

Freedom ^{from} **DIETING**

A Whole Approach for Nourishing Your Self and Your Body

PHYSIOLOGICAL HINDRANCES TO FAT LOSS

Due to the space restrictions of this article, this is the briefest synopsis of these complex conditions. I mention here only the relationship of the particular disturbance to fat storage, not to any of the other possible symptoms that are typically associated with the dysfunction. Also, keep in mind that these disturbances rarely happen alone. More commonly you find one or more of these present at the same time. Neither do I mention the known causes or the cures, as each individual is biochemically unique and will respond to different treatments. However, it is safe to say that all would benefit from a 'clean' and individualized diet filled with undenatured foods, lots of purified water, the appropriate exercise, deep breathing, and other health promoting activities.

If you are interested to learn more, check out the recommended books below, or contact me for an understanding of how I can support you to make the required changes to improve your physiology and lose the extra fat.

1/ **Blood Sugar Imbalance** – Fat is one of the body's fuel sources, along with proteins and carbohydrate. The hormones insulin and glucagon play a sensitive dance in the storage of glucose (blood sugar) as fat and its release so that it can be burned as energy. An increase in insulin release or an insensitivity of the cells to be receptive to insulin, will upset that balance and keep fat tightly tucked away.

2/ **Sluggish Thyroid** – The thyroid gland is like a thermometer regulating thermogenesis (heat production) and cellular metabolism. If the thyroid is sluggish, almost every cell in the body will be operating at a diminished capacity. Your body's calorie burning capacity will be reduced, leading to weight gain and fat storage.

3/ **Adrenal Insufficiency** – The adrenal glands help us adapt to stress, and are directly affected by chronic stress. Cortisol, one of the hormones released by the adrenals stimulates the breakdown of protein from our tissues, thus reducing our calorie burning capacity, stimulates the fat-storage enzymes, keeping that fat right where we don't want it and creates hunger signals in our brain, which stimulate us to overeat.

4/ **Yeast Infections and/or Parasites** – If the terrain of our gastrointestinal tract is lacking its normal immune defense, then our body becomes susceptible to overgrowth of yeast and/or parasitic invasion. This can be a major (and often unknown) reason for increased appetite, intense food (particularly for sugar and carbs) and alcohol cravings, weight gain and a general lack of well-being.

5/ **Food Allergies** – Wheat and other gluten grains, yeast, sugar, dairy, soy, eggs, citrus, chocolate and corn are examples of common food allergens. Eating a food that you are allergic to can slow down metabolism, cause bloating or other digestive disturbances and raise insulin levels, all contributors to fat storage.

6/ **Toxic Overload** – If the eliminative organs; the liver, lymph, kidneys or colon are congested, the toxins that are not being sent out in the waste material are left to wreck havoc on cellular metabolism and to cause a build-up of fat.

7/ **Depleted Brain Chemistry** – Not only a source of mood swings, anxiety and depression as well as more serious mental illness, depleted neurochemicals are a physiological link to emotional eating and food cravings.

8/ **Hormone Imbalance** – Small deviations in normal hormone function can result in system-wide changes in energy production, stress responses and weight gain or retention.

9/ **Enzyme, Vitamin and Mineral Deficiencies** – Enzymes are needed for every metabolic function of the body, including digestion. When food is not being broken down properly with the help of enzymes, this food invariably gets stored as fat. Vitamins and minerals that are related to weight control play a crucial role in energy production and protection of the cells from damaging toxins.

10/ **Fatty Acid Deficiency** – As you may have heard by now, there are good fats and bad fats. The essential fatty acids are the good fats that we must get from our diet and are crucial to metabolism. Good fats will help you to feel less fatigued, less hungry and to have fewer sweet cravings.

Book recommendations:

Alternative Medicine Definitive Guide to Weight Loss, by Burton Goldberg and the Editors of Alternative Medicine

The Diet Cure, by Julia Ross, M.A.

Cracking the Metabolic Code, by James LaValle, R.Ph., C.C.N., N.D.

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