

The Rouse Report

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Resolving Plateau Problems

There's nothing more aggravating than to try hard at losing weight and it just doesn't want to budge or it just doesn't happen like it once did. The wall of resistance is called a weight plateau. What's up?

Hopefully this article will boost your confidence and help you get out of the rut. As Albert Einstein said, "serious problems cannot be dealt with at the level of thinking that created them." The turnaround best begins with "Dietary Boot Camp." The greatest results require an attitude and action change.

What to do when the jeans won't zip, the rings fit too tight, and the bloat won't go – get serious for two strenuous weeks.

The two major culprits have nothing to do with genes and everything to do with simple body chemistry imbalances. The problem originates in the **liver** and the **lymph**. When the liver is overworked and the lymph system becomes stagnant, the plateau occurs. The liver is the major fat-

burning organ in the body and the lymph is the major fat-processing system involved in weight loss.

There is a surprising connection between weight loss and the liver. We have a plethora of pollutants and toxic chemicals in our body which must be dealt with before any form of effortless weight loss can be experienced. Biochemistry demands that the liver be kept in tip-top shape or fat metabolism will not occur.

Bile helps the liver break down fats. Bile is synthesized and secreted by the liver and then stored in the gallbladder. Bile cannot do its job if the liver is congested with chemicals, toxins, excess sex hormones, drugs, and/or heavy metals.

If any of these three words show up in the foods you eat, then the liver is sure to become more congested: “partially” or “hydrogenated” or “trans.” Avoid margarine at all cost. Avoid the white bread, white pasta, white sugar, white milk, white potato, and white rice in the interim time that the liver is trying to become more wholesome. Go on a “White Out Diet” for at least 7 to 14 days. Eat two lecithin-rich eggs a day and be sure to drink plenty of pure water with $\frac{1}{2}$ a lemon squeezed into it (2 or 3 times a day). Avoid the caffeine drinks (especially tea, coffee, cola, and chocolate). Avoid ibuprofen and the non-steroidal anti-inflammatories; they all tend to congest the liver.

The liver requires the right kind of fat to stimulate the body's metabolic ability to burn fat. Evening Primrose Oil (EPO) or pharmaceutical-grade Fish Oil or Flaxseed Oil with lignans or Perilla Oil are some of the healthy oils which specially mobilize the metabolically active fats known as *brown adipose tissue* (BAT). This special form of fat can burn off extra calories and boost energy as well. Essential Fatty Acids (EFAs) simply help the body burn fat more efficiently by helping the liver out.

Tired, toxic livers no longer perform as they should. When this happens, hormone imbalances occur. Fat accumulates mid-section around the abdomen. Toxins begin to build up even more. Bloating and indigestion signal the body that something's not quite right down in the mid-section. Cellulite appears. Other naughties such as high blood pressure, elevated cholesterol, fatigue, mood swings, depression, and skin rashes can surface from a sluggish liver. Then every organ in the body is taxed; and all weight loss efforts become blocked.

A liver overloaded with pollutants and toxins cannot efficiently burn body fat, and thus it will sabotage your best weight loss efforts.

Remember also that sugars and artificial sweeteners inhibit the liver's production of enzymes that are necessary for the detoxification processes. Every smidgen of sugar or artificial

sweetener makes the liver go into overdrive just to convert the stuff into fats such as cholesterol and triglycerides. And once the liver is burdened to the hilt, it then shifts the fat to stock piles – thighs, buttock, and abdomen.

Probably nothing you do to control your weight is as important as keeping your liver healthy.

A few nutritional supplements that are very liver friendly and help the liver to detoxify include the following:

1. CalorieFree
2. isLean
3. isLean SELECT

After the **liver link**, comes the **lymph link**. The lymphatics can become very sluggish and tenaciously stubborn. This is where stretching becomes a major asset. Also going for a walk now and then helps the lymph system to stay moving. Even a minitrampoline has lots of health benefits with the lymph system. Walk a little – bounce a little – stretch a lot.

If the arms and legs have a thick puffy appearance (bone structure usually not very visible) or the fat layers are usually excessively thick, then think lymph. Most of these patients have been plagued with excess weight since childhood.

Resolving plateau problems is not easy. It requires more than the usual discipline. But this I know – lymphatic people should avoid all dairy products and definitely follow a “liver cleansing diet.” Pork sausage, bacon, bologna of any sort, frankfurters, or spareribs are all a no-no. Fruits and vegetables of all sorts are the thing to eat. From asparagus to yams. From apples to watermelons.

A fat-flush, lymph-helping drink: Cinnamon-Cranberry tea. Make it with $\frac{1}{4}$ cup unsweetened cranberry juice + $\frac{1}{2}$ teaspoonful ground cinnamon + $\frac{3}{4}$ cup purified water. If you're in a hurry, just try hot water with lemon squeezed into it. Anytime you can promote better peristalsis it will help empty stubborn fat stores.

Remember, the artificial junk is out. No Splenda, Equal, or Sweet-N-Low.

Remember, be sure to add the amazing isLean “original” to the regimen. This one vital nutritional will help keep normal liver enzymes in the blood. Since the body carries fat to the mitochondria in the cells, this nutritional will help the body to convert all fat into sustainable energy. isLean also helps clear waste products from the mitochondria, thus avoiding bad free-radical accumulation. isLean literally protects the liver from powerful invading toxins.

And bear in mind, many people carry an extra 10 to 15 pounds of water trapped in their tissues. Result: abdominal bloating, cellulite, and face and eye puffiness. Waterlogged tissues act just like “false fat.” Actually, consuming too little water can cause your body to retain water. When your water intake is low, the kidneys hoard water. Insufficient water also slows the lymphatic system down. Women with cellulite have lymphatic deficiencies. When water accumulates, the “bloat” occurs. Add more protein to your diet. Protein controls water between and within cells and within arteries and veins by attracting the water molecules. Protein helps jump start the weight loss resistance.

The success of resolving the plateau problem will depend as much on what you don't eat as what you do it. But whatever you do, put the combo into action – ***isLean + CalorieFree + Select***. Give them a try!