

## In Search of the Missing Links for Permanent Weight Loss

by Donna Kramolis

If you were to go on a diet to lose some weight, the standard thing to do is: eat nutritious food from the food pyramid totaling 1000 calories a day, eat no fat, eat carbohydrates and proteins and lots of fiber instead, and exercise 5 times a week. I don't need to tell you all the details, you've done it before. The only thing is, **it doesn't work**. We put the weight back on and then some. Sometimes, we only get five pounds off and stall. Only 2% of us keep it off for more than five years. **It's discouraging.**

After failing on the Weight Watchers diet several times, I knew research was necessary if I was to get the 30-40 pounds off and keep them off. Not only did I need to take off the weight, but something else was wrong. I had no energy, my mind was in early Alzheimer's, I hurt all over and I couldn't control certain eating compulsions. Then when depression was constant I went to the doctor. He poked, probed, listened here and there and finally drew blood for tests. A week later he told me the good news, "nothing was wrong", except that my cholesterol was up to 292 and my B.P. was moderately high.

Since none of my kinesiology tricks did anything to help, and I didn't have the money to shop for the right doctor, I went to the library and started reading books on health and healing. One of the first books to get my attention was Dr. Stuart Berger's *Immune Power Diet* book. He wrote in 1985 about what he learned after being let down by his own medical community at Tufts and Harvard Universities in his own attempts to take off his excess 200 pounds and to regain his vitality. Dieting made him worse off, with head and stomach aches, depression, brain fog, etc. Even though he was a brilliant man, he wondered if his body would hold up long enough to finish medical school. So he was forced to do research in his medical school library.

One of Dr. Berger's first discoveries had to do with the immune system (IS), our bodies

defense department. When it works well we don't get infections. The little lymphocytes act like army men and attack the invader. Then he learned about the food/nutrient connection to a healthy IS. By eating toxic or stressful foods you can throw off your IS, and your entire body. He found that our IS, gets confused when we eat the "immuno-toxic foods" and sends out lymphocytes that end up attacking the body. This is called auto-immune response and creates diseases like cancer, asthma, diabetes, joint diseases, rheumatoid arthritis, M.S., Lupus, chronic fatigue syndrome, dermatitis, colitis, ulcers, fibromyalgia, migraines, insomnia, foggy brain, schizophrenia, maybe even Alzheimer's disease and dementia. Also Dr. Robert Good of New York's Memorial Sloan-Kettering Cancer Center "showed that diets high in fat could speed up the shrinking of the thymus, a vital organ that processes our immune cells" (p. 14). Nobody wants a shriveled up thymus gland.

Through experimentation on himself (research on the subject was so new that the mouse trials hadn't been done yet), Dr. Berger found he felt much better if he didn't eat wheat and dairy and of course fat, coffee, and alcohol. He mega-dosed with vitamins and minerals and felt he had revitalized his own IS. He researched nutrition, especially trace minerals, and concluded that medical schools are at fault for avoiding this subject. His auto-immune diseases disappeared and he felt better than ever. He lost the 200 pounds and developed a successful career helping others.

Both Dr. Berger and Dr. John Diamond, who wrote *Your Body Doesn't Lie*, have a good description of the history of the discovery of our thymus gland and our IS function, in their books. Most doctors, RN's and registered dieticians don't even know this. My friend and Ashland County nurse, Ruth Johnson, recently told me "everyone knows the thymus has no function past puberty." That's archaic! No wonder we get nowhere at the doctor's office when we say "I just don't

feel right" and/or "I can't seem to take off the weight."

Dr. Diamond, in his book, tells how with muscle testing one can identify what things stress the thymus and reduce your **life energy**. Things like words, thoughts, pictures, graphics, postures, people, food, and physical environment all add up to create an overload of stress to "the camel's back" and we go into auto-immune disease. One doesn't have to be overweight to do this, either. For me the last straw came in the winter of '94. It was very cold for a long time. It was minus-50 degrees at night with a high of minus-10 during the day. Then the furnace motor gave out. There were many problems getting a new one in. Also, it was very noisy and vibrated in our bedroom. I'm sensitive to noise. Then, a cow got sick in the milk barn and we couldn't save her. It was too cold to open the door to drag her out (besides the tractor wouldn't start) so we had to walk over her to do the chores for several days. Then California had the big earthquake and that upset me. That's when I got in big trouble. I had no will over my body and it hurt bad.

Even though Dr. Berger's specialty was psychiatry he became a famous bariatric specialist. He learned by working on himself, then on patients. His biggest story is about "Sharon's thumb." She taught him that everyone has some stressful foods in their diet, which can make other problems besides excess fat. She was a successful furrier and her overworked thumb was so painful from sewing, lifting and handling furs and pelts, she was sure she'd have to give up the career she loved. After identifying her stressful foods and eliminating them from her diet, Dr. Berger helped Sharon take off 39 pounds and heal her painful thumb, thus saving her career, **in just two months**.

After treating thousands of patients, Dr. Berger found that the most toxic foods for most people are what he calls the "sinister seven." They are wheat, yeast, corn, soy, milk, eggs and sugar. He based his Immune Power Diet book on these basic ones, but of course with muscle testing we can identify specifically for each individual their stressful

foods. The scientific ways are time-consuming, painful and/or expensive.

So, I decided to use his diet and take off my weight once and for all. Like I said before, I was in early Alzheimer's and I didn't even think to customize the diet for myself. I religiously eliminated those "sinister seven" and my many cups of coffee and started feeling terrific in about three days. I had no more pain, my mind was clear, I had boundless energy, and my depression was gone. The weight came off so fast I felt obligated to sneak into the chocolate chips now and then just to slow it down. I'd always heard losing weight too fast was bad. No? The important thing was, **I felt good**. I also took his stress test and religiously took the mega-doses of vitamins & minerals for "level C."

I did the program for two months and along the way I discovered (the hard way) my body did not like bananas, sulfur dioxide in preserved fruits and wine and cinnamon. Then I thought I'd better muscle test. Sure enough, I couldn't have those either.

The results were wonderful at the conclusion of the program. My cholesterol went down 92 points, my Blood Pressure. normalized and I'd lost 20 pounds. Through the summer I occasionally ate rich foods, some alcohol, and chocolate and didn't regain the weight. The trick seems to be to avoid the toxic or stressful foods day after day. Of the "sinister seven" I couldn't have milk or too much wheat. Of course if I want full energy, I don't do sugar.

One of the secrets in this plan is to rotate what you do eat over a four day period and to eat many different things: i.e. instead of wheat, corn, or soy; for grains he allows barley, rice, rye, kasha and millet, and of course there's spelt, quinoa and teff. Our American culture depends too much on wheat for sandwiches, cereals for breakfast, pasta, etc. I recommend everyone read his diet book plus a companion book, his *Immune Power Cookbook*, which can be found in used book stores.

What I've learned to do for myself and family is to redesign our eating habits for the rest of our lives. We avoid highly processed or

preserved foods, high fat foods, large amounts of red meat and rich deserts.

Quite often we don't look at our bad eating habits until we are backed against the wall. My brother had two heart attacks recently at the age of 83 and is finally redesigning his diet and life.

A 14 year old neighbor boy, Nathan, had excruciating headaches and missed a lot of school. He'd go to school to take a test but would have to lie on the floor to ease the pain in his head. The doctors did many MRI's, several spinal taps, etc. and found nothing wrong. Before he finally went to an allergist, I recommended his father, Mike, tell the doctor to check for wheat or dairy. The doctor doesn't do that, instead he checks for cat and dust, etc. After much prompting for Mike to let me see what my muscle testing could teach them, he finally brought the kid, in terrible pain to my house late one evening. I muscle tested many different foods and sure enough wheat was off. I then learned Nathan ate ten slices of french toast every morning for breakfast. Is that overdosing on wheat or what? I recommended he cut out wheat and eat other grains instead for two weeks and come back. After no word from them, I called and learned that Nathan stayed off wheat for five days and is back to a little wheat each day. I was alarmed until I heard his headaches had totally disappeared in four days.

In addition to redesigning our eating habits, my husband and I search all printed matter that we can get our hands on to read about new discoveries in healing, bariatrics and health. Even relatives and friends clip and send articles to me. In *Let's Live* magazine's April 1994 edition, I found an article by Dr. Sherry Rogers on "The Leaky Gut Syndrome." In this article she explains that "once the gut lining gets inflamed or damaged its functions become impaired. These spaces open up and allow large food antigens to be absorbed into the body. Normally, the body 'sees' only small, tiny food antigens. When it sees these new, large ones, they are foreign to the body's defense system.. So the attack results in the production of antibodies against once harmless foods. Once antibodies are produced they can do many things like attach

to a joint space. This then turns on an inflammatory reaction where a person may suddenly have arthritis that is induced by ingesting a food that used to be harmless. Or, If antibodies end up in the lungs, a person may have asthma and unsuspected food allergy may be one of the triggers."

What inflames the gut lining? Bacteria, parasites, protozoa and yeasts, alcohol and food additives, food allergens, toxins and genetic enzyme deficiencies, antibiotics, a diet high in sweets, caffeine and one of the worst things are NSAIDs (non-steroidal, anti-inflammatory drugs). These include aspirin, ibuprofen and naproxen sodium. These latter ones are the very things one takes for arthritis pain. It creates a vicious cycle.

So here is another doctor telling about auto-immunity from another perspective. Dr. Rogers was backed against the wall health-wise and needed to research for her own benefit as did Dr. Berger. I have four of her seven books and she makes no mention of Dr. Berger or his discoveries, but does a beautiful job of explaining why body seems to attack self. She also explains the consequences of all of this; fatigue, poor concentration, muscle spasms and bloating because nutrients are not absorbed properly, chemical sensitivity and liver exhaustion, vulnerability to all kinds of infections, auto-immune diseases plus fibromyalgia.

To get out of this mess Dr. Rogers says you must: 1) remove the cause, 2) improve the gut function and 3) heal the gut. Dr. Berger said to 1) identify and remove stressful foods and 2) rebuild the thymus function. Considering these two are writing nine years apart that's pretty good. Scientific knowledge is expanding rapidly.

In a special issue of the *Scientific American*, September, 1993, the topic was auto-immune diseases. They never once talked about the food/nutrient connection to cause body to attack self. Guess there's no research money for finding foods to take away from one's diet.

Nobody talks about our BMR (basal metabolic rate). It is influenced by thyroid hormones plus other events in the body.

When fasting occurs, the body recognizes it as starvation and shuts down the metabolic rate resulting in very little weight loss during that period. In a 1982 textbook, *Essentials of Nutrition and Diet Therapy* by Sue Williams on p. 33 she states "In starvation and malnutrition the BMR is usually lowered." The malnutrition could be because one is ingesting a stressful food, putting one into the inflammatory process causing an immune response and malabsorption of otherwise good food. In working with Richard Bellamy using my daughter and her wheat allergy we discovered that her calorie requirement to maintain her weight was around 1200 a day without eating wheat. With wheat by her thymus she only needed 400 calories. That's why, possibly, food stressed people put weight on so easily, and why it's so hard to take it off. Stressful foods throw off your metabolism.

Dr. Rogers, a specialist in Environmental Medicine in Syracuse, NY, talks about chemical toxicity in our environment, our empty and highly processed foods, not to mention the harmful chemicals used to produce our foods. Because of her chemical sensitivities she has studied, developed and written about macrobiotic diets for anyone wanting to get totally well. She has helped many people with cancer by removing both stressful foods and things from their lives. Then as long as they continue on the macrobiotic diet they are fine.

Enzymes and the proper digestion of food is of utmost importance. The first digestive enzymes seem to be bypassed by our society.

We slam them down the hatch with unchewed food in our fast paced style of living. So, slow down and **chew your food**. Dr. Rogers says to chew each mouthful 100 times. Now, that ought to slow you down., You get fuller quicker on less food, also.

There are other ways to improve our lives and take off excess weight such as meditation, visualization, exploring issues and blocks to success, energy balances and stress release to name a few. These are taught elsewhere and are to be used according to your comfort level.

### **Conclusion:**

Because this new information is so dynamic in my life and could be in the lives of thousands of others I am happy to share it with anyone and everyone. I've developed my Life Enhancement Program into an eight week or a 16 hour course to help the motivated people get their lives back on track. There will be a workbook available in the future.

This program is good for people who have cardiovascular problems as well. The program is very low in saturated fat and besides pushing a large variety of foods, I emphasize eating a great deal of fiber. Exercise is a large part of getting well and staying well no matter what your situation is.

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