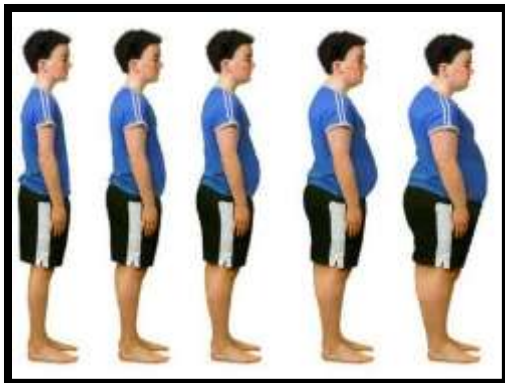


OBESITY

HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390



Definition



An abnormal increase in the amount of body fat:

- ✓ Mainly in the stomach area and intestines
- ✓ Also in the tissue beneath the skin.

Herbal Aids

Poke Root: Obesity (adipose tissue):
Use an infusion of the berries.



No Milk Products:

Dr. William E. Ellis is a retired osteopathic physician and surgeon, located in Arlington, Texas, who has done extensive research on the effects of milk on human beings. His conclusion: "Milk and milk products are harmful to many people, both adults and infants. **Milk is a contributing factor in constipation, chronic fatigue, arthritis, headaches, muscle cramps, obesity, allergies, and heart problems.**" Dr. Ellis does not blame cholesterol, but xanthine oxidase, an enzyme in homogenized milk, excess calories, xyramine, a protein in cheese that causes headaches, and poor absorption. He blames especially the latter, as **milk neutralizes the hydrochloric acid necessary to digest food, and creates excess mucus which inhibits absorption.**



Using Kelp & Seaweeds:



Obesity is rare among the Polynesians and other races who incorporate seaweeds as a regular part of their daily diet.



Kelp's best action is observed in individuals having a cold, torpid, clammy skin and loose flabby rolls of fat.



Kelp is stimulating to the absorbents and especially influences the fatty globules.

The Kelp plant influences the mucous membranes and lymphatics.

Kelp is a slow, persistent agent, but it will accomplish the desired weight loss results.

Kelp is an agent that gives better results in sick, overweight people than in cases of healthy, fat people.

Instead of being simply a weight loss agent, kelp is more a **normalizer**, as **thin people can put on weight while taking Kelp.**



Onion: To build the blood or to prevent obesity, to provide strength during pregnancy or to prevent toxemia:

- ✓ Take Onions three times a week cooked
- ✓ Take Onions two times a week raw

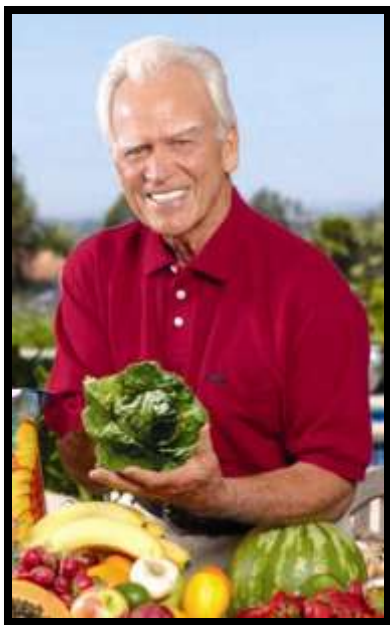
Sage: Sage tea is given in digestive weakness or ailments. It is especially good for flatulence and lack of appetite, constipation and obesity.

In Greek villages it is brewed as a tea in cafes to be used instead of other harmful beverages and its scent characteristically floats over the streets.

Kloss said, "The American people would do well if they would use Sage instead of tea and coffee."



Juicing:



Dr. H. E. Kirschner, M.D. treated people for over 50 years. In his book, *Live Food Juices* he recounts many fabulous results in his cases of incurable diseases where live juices were used.

Some of these diseases were malnutrition, leukemia, failing eyesight, arthritis, bleeding hemorrhoids, obesity, various cancers, kidney disease; bladder tumors ... the list could go on.

The doctor states that there could be a table loaded with all types of vegetables and we could still be suffering from malnutrition because our bodies could not possibly eat enough to provide the missing nutrients. With the juices, the pulp is eliminated and we are left with the life-giving vital

principles contained within the vegetables.

It is; of course, best to use only the organically grown fruits and vegetables (those free of pesticides and preserving chemicals) for our juices.

But Dr. Walker states that the detrimental toxins remain in the pulp, and this we can discard.

Juices: Celery, spinach, lettuce, orange, lemon.



General Instructions:

- ❖ **Change to the vegetarian mucusless diet and exercise more.**
- ❖ *Between meals snacks of "foods" which are processed, devitalized, and fattening can be avoided.*
- ❖ **Fats, sugar, refined cereals, ice cream, soft drinks, desserts, potato chips and alcohol can add many empty calories to your diet while your body is crying for nutriments.**
- ❖ *The saturated fat in meats, milk, hard shortening, margarine and eggs can be detrimental.*
- ❖ **Tryamine, a substance found in cheese may result in high blood pressure for some.**
- ❖ *Snacks of fruit and raw vegetables with high water content will aid you in feeling satisfied without taking in non-nutritional items.*
- ❖ **The three-day fruit juice cleansing will eliminate toxic build-up from the system and excess weight as well.**
- ❖ *Weight Loss Formula: The herbal obesity formula will also curb the appetite.*
- ❖ **Alfalfa Leaf Powder is an excellent aid when needing to lose or gain weight.**
- ❖ *One must not forget to drink plenty of steam distilled water to cleanse and lubricate the system.*

Dr. Christopher's Weight Loss Herbal Food Combination:

Weight Loss Formula:

Formula: Chickweed, Burdock, Licorice, Saffron, Mandrake, Fennel, Parsley Root, Kelp, Echinacea, Black Walnut, Hawthorn Berries, Papaya.

Combine this anti-obese aid with the mucusless diet and you have a winner.

This is not a crash program of fast loss of weight, but graduated and accurate loss without robbing the body of the needed nutrients like so many fad diets do.

- ✓ This acts as a blood purifier, aids kidneys in relieving excess fluids,
- ✓ Feeds the body for relief from nervous tension generally caused by diets,
- ✓ Appeases the appetite,
- ✓ Feeds the thyroid and other malfunctioning glands and thus gains a healthier state for holding weight control.

Dosage:

Take ½ to 1 tsp extract morning and night in a cup of chickweed tea.



Chickweed:

Chickweed can benefit the whole system, as it soothes and cleanses and paves the way for healing of toxicity-related problems....

It is particularly noted for being an effective reducing herb; some smilingly say that any good green herb, if used generously in the diet, is good for reducing

But others say that it really does remove excess fat, because it is mildly diuretic and laxative.

We also think that because it supplies necessary nutrients that the obese person might be lacking; the body then releases the fat which the body has tenaciously held, thinking that it is still hungry and in need of the missing nutrients.

At any rate, both in legend and in current herbal practice, Chickweed is considered an excellent reducing remedy.



Doing the Emotional Work:

This was written on Day 27 of a 40 day juice fast I began in January, 2012. I hope you will find it encouraging.

Day 27 and the remaking of me is still ongoing. So many changes, all good. I get up in the morning and have to ask "who is this woman that is living in my body?" It can't be me I've never been this much in control of my life, ever. "Personal freedom is the ability to choose instead of react. It is getting up in the morning and being free to make good choices all day long. It is going to bed at night knowing I have broken no personal vows to myself. This is real personal freedom. This is really living."

I may have understood the concept when I wrote those words but there is nothing that can compare to actually living it. This type of freedom is earned by facing the past and owning every part of your story, then having the love and forgiveness in your heart for yourself and those who wronged you to climb on top of it all; spread your wings and fly for the sky.—Dara Dietz