

# INFLAMMATION:

## How to Cool the Fire Inside That's Making You Fat and Diseased!

BY DR. SIOBHAN KEALY

**I**n just eight weeks, how can you get dramatic relief from all the symptoms you thought you had to live with the rest of your life? There is a second hidden culprit that's linked to everything from obesity to all the chronic diseases of aging. And I'll give you the key to solving this problem—and unlocking good health.

Over the years, I've helped patient after patient achieve health and automatic weight loss. And what I asked patients to do is so simple and safe that anyone can do

Inflammation is part of the body's natural defense system, however, when your hormones shift out of balance, inflammation can run rampant, causing a chronic, smoldering fire inside your body that contributes to disease and weight gain.

The causes of this type of inflammation are all around you. The sugar you eat, high doses of the wrong oils and fats in your diet, hidden food allergens, lack of exercise, chronic stress and hidden infections all trigger a raging unseen inflammation deep in your cells and tissues. And this inflam-

inflammation, you will never succeed at effective and permanent weight loss.

As Medical Director of Balance 3H Plus® Medical Weight Loss Centers, Inc., treating food allergies, eliminating toxins, and improving nutrition is the single most powerful tool I have to treat, reverse and manage hundreds of symptoms and illnesses that conventional medicine fails at miserably. These include allergies, arthritis, autoimmune diseases, fatigue, sinus problems, hormonal disorders, high blood pressure, high cholesterol, digestive disorders and especially weight gain or obesity.

We are seeing an epidemic of inflammatory diseases. In fact, nearly every modern illness is caused by inflammation. These chronic diseases affect 125 million Americans. That means in the average family of three, at least one person has a chronic disease caused by inflammation. And women entering their 40s are more vulnerable to inflammation because their biochemistries are changing. It makes this demographic particularly susceptible to uncontrollable weight gain. Eliminating toxins and eliminating foods that cause allergic reactions or sensitivities is the basis for the remarkable results women have shown when they follow the metabolic cleanse phase of the Balance 3H Plus® 8-week program, the simple plan for automatic weight loss.

Reducing inflammation is the second key component to weight loss. High levels of fat and imbalanced hormones put your body in a state of stress. When that happens, your immune system kicks into action and increases inflammation and fat storage. The Balance 3H Plus® Medical Weight Loss Program creates a favorable environment, which reduces inflammation and makes weight loss and fat burning possible. This results in losing weight, feeling better, and getting rid of chronic symptoms once and for all!

it and get the same great results. I created a simple 8-week plan specifically targeted to women over 40.

You've heard this lecture before, but it's so important that I want to emphasize it again and show you how it's a hidden cause of poor health and unhealthy weight gain. I'm talking about inflammation. You're probably familiar with the pain, swelling, redness, and heat that classically signify inflammation. It's something that just about everyone has experienced.

mation leads to every one of the major chronic diseases of aging—heart disease, cancer, diabetes, dementia, and more. And it's also by far the major contributor to obesity. Being **FAT** is being **INFLAMED**, period!

If you don't address inflammation by eliminating toxins that make you sick and fat and eradicate hidden food allergens or

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