

## “WHY CAN’T I LOSE WEIGHT”

*StoneTree Naturopathic Clinic, Collingwood, ON*

The New Year approaches, and with it comes the promise of new starts.

Many of us resolve to lose weight each year, but despite our best efforts nothing happens. Worse, we may even have the frustrating experience of *gaining* more weight instead.

It’s easy to blame genetics or willpower for the struggle, but there are less obvious roadblocks to sustainable body change that can be measured and resolved to clear the way to success.

### **1. Thyroid imbalance**

This is often the first thing your medical doctor will rule out, and frequently the news is that your thyroid is normal.

Remember, though, that when it comes to the body, “not broken” isn’t the same as “working well.” Your thyroid may in fact not be working as efficiently as it could be. That can dramatically affect your efforts to change your body.

### **2. Food intolerances**

Your body sometimes sees normal food components, like gluten or lactose, as “invaders”, and attempts to deal with them using your immune system.

The side effect of your immune system doing its job, though, is inflammation. And to buffer itself from all that irritating inflammation, your body holds on to fat and water. Definitely not the result you’re looking for.

Eliminating the food intolerance decreases the inflammation, and that lets the body rebalance by shedding the unneeded stores.

### **3. Toxicity**

Many of the toxins we’re exposed to are fat-soluble, and when we can’t get rid of them ourselves, our body protects us by storing the toxins away in our fat.

When we lose fat, we release these toxins. The unfortunate result is that our toxic load then increases, and our body seeks to add more fat to protect us. The harder we try to lose the fat, the harder our body tries to put it back on.

Each of these challenges can be tested for and dealt with in a way that brings you to better health, and a changed body.

Good luck with a new year and a new you!

*To learn more about weight loss, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*