



Why Fat Won't Go Away: Ending the Vicious Circle of Weight Gain and Toxicity

If you are one of the fortunate few who can inhale vast quantities of food without gaining an ounce or changing jean size, congratulations! You won the metabolism lottery and can spend carefree weekends attending country fairs and enjoying deep-fried butter (an actual offering in Texas; we're not making this up).

If, however, you are like the 45 million people in the U.S. alone who go on a diet every year, spending an estimated \$33 billion - you read that correctly - on weight loss products, odds are you've tried and, we're sorry to say, failed to lose weight. Fat seems to resist all the time, effort and money thrown at it, stubbornly sticking around no matter how many Pilates sessions we do.

But there's something you should know: fat is actually on your side. In fact, as counterintuitive as it may seem, fat is saving you from the consequences of living in modern society.

Here's why: your fat cells are storing toxins that can wreak havoc elsewhere, preventing substances like polychlorinated biphenyls, aka PCBs, from getting into your brain or other tissues. Fat is functioning as a safe warehouse where the problem can remain isolated. However, the presence of toxins at once makes it difficult to lose weight and then causes a host of problems when we do.

Toxins in Our Daily Environment

To understand why we're so toxic, consider how we live. Environmental toxins inhabit our [skin care products](#), [food](#), [furniture](#) and [cleaning products](#). We unknowingly consume or inhale them on a routine basis. They go by the upbeat name of POPs, an acronym for Persistent Organic Pollutants and they're persistent because they take a long time to break down, whether outside your body or within it. A short list of POPs includes heavy metals, DDT., hexachlorobenzene, , PBAs, phthalates and dioxins.

How the Body Eliminates Toxins

Toxins fall into two categories: water soluble and fat soluble. Those that are water-soluble get removed fairly simply through sweat, urine and bile with support from the kidneys.



But fat-soluble toxins are a different story. They have to pass through the liver and get converted into a water-soluble substance in order to be excreted.

Why Toxin Overload = Fat

The liver is an incredibly efficient system, combining toxins with enzymes to prepare them for safe removal from the body (aka poop). But what happens when the system gets overwhelmed?

When too many toxins are present, the bile produced by the liver becomes thicker and begins to lose effectiveness. At that point, the liver begins to create fat cells as a safe place to store toxins that cannot be processed.

Toxins are naturally drawn to fat cells; they attach to the outer cell membrane, causing the cells to release Leptin, a hormone that sends signals to the brain's hypothalamus, telling it to burn fat for energy. As we gain weight, our leptin levels increase.

If Leptin levels are elevated too often, the receptor sites within the brain get burnt out and the signals get lost. Compounding the problem, toxic chemicals also cause the release of cytokines, a chemical that damages Leptin receptors in the brain. In short, the brain doesn't get the message to burn fat, so nothing happens. The diet fails, the gym visits fall short and the stubborn fat persists.

All the while, more toxins are entering your system through the process of daily life, compelling your liver to create still more fat cells to deal with them.

The Problem with Weight Loss

On the other hand, let's say the diet does work: you begin to lose weight. Problem solved, right? Not so fast.

Because fat cells are inextricably combined with toxins, when you lose weight the POPs don't go anywhere. That, according to a study published in [Environmental Health Perspectives](#), leads to one of two options.

- a. POPs get more concentrated within your remaining fat cells over time
- b. As your fat cells break down, POPs get redistributed into other tissues, i.e. your brain.



The Problem with Conventional Detox Methods

Hopefully by now you can see why it's important to detoxify your body before attempting to lose weight. Otherwise it will be an uphill battle, no matter how dedicated you are. However, especially when it comes to heavy metals, traditional approaches to detoxification will flood your system with toxins that have nowhere to go after being released from the fat cells. Lacking a mechanism for elimination, they remain in your body and become lodged in other tissues, as mentioned above.

Why Vitality Detox Drops Work

Vitality Detox Drops are a soluble form of zeolite, a mineral that has proven successful at binding heavy metals and other toxins. One of the unique features is its size; many of the fragments are as small as chromosomes, which means they can permeate cellular membranes. Their honeycomb, cage structure and negative charge act as a magnet for toxins, binding them either within or to the outside of the cage. This effectively neutralizes toxins while they remain in your body. Because the drops are water soluble, they can be easily eliminated, taking the toxins with them. With them out of the way, a diet is much more likely to work.

In fact, losing weight is a common side effect of taking Vitality Detox Drops because the toxins within the fat cells are getting released and the body is not automatically replicating those cells the way it frequently does when toxins are still present. There's no need to go on a special diet to make that happen, although obviously eating healthy will minimize the amount of toxins re-entering your system.

Regardless of whether or not you want to lose weight, detoxifying your body is a good idea. But if you do want to drop some pounds, it's an essential starting point. Give your liver a helping hand and it will stop producing more fat cells to protect you. Next thing you know, you'll be buying new jeans! Still, it's probably a good idea to stay away from the deep-fried butter.