

Remove Phthalates to Lose Weight- From Functional Medicine University

Obesity is now considered a disease by the US government. Unfortunately there is an avalanche of unscrupulous people playing games with this vulnerable market.

Not a day goes by where we see a new television commercial promoting the best thing since apple pie on how to lose fat. Beefed up men and pretty models prance around the gym floor hoping to convince us that their new exercise contraption is going to save the day on ending the war against obesity.

Today's article will focus on something that many people use on a daily basis and may not be privy to the negative impact it has on losing those unwanted pounds.

If you are like millions of people who has been disciplined to eat right and exercise only to find that you are stuck in losing fat, then you will find value in what I am about to share with you.

An abundance of medical research has shown that a major cause of the obesity epidemic is the abundant level of phthalates or plasticizers we all are subjected too on a regular basis.

According to the U.S. government phthalates or plasticizers is the number one pollutant in the human body.

In fact phthalates or plasticizers have been found to be **10,000 times higher** than any of the thousands of other environmental toxins.

What is even more alarming are children six years of age have levels that used to take adults until the age of 40 to accumulate.

A huge amount of government as well as other scientific and medical literature confirms how these these plasticizers are commonly found in our **water, soda and infant formula bottles, food packaging, cosmetics, nail polish, mattresses, couches, carpets, clothing, medications, IVs, vinyl flooring, construction materials, home wiring, computers, Styrofoam® cups, industrial and auto exhausts, etc.**

A wealth of scientific and medical literature studies confirms that these toxins stockpile in the body and overwhelm our ability to detoxify them.

As crazy as this may seem, can you believe even in the cleanest areas of the world such as the Arctic, scientists have found polar bears with human diseases such as hypothyroidism and osteoporosis **all related to exposure of environmental toxins.**

Hard to believe but true!

What is sad is the fact that a pregnant mother's phthalate levels (look at how many are continually drinking from plastic water bottles, etc., thinking that it's something healthful) hugely influence not only the development of the child's brain and glands, but even future fertility and cancers in their unborn children, not to mention, of course, obesity.

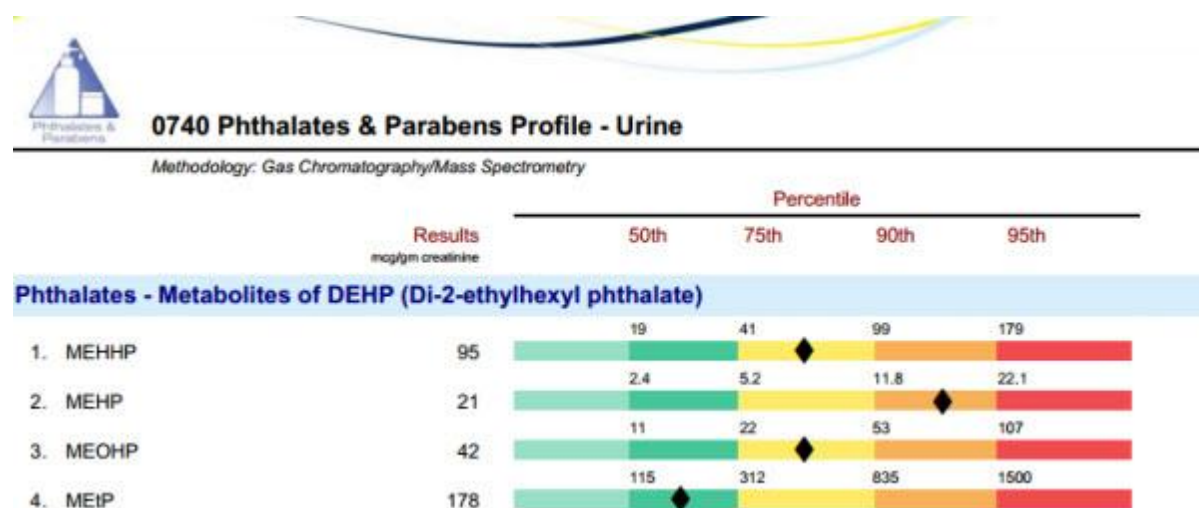
It is strongly recommended that mother's to be should have their phthalate (plastics) checked and if elevated **need to detoxify these phthlates and metals and correct their nutrient deficiencies before they conceive.**

If not, they increase the passing of these unavoidably sky high level of toxins onto the unborn.

I will commonly order a **phthlate test** to determine the level of exposure. Based on the results I will outline the best strategy to decrease the amount of plastics in the body.

In addition to obesity, elevated levels of phthlate have been associated with **chronic fatigue syndrome, fibromyalgia, ADD, syndrome X, diabetes, arteriosclerosis, allergies, and much more.**

The following is a sample of the test I use to evaluate the levels of this toxin in the body.



I want you to remember that these plastic toxins make a beeline to your fat. Body fat has the unique ability to store a huge amount of these chemicals. So the fatter you are the more you may have of these environmental toxins.

The bottom line is many people will never lose weight or cure their medical problems because they have not gotten rid of the phthalates and other environmental pollutants that have damaged their chemistry and genetics.

COURTESY OF FUNCTIONAL MEDICINE UNIVERSITY. SIGN UP FOR THEIR PUBLIC NEWSLETTER OR CLINICAL ROUNDS. IF YOU WANT TO CHALLENGE YOURSELF AS A DOCTOR TAKE THE COURSE. I AM GLAD I DID.