



Health Imbalances That Interfere With Fat Burning

Most people think that if they slash calories, change their diet and exercise more they will lose weight or get healthier. Unfortunately we see many that don't because fat loss is not linear and is a multi-factorial approach. Let's take a look at why you may not be releasing the weight.

Cortisol

Cortisol is AKA the stress hormone. High or low levels will impact your weight and can cause brain fog, fatigue, low thyroid function, loss of menstrual cycle and digestive issues.

Estrogen dominance

When there are excess levels of estrogen and/or lowered progesterone. This hormonal imbalance is very common in women due to elevated stress levels and will cause weight gain, painful PMS, amenorrhea, water retention, and fatigue.

Poor liver and gut health can impact estrogen metabolism and recirculate estrogen in the body.

PCOS

Poly cystic ovarian syndrome occurs when there are high androgens such as DHEA and testosterone. These excess hormones are expressed as excess body weight, acne, increased facial hair, and hair loss.

A big driver of PCOS is blood sugar dysregulation. Liver and gut health are important pathways to prevent PCOS

OTHER CHAOS that impacts hormone imbalance therefore weight loss resistance

- Going through menopause – a change in estrogen progesterone levels will impact other endocrine pathways, like the thyroid, and put a damper on weight loss
- Stress – any type of stress whether physical, emotional, chemical will signal the body it's in distress and as the result will hold on to fat as protection and alter other endocrine pathways especially the digestive
- Thyroid low - the thyroid is the CEO of the body's metabolism
- Low calorie diet – can signal the body it's in starvation and can lower the set point

- Inflammation – inflammation is the foundational basis for most health conditions (diabetes, cancer, fibromyalgia, heart disease) and can cause weight to hang on as a protective mechanism
- Food sensitivities – foods your body doesn't agree with will stimulate an inflammatory and immune response and can short circuit your endocrine system; this is often overlooked since it can present as skin issues, headaches, brain fog, fatigue, allergies; tracking food and making connections with how you feel
- Digestive issues – an undiagnosed digestive issue is often responsible for lingering weight gain and can show up as absence of beneficial bacteria, fungal overgrowth like candida, bacterial overgrowth like SIBO, small intestinal bacterial overgrowth or too much of the good bacteria in the wrong place; bloating, acid reflux, irregular bowel movements, fluid retention, acne and migraines are symptoms that digestion must be addressed before weight loss can occur