

Toxicants interfere with weight loss

Question: I have a hard time losing weight. I believe I eat right and exercise and yet the fat does not come off. What else should I do?

Answer: Even though a healthy diet and exercise are paramount to losing



DANIEL GLASSMAN

ASK THE EXPERT

fat, there is one factor that will prevent millions of people from ever losing fat. According to the U.S. government, this one obstacle is the Number 1 pollutant in the body which will stop you from ever achieving your desired level of fitness and fat loss: the high level of

phthalates or plasticizers. Our toxic environment not only affects humans, but also affects wildlife as far north as the Arctic Circle. The problem is that we cannot avoid being exposed to environmental toxins.

Research has documented that huge amounts of these toxicants come from our water, soda, carpets, medications,

food packaging, cosmetics, nail polish, mattresses, couches, home wiring, computers, industrial and auto exhausts. The toxicants stockpile in the body and overwhelm the body's ability to detoxify itself.

In addition to the damage inflicted on your body chemistry, the toxicants are also associated with chronic fatigue, fibromyalgia, metabolic syndrome and arteriosclerosis allergies. What you need to understand is that body fat stores a huge amount of chemicals, so the more fat you carry, the more difficult it is to lose it.

The bottom line is that many people will never lose weight or solve their medical problems because of the accumulation of toxicants and the body's inability to detoxify itself.

I recommend that you find a clinical nutritionist in your area and commence with the Biotics 3-step detoxification program.

Reach Daniel Glassman, a board certified chiropractic orthopedist and a clinical nutritionist, at 623-979-2263 or bakdr1@hotmail.com.

Good time to assess mental health

May is Mental Health Awareness Month and this week is Women's Health Week. It's an opportune time for you or the women in your life to assess physical and mental health.



SHAWN THIELE

ASK THE EXPERT

One of the most common forms of mental illness women experience is depression. Of course, every woman experiences times when they feel sad or down. But, if for more than two weeks the following symptoms occur, you may have major depression:

- » Persistent sad, anxious or empty feelings.
- » Feelings of hopelessness and/or pessimism.
- » Feelings of guilt, worthlessness and/or helplessness.
- » Loss of interest in activities or hobbies once pleasurable, including sex.
- » Fatigue and decreased energy.

- » Difficulty concentrating, remembering details and making decisions.
- » Insomnia, waking up during the night or excessive sleeping.

Major depression occurs twice as frequently in women as it does in men. It's a persistent state that can negatively affect a person's physical health and how they think, behave and perform day-to-day activities. Depression is the most recognized mental health problem in women but it is grossly underdiagnosed. The good news is it's a treatable medical illness.

Treatment for depression can include counseling, psychotherapy or medications.

The key is to find the right combination of treatment.

Magellan Health Services will offer free mental health first-aid training Monday and Tuesday.

Details: MagellanofAZ.com.

Shawn Thiele is deputy CEO for Magellan Health Services of Arizona and manager of Central Arizona's Regional Behavioral Health Authority.

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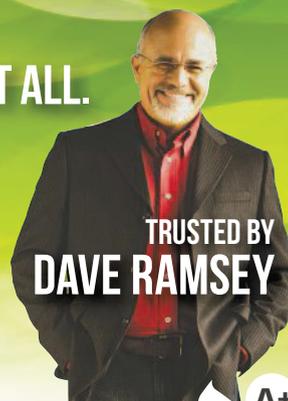
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