

Thinness

Excessive thinness is one of those instances that brings the individual to a crossroad. There is often a degree of fear involved with the thought of switching to a plant-based diet (high fruit diet in particular, because the individual doesn't desire to lose any more weight. For this reason, people are often reluctant to make the switch and remain uncertain of what to do.

First and foremost, let us make one thing very clear: completely fixing the root causative factor of excessive thinness will bring you right back to detoxification. It's one of those situations where you're either going to do it the proper way (and allow the body to re-adjust whichever way it deems), or try to force weight on with starches, fats and a focus on eating an exorbitant amount of calories.

If done the appropriate way, you will have to accept that the body is going to shed and replace weak tissue before healthy weight comes back on. You must also address the primary reasons for being thin in the first place. One of the more amazing things about this entire process, is that it will happen on the same diet too. On a diet of exclusively fruit (with an herbal protocol), people have initially lost considerable weight and became very thin. After several months to a year (or longer), they began suddenly gaining muscle tissue on the same diet.

So, let's understand what we're really dealing with when it comes to excessive thinness.

The name of the game is one or sometimes twofold:

- 1) Malabsorption (the inability to absorb nutrients from digested food).
- 2) The inability to digest food properly (generally pancreatic weakness).

It is recommended that you download and fulfill the following documents for health evaluation purposes:

[Download](#) 'Self-Assessment Health Questionnaire'

[Download](#) 'Basal Body Temperature Study'

The Four Essential Processes for Health and Vitality

There are four essential processes that must take place for health and vitality to be achieved and maintained. You're encouraged to ask yourself the following questions:

- 1) Am I consuming the most nutritional and organic food for my physiology? Or is my diet comprised of nutritionally devoid, overly-processed junk foods?
- 2) Am I chewing and digesting my foods properly?
- 3) Is my body absorbing the nutrition from my (hopefully) well-digested food?
- 4) Once absorbed, is my body capable of properly utilizing these constituents?
- 5) Is my body successfully eliminating the waste byproducts created from bodily and cellular metabolism?

First - Digestion:

The focus points for proper digestion include the mechanical phase (i.e. chewing your food properly prior to swallowing), the stomach (protein), pancreas (carbohydrates), as well as the liver and gallbladder (fats).

All the above organs (and gland) must be functioning properly.

Second - Absorption:

'Interstitial lymphatic constipation' or 'systemic lymphatic stagnation' are two terms coined by Robert Morse, N.D., and exemplifies precisely what goes wrong when one is unable to adequately absorb their nutrition through the intestinal wall as the lymphatic system has backed up in the intestines (within the intestinal wall) resulting in inhibited absorption. This is often more difficult to rectify than removing mucoid plaque plastered on the intestinal wall.

Also, as a result of many years of consumption of starches, white flour and dairy products, the intestinal villi which serve to expand the internal surface area of the intestinal walls (allowing for greater absorption of nutrition), and also serve to grab ahold of digested food particles for absorption, are progressively matted down as a result of the gluey effect that the aforementioned foods have on the intestines.

So, for absorption, our focus points are all three sections of the small intestines as well as the cecum (first) portion of the colon.

Third - Utilization:

Now, while digestion and absorption are two factors that are considered by many, this third factor is one that is considered by virtually very few.

The focus points here are the adrenal glands, thyroid and parathyroid glands.

Healthy adrenal glands play a significant role in the utilization of most of the body's minerals and trace minerals (some of which act as precursors to vitamins: e.g. cobalt salts and vitamin B12) through adrenal cortex production of mineralocorticoid steroids.

The thyroid produces a hormone known as calcitonin, while the parathyroid glands produce a hormone known as parathormone or parathyroid hormone. Both of these hormones play their respective parts in the waxing, waning and utilization of the body's most abundant mineral: calcium.

Fourth - Elimination:

Fourth and final, the elimination process. If elimination of digestive and cellular waste doesn't take place to the degree that it should, it eventually results in problems in all other processes necessary for good health. One of the core focuses in detoxification is to address the individual's inability to filter their lymphatic system the way they should - which is ultimately where most problems begin (of course preceded by diet and other deleterious lifestyle habits).

The body's primary eliminative pathways are:

- 1) The kidneys (which are controlled by the adrenal glands).
- 2) The colon (note that peristalsis can be affected by the impaired adrenal function).
- 3) The skin (note that the thyroid plays a primary role in regulating body temperature, which determines your ability to sweat and thus eliminate through the skin).
- 4) The lungs (primarily in expelling carbon dioxide).

Unfortunately, very few people don't have any problems with all four processes essential to health, outlined above.

As you will realize, there is a lot more to all of this than just being thin. This is the reason we encourage people to shift their focus away from, "I want to lose weight" / "I don't want to be thin, I want to gain weight" and instead focus on the health of the body as a whole. Once malabsorption has been rectified, proper functioning of the organs and glands responsible for digestion has been restored and various weak cells have been expelled from the body (including muscle tissue built on protein powders and high protein diets), only then, will healthy weight begin coming back on. And it'll happen, even if you're only eating one type of fruit (say, grapes).

If, throughout the detoxification process, you feel the need to slow down and build the body up a little then don't hesitate to do so. You may incorporate salads, avocado, coconuts, olives, as well as dense and less detoxifying fruits such as bananas, durians, jackfruits and the like. Dr. Morse will sometimes recommend almond milk for bulking up. A superb option, in this regard, is Lou Corona's ['Coconut Almond Yoghurt'](#).

Additionally, you may incorporate a decent superfood blend to maximize nutritional intake.

Remember to relax and take your time. When you feel ready to “hit the pedal to the metal” again, then go for it.

SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)
* Kidneys & Bladder formula
* Stomach & Bowels formula
* Endocrine Glands
* Lymphatic System I capsules
* GI-Broom (incorporate from weeks 5-6)
ADDITIONAL FORMULAS (IF NEEDED)
* God's Garden Superfood Blend II
* Adrenal Glands or Pure Adrenal 200 / 400
* Thyroid or Pure Thyroid 150 / 500
* Parathyroid glandular