takes about a year. Here's why:

You may come to Genesis Transformation with your mind very focused on the scale. You want that number to go DOWN, NOW. You just know that if you were at your 'ideal weight', you'll be happy and everything in your life will improve because you'll feel good about yourself and Life Gets Sweet.

Not so quick, Grasshopper.

The fact is there are many physiological processes that got your body where it is. Where you sit right now, in your body, is the result of your best thinking for the past umpteen years.

Addressing the physiology of your body alone, that complicated chemical system – not even touching on all of your accumulated habits, the rationalizations, the faulty thinking and belief systems that have held you back, the misinformation collected from years of diet-industry insanity...not even considering all of that – what we have is a pile of physical responses that you have programmed your system to respond to with every bite of food that has gone into your mouth for years.

For instance, sugar is listed with the FDA as an addictive drug. This particular drug so infests our food supply it's crazy to think about. This drug deeply and profoundly affects your hormones, endocrinal system, nervous system and every other biological process in your body. It is responsible for many of the prevalent diseases in the United States, including diabetes, cancer, and heart disease.

Yet what do you tell yourself? 'I deserve this (sugar laden item)' because:

So and so was mean to me, or work didn't go well, or the kids acted out, or I was good to myself this morning, or it will hurt someone's feelings if I don't put it in my mouth, or it's easier than finding something else to eat...and you call NOT eating this drug 'deprivation'.

Sandy is a forty five year old mother of two with a goal of losing fifty pounds of fat. She has struggled with dropping sugar from her daily diet, and recently told me this: "I have finally come to understand that what I am actually depriving my self of is feeling and looking good! I am depriving myself of health, of my youth, of having energy to play with my girls. I used to think that I was depriving myself when I didn't eat candy, but the real issue is that I am depriving my spirit!"

Some of the foods you eat daily may be causing you inflammation. Fat gain is actually a later-stage response to inflammation. It is a sign of an imbalance in your body. This is why so many prevalent dis-eases in our American culture are obesity related. The body throws out that strong signal that ALL IS NOT WELL and when we ignore that, the body starts throwing out more signals in the form of more dis-ease. The more you ignore that and begin increasing amount of drugs to treat the symptoms of these dis-eases, the more inflammation you create in your body. And now, you are firmly entrenched in the cycle of discomfort. Will going on a diet really get you off of this train?

The bottom line is that your physiology is not responding to the rationalizations in your head. It is responding to the direct data that you put into it. The data is the sugar. The physiological response of inflammation and the attendant reaction of myriad discomforts are a natural side effect. Period. Garbage in means garbage out.

There is a common pattern I see in my clients, and it goes like this: You recognize you are overweight and need to do something about it, either because you are fed up with how you look or you reach an understanding about the drastic need for change due to health concerns. Enter the Diet. The Diet will normally involve less eating – reduced calories.

Now, if you have been eating foods that inflame you and consequently provide you no nourishment, and your body has responded by storing fat both as a means to protect you and as a place to store all the toxicity, and now you are lowering your calories and your body is already not receiving the fuel it needs, you have what is called the ‘famine response’.

Prepare yourself for an ugly picture. In the famine response, the body, responding to a lack of fuel, will begin to catabolise itself. In other words, it will begin to eat it’s own muscle tissue for fuel. It will also release a lot of water, and will store more fat as a protective measure. The scale weight will go down, for a time.

What happens, however, is that after a period of time of not eating enough due to the Diet (and feeling deprived), you will binge on inflammation-causing foods. Which increases the inflammation in your body. Which brings on more physical distress. Your weight goes back up. You say to yourself, well, that not eating thing worked – the scale went down! You think you need to get back to not eating!

For a few years I was perplexed at the change in cholesterol numbers in my clients in the first three to five weeks of being in the fueling stage of Genesis Transformation. In the fueling stage, we feed the body and nourish the metabolism. I received feedback from happy clients who had been on cholesterol medications that their doctors were now lowering or removing.

What I figured out was that those clients all had one thing in common – before the fueling stage in the GT process, they had not been eating sufficient calories to support life. They did not understand why their cholesterol was so high without eating all the red meat and other animal fats known to induce it. These people’s bodies were in famine mode – and in active catabolism. Their doctors would frequently tell them that the high cholesterol was hereditary and that ‘it’s just the way it is’ and that they would always need medication!

Their cholesterol was up because their bodies were eating themselves – actively eating animal protein for fuel! Once these clients began to nourish themselves, and we were able to turn off the famine mode switch, their cholesterol levels dropped to healthy levels!

If you are a person with un-diagnosed celiac disease and are eating gluten, your body is not using that food for fuel and your body will enter a state of inflammation that is difficult to turn around, even by ‘trying everything’, until that disease is addressed by eliminating gluten (and frequently most other grains) from the diet. If you are person allergic to eggs, or dairy, or corn, or soy or any of the many foods that folks get allergic to, and continue to eat it for years, you are constantly inflaming your body.

Inflammation will turn off the body’s natural process of burning stored fat for fuel – and direct the body to burn sugar for fuel (among other systemic processes) and that results in fat gain. This is a natural physiological response to bad data. By the way, there are folks whose bodies do not respond to inflammation by fat gain. Their bodies may respond by an inability to build muscle, or to thrive, and as well there are disturbances in other physical processes including mental/emotional issues.

As you neglect the original source of inflammation, your body may become increasingly intolerant of even MORE foods. I refer to this process as ‘using up your coupons’. So that as we age, it is not ‘old age’ that increases the break down of our bodies, but increased and cumulated inflammation.

Every person is different. It also must be said that people get very, very attached to what is hurting them. It is usually the very thing that they insist they cannot live without! For whatever physiological reason, people tend to get addicted to the thing causing them the most inflammation.

Fortunately, none of this is hard to figure out. Your body will give you feedback, daily, once you start paying attention.

I want to emphasize here the very powerful nature of Genesis Transformation. This is not just about weight loss! There are many physiological processes that need to be healed and turned around. The body likes it. It will respond fairly quickly – not necessarily on the scale, but in terms of increased strength, more energy, better sleep, mental focus, cleared eyes and skin, and emotional and mental clarity. These are all signs that the body is turning around, turning from decay to regeneration.

Some folks will ‘turn around’ quickly and they will start dropping weight immediately. For other folks, the profound toll that a lifetime of dieting takes on the health is a larger project, and requires more patience. As Arnold Schwarzenegger commented once about competition bodybuilding; “It doesn’t matter how long it takes you to get to the stage, what matters is that you get there. The judges don’t know how long it took you. It’s only important that you arrive.”

It is absolutely imperative that you understand the fundamental physiology of this profound change – transformation! You must respect the process your body is undertaking. Your body delights in health and will reward you on it’s own timeline. You will begin feeling better very quickly. It is important to focus on your health and wellness. Enjoy the process of change rather than berating yourself that you’re not ‘losing weight fast enough’. A deep respect for the distance between where your body has been and where you want it to go is required.

The transformation will occur. It’s good data in, good data out. It is simple natural law.

The most common path for my clients is a few months of fueling the body and generally feeling way better and experiencing profoundly increased vitality. Small physical changes will occur during this time. The change becomes rapid once your system is turned around and you are burning stored fat for fuel. You will look different weekly. The change is radical. People around you will notice first how healthy and ‘different’

you look. Then they notice the obvious fat loss, the huge shift in your body composition. You'll look more vibrant and youthful as well.

These changes are the direct result of reducing the inflammation in your body, nourishing your body, and allowing it to heal and return to its natural processes. That simple.

Understand and respect the huge physiological process your body will be putting itself through. Then find the courage to follow this path all the way to the rewarding end!