



# The BIGGEST LOSER might be you!

Why contestants on the show lose 10lbs per week and how that might be happening?

Presented by:

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- If the human body is approximately 70% water, a 300 lb person is about 210 water and 90 lb other... I don't know who was given that goal, but don't forget that 15 lb is only 5% weight to a 300 lb person...
- If someone has been living an unhealthy lifestyle that creates an acidic environment in the body, lacks fiber, and is deficient in basic nutrients, they may hold extra water and extra weight in the form of food that hasn't been passed through the system properly.
- If you notice the way the show is done, it's all around weight loss, not body fat. So the goal set for that person was 15lb of weight, not fat. They might only lose a couple of pounds in fat, and then 12-13 in water etc. That can be a good thing, depending on the person's current state.
- Most people that are living overweight aren't just holding fat - they are usually bloated and constipated to some degree (technically, if you don't defecate 2-3 times a day, you are constipated). On top of that, they might even have slow digestion and so may hold food in their system longer than they should.
- **First**, dropping water isn't always bad. Sometimes they are bloated and holding extra water because it's one of many ways that the body can try to balance out an acidic diet and lifestyle (excess water may dilute the acid.). Other ways of balancing the pH balance is leeching calcium from food and bones to buffer the acid etc.
- **Second**, exercising and eating cleaner may help to push out all the built up waste in their intestines, making them a little more regular while dropping a few more pounds.
- Both of these together explain how someone who is so fat and bloated and constipated could lose 15 lb in water and waste and it could actually be healthy. But again, this all depends on where they start from.
- The overweight person could have also had some heavy food in their system at the time of weighing in. Calories are calories, but if you eat a pound of food and drink a pint of water, you're going to be 2 lb heavier afterwards.
- So a week of exercising and cleansing could drop a couple pounds of fat, a few more pounds in the form of extra water, a few more pounds in built-up waste, and also come in a little lighter because they time their eating just right so they aren't weighing their last meal along with their body weight.

So since exercise cleansing would be comprised of burning extra calories while eating a lot of lighter foods, they would come in lighter because they didn't have extra weight in the form of food in their system, extra weight in the form of undigested food remaining in their intestines, and excess water throughout their body.