



WEIGHT CHART

(Contact Dr. Smith for Children & Adult Weights Not Listed on this Chart)

HEIGHT		MEN		WOMEN	
Feet	Inches	Ideal	Range	Ideal	Range
4	10			102	92-119
4	11			104	94-122
5	0			107	96-125
5	1			110	99-128
5	2	123	112-141	113	102-131
5	3	127	115-144	116	105-134
5	4	130	118-148	120	108-138
5	5	133	121-152	123	111-142
5	6	136	124-156	128	114-146
5	7	140	128-161	131	118-150
5	8	145	132-166	136	122-154
5	9	149	136-170	140	126-158
5	10	153	140-174	144	130-163
5	11	158	144-179	148	134-168
6	0	162	148-184	152	138-173
6	1	166	152-189		
6	2	171	156-194		
6	3	176	160-199		
6	4	181	164-204		

Ideal and Healthy Ranges - In addition to the healthy ranges for your body weight, according to your height and sex, is a column with your ideal body weight. **Body weight is comprised of** mass (like bones and muscles), fat and fluid (like water and blood). However, today because of chemicals, metals and other toxins (poisons) consumed in food/beverages and exposed to from air, water and environmental pollution, body weight also includes toxic substances (solids), metals, undigested food and toxic fluids, such as recirculating urine when you do not drink the total amount of purified water per your body weight every day and the body must reuse toxic water that would, otherwise, have been eliminated through the kidneys). What the body cannot detoxify gets stored in fat cells and other tissue causing them to increase in size and become out of portion. Examples are when the thighs enlarge due to excessive hormones stored in their tissue and/or the stomach protrudes when full of undigested, rotted food. These and other toxins also cause infection in the tissue where they are stored and attack germs and worms, which intensify and spread infections to other areas of the body. Dr. Smith's **Full Body Detoxification (FBD) Program** is designed to assist the body in eliminating excess hormones, undigested food, fluids and other toxins, as well as improve the function of the detoxification or eliminating organs so they will function more efficiently, which then naturally assists the body in restoring ideal / healthy weight and repeating this program once or twice a year, depending upon your toxicity levels, assists you in weight maintenance. Information on the **FBD Program** is provided on the [Ordering W. F. Supplements](#) webpage. You can have all of this tested at our **On-Site Clinics**, where we provide a **Body Composition Analysis (BCA)**. The **BCA** tests for the severity of toxins, as well as total body water, fat, muscle and other mass percentages, over-all health of your cells and tissue, aging and much more. For more information and where to be tested, go to webpages, titled, "**Seminar Announcements / About Onsite Testing**" on our website.