

Weight Loss Management

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There are always the obvious hazards in weight management - poor eating habits, poor food choices and lack of physical movement. But what about the less obvious factors that not only reduce your ability to lose weight but also impact on your health and well being.

Stress, Sleep deprivation and Toxicity set you up to gain weight

Stress

Stress increases cortisol levels and this causes weight gain around the middle. If anxiety and stress is excessive or prolonged then weight loss may be difficult. It is important to review the stress in your life and how you manage it. You may need supplementation to support your physical and emotional response to stress.

Sleep

Sleep deprivation sets you up to gain weight because it impacts on hormonal levels. Hours of sleep per night is inversely related to BMI and obesity. Obese people suffer more sleep disruptions and therefore have less sleep. Sleep deprivation results in endocrine changes. There is a decrease in leptin (responsible for signalling satiety), a decrease in Thyroid Stimulating Hormone (lower Basal Metabolic Rate), an increase in ghrelin (hunger hormone) and a decrease in glucose tolerance (more insulin to store fat).

Sleep deprivation has an impact on hormonal levels particularly cortisol and melatonin. Cortisol is released in the morning to prepare the body for movement and stressors. Melatonin is released in the evening to prepare the body for repair and regeneration. Cortisol increases after a large evening meal causing elevated cortisol levels and preventing the release of melatonin disrupting sleep and repair processes.

Toxicity

Increased toxicity results in a greater period to lose weight. Toxins block the Krebs's cycle and the body's ability to create energy especially from carbohydrates. If you cannot create energy from carbohydrates you store them as fat. Many toxins are fat soluble and losing weight mobilises the stored fat and releases the toxins into the bloodstream increasing the toxic load on the liver. The body responds by lowering its temperature which results in no more weight loss.

↑ Toxins → ↓ Body temperature → ↓ BMR → ↑ Weight or difficulty in losing weight

It is also known that important detoxification occurs in the rest or sleep phase, often disrupted in overweight people.

YOU MUST DETOXYFY TO LOSE WEIGHT!

Slow weight loss is best - if too much fat is released at once the toxic load overburdens the liver. If you are considered obese you will have a high toxic load and it is recommended you follow a detox program including supplements to assist detoxification and promote the body's elimination functions. These programs work by stimulating the body's natural processes of elimination to cleanse itself of these poisons which can build up over time and negatively affect the immune system and weight loss.

SUPPORT REST AND REPAIR PROCESSES

Assess your sleep and stress levels. If you are suffering sleep deprivation or prolonged anxiety and stress consider using other techniques or remedies.

So if you are finding your weight loss has slowed or stopped and one of these issues could be impacting on your life Naturopathy can help.

[See how good you can feel when you are in balance!](#)