Weight Loss
Can Not Be, Should Not Be
A Goal, A Purpose, An Intent

There are things we must learn,
about life, about physiology and about health,
in order to understand the title of this document:

1) What fat cells are,
2) How fat cells function,
3) What fat cells do,
4) The systemic relationship of fat cells.

Fat cells are useful, important and necessary.
Fat cells are part of the immune system.
When the body encounters more toxins
than it can process, using the immune system,
fat cells act as keepers, holders, retainers,
of those excess toxins.
Fat cells can expand or can enlarge
up to 2.4 times their ordinary size
in order to perform this immune function.

Fat cells are like tissue hormone glands.
The omega 3 and omega 6 fatty acids
are the source for the highly local,
short lived, prostaglandins.
Prostaglandins regulate
inflammatory and counter inflammatory hormone functions.
They are nearby sources
to counter wounds, insults and infections.

The prostaglandins don't need to travel far.
All of the prostaglandins are derived from essential fatty acids.

Please see:

> ***What Are Prostaglandins?***
> (excerpted video clip from:
> Fabulous Fats: Setting the Record Straight,
> by Mary Toscano
>
> http://www.youtube.com/watch?v=clO8F_PrnMs

The information in a book, Fats That Heal, Fats That Kill,
by Dr. Udo Erasmus, Ph.D., is vital to understanding.
Essential fatty acids create the membranes
in cells and in organelles.
These membranes need to be flexible, fluid, elastic
and permeable, selectively.
There is an ideal ratio of the kinds of fatty acids:
2 : 1 : 1
omega 3 to omega 6 to omega 9.
We need 15% to 20% of our caloric intake
to be essential fatty acids,
in those ratios.

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If we make weight loss a goal,
without arming the immune system,
we will dump the toxins contained in those fat cells
into the body, for processing,
and toxify ourselves.
This will result in the yo-yo experience that is so common.