

## Part 8 – Trim Health

### The first Natural Energy Medicine solution for Weight, Shape and Health.

**Are you offering your patients a weight management program through diet and exercise, or, are you offering them a weight correction program through quality health care?**

**Paradigm:**

A set of assumptions, concepts, values, and practices that constitutes a **way of viewing reality** for the community that shares them, especially in an intellectual discipline.

**One that serves as a pattern or model.**

## Part 8 – Trim Health

First I need to spend some time discussing weight and shape because we all have our own paradigm about weight, shape and dieting, etc. This paradigm is made up of everything we have been taught and all of our personal experiences since the day we were born. Unfortunately, when it comes to weight and dieting it is all either totally false or at best only partially true. In order to understand the truth about weight and shape requires a total paradigm shift. As stated earlier, paradigms are very difficult to change because they make up our current reality and to change them requires a significant influence or event. Reading this article is certainly not enough to change your paradigm about weight. What I would like this article to do is peak your interest enough to make room for the possibility of other options when it comes to this highly emotional subject.

The concepts that we will discuss in this article will be dramatically different than what you have been exposed to previously. This program is designed to place your weight and shape under the control of your body, not your lifestyle or diet.

The first thing any patient or client needs to understand prior to running the Trim Health program is that this is not a diet program that will help them get into their skinny jeans next week. That concept has nothing to do with true weight control and there are plenty of damaging starvation diets for that already. The Trim Health therapy program is a 6 month, 40 visit commitment to accomplish a lifelong permanent change in the way your body controls your weight and shape. Why? Because this program was designed to return the body to its original design which puts your weight and shape under the control of your body.

As with any major change in your views it is more about what you must stop believing than what you must begin believing. It has been my experience that when any subject, like weight loss, becomes confusing and complicated, it is usually because it was based on false concepts to begin with. The truth is usually simple and straight forward.

Here are some “Fact” or “Fiction” statements about weight, I give my view, what is yours?

***Obesity is a significant cause of poor health.***

*I disagree! I think poor health is a significant cause of obesity.*

**Obesity significantly increases the risk factors for major health issues.**

*I disagree! I think what people do to themselves to try to correct obesity significantly increases the risk for major health issues including death.*

**Correcting what you eat corrects your Weight.**

*I disagree! You do not have conscious control of your weight any more than you have conscious control of your Liver function, or any other organ or system.*

**If I eat too much I will get fat.**

*I disagree: If you eat too much you will get indigestion.*

**Well if I eat too much junk food I will definitely get fat.**

*I disagree! If you eat too much junk food you will definitely get sick and have indigestion.*

**Exercise is the best way to lose weight.**

*I disagree! But losing weight does allow for greater activity.*

**Non calorie sweeteners help manage weight.**

*I disagree! All sweeteners that have no calories function as neurotoxins and eating neurotoxins only contributes to obesity and poor health.*

**Why does diet and exercise work?**

*It doesn't. All the experts will tell you as much but not the ones making money off this lie. Not to say that the proper diet and quality exercise is not vital to your health, it is just not the way to manage weight.*

**IF Diet and Exercise does not work, why do people do it?**

*Because they are so broken it is the only way they can begin to manage their weight. So they starve themselves and burn as many calories as possible to artificially manage their weight. But it does not fix weight issues.*

## **What is the truth about weight and shape?**

**First we need to understand that the body does have the capacity to control its internal environment including how much it weighs and the shape it takes and it is the loss of that control that causes weight and shape issues.**

### **What causes the general population to be overweight?**

There are two basic types of people in this world when it comes to weight and shape. We all know of individuals that remain stable in their weight. Regardless of what they are eating, regardless of their activity level, regardless of their stress level or lifestyle they remain the same healthy weight and shape and remain that way for the majority of their lives. Then we have the rest of us. Our weight changes daily and we can't walk by a bakery without gaining at least a couple of pounds. I say us because this was me for the first 60 years of my life. What is the difference between these two types of people? Just one thing. The first type of person has a body that still has the ability to control its own weight and shape, and the second type has lost that ability. So again, it is not about what the overweight individuals have acquired (fat) that causes them weight problems. It is what they have lost (a specific part of their health that controls their weight) that causes them problems. The health that they lost is not necessarily general health, as many overweight individuals are quite healthy in the general sense. The health that they lost may have just been limited to their ability to manage their own weight.

Natural Energy Medicine states that our bodies are managed and controlled by programs and information contained within our body. We believe that if you are the wrong weight or shape then the information that the body needs to keep your weight and shape at a healthy level has either been lost or corrupted.

### **How does the information in the body become corrupted?**

This is explained in more detail in earlier articles so here is a brief synopsis. All information on this planet is corruptible. Physical information can be destroyed and digital information can be erased or corrupted. Just like your computer, the information in your body is more of the digital form and can be damaged, lost or corrupted through trauma, pollutants, short circuits, EMFs, all sorts of radio, TV, phone, wireless computer connections and the list goes on and on. More

specific to the body we have physical degeneration, poisons, emotionally traumatic experiences, nutritional deficiencies, consuming neurotoxins and again the list goes on and on.

### **How do you correct overweight issues?**

Correcting this condition requires either restoring or delivering that information back to the body. This sounds rather simple, and for the patient it is. All you have to do is receive the therapy and your body does the rest.

### **What is expected from the client, patient?**

The first thing that any person must do to begin the Trim Health therapy procedure is to commit to the program knowing that you will probably not see any significant weight loss for the first 6 months. However that does not mean that significant changes in your body are not occurring. There are many health components that are required in order for the body to have total control over your weight. You may be missing one or all of these components and no one can tell for sure how many. However we find that most people are missing or have at the least minor compromises in almost all of them. This explains the variety of results during the first 6 months. Which means completing the entire program is always mandatory for optimal results.

Next is the false idea that you will have to drastically modify your diet, exercise, or some other part of your life. Then you will have to maintain this modification for the rest of your life if you want to keep the results. This is not part of the Trim Health program. Improving your diet, normalizing your exercise level and short term detoxification programs to recover from illness are all great for your health and I highly recommend it for everyone as we can all stand to improve on these aspects of daily living. But they should never be considered a method of managing your weight. In fact the Trim Health program does not allow to eat diet foods such as any non-calorie sweeteners, artificial fats, or packaged low calorie foods. Remember that we must change the way we think about food. When the body is working correctly what you eat only effects your health, not your weight. So instead of looking at mayo and saying that has more calories than salad dressing, you should say mayonnaise is made with oil and salad dressing is made with sugar. And then look at the ingredients and find the mayonnaise that is made with the best quality oil that you can find. This is the way you need to start looking at all foods, not the calorie content, but the quality of the food. As you raise the quality of the food you eat you will notice the better food tastes and the more enjoyment and satisfaction you receive from eating. Your digestion will improve and you will feel full, comfortable and satisfied instead of stuffed and bloated and your overall health will improve when you nourish your body instead of just filling it. To get started on this change in diet read the Diet and Health Brochure.

Next is the issue of when will I begin to change weight. Weight change will be in the hands of your body, not your diet or lifestyle. Repairing organs, removing toxins, correcting digestive imbalances and changing your weight all require resources of the body. Your body will allocate those resources in the priority of your health needs, not your desires. You must also realize that some individual bodies have extensive resources in reserve while others live from day to day and utilize all of their resources to just stay alive. So for those that have few other health issues and more resources they may see weight change much sooner and more rapid than those that have other more serious health issues and limited resources. It is almost impossible to predict how each patient will respond. What we can predict is that everyone's health will improve and when the body is ready the weight and shape will change to what your body deems normal at that time.

### **What do you need to know to understand the Trim Health Program?**

There is a false concept that says there is a direct relationship between your general health and your weight. People assume that if you are overweight you are not healthy and the more overweight you are the less healthy you are. Likewise if you are a normal healthy weight then you are automatically healthy. For example, if a man that is 80 pounds overweight has a heart attack everyone says, I am not surprised, just look at his weight. However, if an athlete in prime shape drops dead on the playing field from a heart attack, then it is shocking and must have been some

very rare situation but could not have been from his overall health. But believe me, if you drop dead from a heart attack, you have not been healthy for some time regardless of your weight. The reason this is a little confusing is because we are trained to look at overweight as a **cause** of poor health, not a **symptom** of poor health.

Another major misconception about weight is exercise. The idea that someone is a lazy couch potato because they are 80 pounds overweight is completely false. To prove this do the following procedure. If you are a normal weight then strap a 5 gallon jug of water on your back and then strap another 5 gallon jug of water on your front, total of 80 pounds. Keep them on for an entire day while walking up and down stairs and all of your daily activities. You will soon realize that someone that is 80 pounds overweight gets more exercise with just their daily activities than you will get running several miles. This is why many heavy individuals have an amazing amount of strength and stamina.

Next, is the fat you carry proportional on your body or do you carry excess fat in some areas and none at all in other areas? The body needs fat for many different purposes and it should be stored proportionately and utilized properly. If not, then it is abnormal, which is why we also address this issue in the Trim Health program.

Finally there is your skin, does it fit your body or hang in places like an old cheap suit? If you lost 50 lbs I am sure that you are smart enough to purchase new cloths that fit you. Your body is not stupid, it should do the same. But if you need a surgeon to make your skin fit after you lose weight, you have a problem. You did not lose that weight properly and your body will gain it back as fast as it can.

### **What should the body know and what is lost to cause the body to lose control of its weight?**

The body should know how much you should weight in all different circumstances. And what I mean by weight is not a specific number of pounds you should weigh but a much more sophisticated program that knows how much fat to muscle to organ tissue to bone to water etc. that your body should consist of. It will then factor into this program the amount of exercise you get, if you are a male or female, your age, are you pregnant, the time of year it is, your life style and on and on and on. The body is very smart and it listens to everything you tell it and responds accordingly. Not only does the body require that this program and information be intact and functional but many other body systems are also required to function properly. For example:

All petrochemical toxins that cannot be neutralized and eliminated at the time are stored in your fat cells. Therefore the liver and other elimination systems have to be able to detox and remove all the different petrochemicals that have been stored in your fat cells or the body will not circulate this fat because of the toxic contamination.

The endocrine system and other hormonal balancing systems must be able to manage your metabolism and removal of excess fat. Remember that the body does not have to burn excess fat to eliminate it. There are processes that will directly discard fat through different organs and elimination systems.

Your immune system must be functioning well and we have to minimize allergies, intolerances, sensitivities and autoimmune reactions to allow the body to balance fluids and remove excess fat and toxins.

These are just a few of many systems that must be corrected and function properly for the body to properly manage your weight and shape. This is why the entire Trim Health program is not just a fat loss program but a full health care program that takes several months to complete.

### **What should the client, patient, expect to happen and when?**

First you should begin to see changes in your appetite and cravings within a few visits of beginning the program along with changes in digestion and elimination. As long as you don't have a physical condition such as an allergy or blood sugar condition that would restrict some foods, don't continuously deny yourself of something that you have a significant desire or craving for. If you

do, you will only do it for a short time and then give up on everything from eating right to the entire Trim Health program itself. And as your body changes so will your tastes and desires. You may find that this junk food that you don't think you can survive without is really not as tasty as you once thought or you may find that one bite is all you really need to satisfy this desire instead of the entire bag.

You may also notice detoxification symptoms as the body begins to detox and eliminate the petrochemical toxins that have been stored in your fat cells for most of your life. Fortunately these are usually mild and short term but don't be alarmed if they are more significant. It all depends on what toxins and poisons you are full of.

You should also notice changes in your general health such as blood pressure, blood sugar, energy levels, arthritis, hormonal balance or any other condition that you generally suffer from throughout the therapy program and for months following.

### **Conclusion:**

We believe the internal control of the body is not a slave to our conscious thoughts or actions. Just the opposite. The internal controlling mechanisms are there to compensate for our stupidity.

There are a couple of things that I think we can all agree on.

- Weight issues are systemic across all of the developed countries of the world.
- Weight issues are one of the greatest health care issues on the minds of, not only the patients, but health care professionals alike.
- Few people ever get the results that they pay for.
- To this point there are no good or correct answers for weight and shape issues.

As stated earlier, the Trim Health program is not for getting into your skinny clothes next week. It is a total transformation of your body's weight and shape that takes place over several months or even several years depending on how much change is required and when you do see changes they should be permanent and the changes will continue until you have reached your personal healthy weight and shape goals as set by your body.

Dr. Gerry Graham III  
President: LazrPulsr System