

WHAT'S KEEPING YOU FROM BEING SLIM AND HEALTHY?

It's not just about willpower

By [Gina Fore](#) | February's edition of bazaar



You can be healthy right now. You can lose weight. You can kick your occasional bouts of depression, you can feel young and vibrant again, and you can do it in 5 simple steps. This is not inspiration from Obama for 2009; this is Nutritionist Maria Gonet's message of hope for you. But wait, before you get out your new goal setting calendar, let's talk about what you're up against.

"Fungus is the biggest killer of our century." Maria Gonet MSC states with point-blank honesty. "We need to concur it before it concurs us." According to Maria, "Symptoms of fungal infection frequently go unrecognized by physicians, resulting in misdiagnosing and ineffective treatment." Once present in the body fungus (most commonly the Candida variety) reproduces quickly, producing toxins, off-setting the body's natural balance and immune defenses.

Symptoms of fungal infection may affect the digestive system (bloating, cramps, gas, diarrhea or constipation, and food allergies, weight gain); the skin (eczema, hives, excessive perspiration, acne, psoriasis, and nail infections); the hormonal system (thyroid and adrenal gland malfunction); and the urinary-genital systems of women (PMS symptoms i.e. mood swings, depression, water retention, cramps; cravings for sweets, headaches, recurring vaginal or bladder infections); and men (prostatitis, impotence, recurring anal itching and genital rashes). Maria has also conducted research on the connection between fungal infection and the ultimate health risk: cancer.

So where does the fungus come from? There are two parts to that question: fungus and other pathogens such as bacteria and viruses enter the body from food and environmental sources, but they take hold when our body's natural defenses are not functioning properly. We live in an increasingly toxic environment. Everything from our produce to perfume contains chemicals which are poisonous inside our body. "We are killing ourselves with chemicals" Maria tells me. Each individual substance is not enough to cause alarm, but the build up from many sources over constant exposure causes serious health implications, namely, the overgrowth of pathogens due to an imbalanced body.

"Our immune system is perfect; we need only to give it a chance," says Maria with absolute optimism. All the systems of the body rely on a specific pH level to operate as they should. In a balanced system, the body's acid/alkaline levels are at the ideal pH for immune system function and fat/sugar metabolism, but in our modern environment, everyday stressors contribute to a more acidic body. An acidic body is a more favorable environment for pathogens i.e. fungus, bacteria and viruses. The end result is the things we deal with, but don't have answers for: fatigue, weight gain, depression, and other persistent drags on your usually sunny, healthy and vibrant self.

Maria has been a nutritionist for 30 years. After decades of research and experience, she has distilled the essence of her knowledge down to a very simple and powerful principle for optimal health of the body's organs: detox and nourish. "Think of your body like a car. What good does it do to use the best fuel if you never change the oil, clean the filters, or tune the engine?" Maria explains, "Before good food can do you the most good, you have to balance your system, detoxify your internal organs and nourish the body." The absence of any of these three actions, Maria feels, is the reason why diets fail and those with seemingly healthy lifestyles still get diseases. All of those toxins we mentioned

previously are stored in your fat tissues, which is why it is so hard to lose excess weight. Your body is using your fat stores as a buffer to keep toxins from entering your blood stream.

For those who've tried medications, treatments, diets and other "magic cures," Maria's 5-step program will seem almost too simple to be true and that's exactly the point, says Maria. "The program is basic, simple and powerful. It works. And it took me only 30 years to figure it out!" she adds with a laugh. Rather than suppressing symptoms, your body's way of communicating problems, this program will work to build the immune system and organ function allowing the body to right itself.

Step 1: Oxygen in liquid form. Oxygen is the most important element in the body and increases energy levels by improving the function of the body's cells and improving the digestion of food. In addition, scientists have found that pathogens cannot grow in a well-oxygenated environment.

Step 2: Essential Fatty Acids (EFA's). The body cannot manufacture EFA's, thus a food source is needed. Without these vital elements your body cannot burn the fat it has stored. Flax seed oil is the best source of EFA's and can be purchased at Naturland in Souq Sharq, Fish Market area.

Step 3: Silica. In organic form, silica is the most important mineral for capturing and transferring energy. Known as the "joy of life" silica aids in the absorption of over 70 different essential minerals, detoxifies and nourishes.

Step 4: Lemon. Proclaims as the "best fruit there is" by the nutritionist, lemon is alkaline-forming, reduces the appetite, flushes the kidneys and liver, boosts the immune system and provides Vitamin C.

Step 5: Red Grape juice. Buy the organic, sugar-free type (available at Sultan Center). This delicious juice helps balance sugar metabolism and reduces cravings for sugar. "Cravings" according to Maria, "are signs of an imbalanced system" and will disappear when the body is properly nourished.

This very doable, very simple 5-step program is just the beginning of a healthier, happier, disease free life. If anything you have read here peaked your interest, there is much more to learn and Nutritionist Maria Gonet is happy to share her knowledge. Her dream is to establish a natural health center in Lebanon to provide the latest approach to health and she is searching for the right partner with whom to collaborate. At present she is available for consultations at a clinic in Salmiya. Your first session is KD 40 with additional sessions

for KD 20 or you can do a full 5 session program for KD 120 and save on doctor's bills for the rest of your life.

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