

CHEMICALS AND WEIGHT LOSS

Chemicals in Pesticides & Common Pharmaceuticals linked to Difficulty Losing Weight (**Natural News**)

As the old thinking goes, obesity is linked to improper diets, too much food, and not enough exercise. And while the old thinking may not be inaccurate, it also doesn't tell us the whole story. Scientists today are finding more and more evidence that chemicals in our bodies lead to heavier people in various ways.

"There are between fifteen and twenty chemicals that have been shown to cause weight gain," says an obesity researcher at the National Institute of Environmental Health Sciences. And many of these chemicals, the average person already has them in their blood.

Research has also found that these chemicals affect developing fetuses, creating generational problems. If the pregnant mother has them in her blood or has them in high levels; her child will more likely become obese.

Of course, obesity isn't just a health problem. It's often a social problem for those who experience it. Obesity diminishes the quality of life, limits their activity and problems such as childhood teasing and exclusion from society are often stem from this source.

The chemicals responsible often use different mechanisms which ultimately lead to easy weight gain and hard to get rid of weight. Some of the chemicals increase the number of fat cells you have, so you have more cells in which to store fat. Others increase the size of your fat cells and make them larger so they can store more fat per cell. Still other chemicals alter our hormones which then affect our appetites, whether we feel full or not, and even our energy metabolism. This could make you feel it's impossible to lose weight, no matter what you do.

These chemicals can affect your food preferences, which mean they affect which foods you desire to eat. Unfortunately, these weight gain chemicals don't cause you to crave the healthy stuff.

Where Are They Found?

These "weight gain" chemicals are often found in: pesticides, pharmaceuticals and common plastics. Most of them are endocrine disruptors and they've also been found in products including handbags, wallpaper, blinds, tile, air

fresheners, laundry products, and numerous personal care products. To some extent, they are all around us.

Bisphenol A, or BPA, is a common one, found often in canned foods, plastic baby bottles, and medical devices. Frederick Vom Saal, a University of Missouri biology professor, tells us that, “BPA reduces the number of fat cells but programs them to incorporate more fat, so there are fewer but very large fat cells.” Vom Saal has studied BPA for the past 15 years.

When you realize how these various and pervasive chemicals in your body may be related to your difficulties in losing weight, you may also come to the conclusion **that detoxification is the answer**. Because when you remove those chemicals, you can also diminish or eliminate the affects they are having on your body. At the very least, they will no longer continue to be there, causing the problem.

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