

WHY CAN'T I LOSE WEIGHT?



What you need to know before you start any weight loss program.

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We live in the best of times and the worst of times. We have the ability to travel from continent to continent, send a man on the moon, amazing technology that can help the deaf and the blind. Advancement in medicine has even allowed us to transplant organs and reattach limbs. Then why do we still have the challenge with weight loss and an ever-increasing epidemic of obesity.

Is losing weight really that hard? YES and NO!

Most people are seasoned dieters that have lost a lot of weight and gained it back and end up weighing even more than they did before going on the diet in the first place.

The statistics are frightening according to the CDC:

- More than 1/3 or 78.6 million U.S. adults are obese
- Obesity related conditions include type 2 diabetes, stroke, heart disease, certain types of cancer
- The medical cost of obesity annually was \$147 BILLION in the U.S. (2008)
- The medical costs for obese people was \$1,429 higher than normal weight people
- Obesity is higher among middle age adults (40-59 year olds) at 39.5%, followed by adults (over the age of 60) at 35.4% and younger adults (ages 20-39) at 30.3%

As a chronic dieter since the age of 12 and over 20 years of clinical experience, it's enough to convince me that the traditional approach most people take will lead to a war against weight issues that cannot be won.

So, let me shed a little bit of light of what you should know before you start any weight loss program. However first let's change the perspective of diet to life style change.

What's Holding You Back?



#1 PAIN

My clinical experience with patients trying to lose weight has made it a challenge when they are in pain and inflamed. When you are in pain your body produces cortisol, a natural anti-inflammatory that buffers stress. However, long-term stimulation of **cortisol** will lead to fatigue, chronic pain, stubborn belly fat, and muffin tops. The body's priority is to get you out of pain and not weight loss. Cortisol **encourages** your body to **store fat** especially visceral fat. It also slows down the production of the muscle building hormone testosterone which can cause a **decrease in muscle mass** and burn less calories.

#2 SLEEP



We have a sleep deprived nation that has contributed to fatalities on the highway, cost employers millions of dollars in mistakes and has even cost the life of a person in the hospital because of the sleep deprived hospital staff. However, lack of sleep can also affect your weight. We are a sleep-deprived nation and sleep also affects your weight. Lack of sleep sets up your brain to make bad decisions. Think about why the military deprives the new recruits during boot camp?

Most people need between 7 and 9 hours of sleep. Physiologically speaking your body is doing a lot of regenerating between the hours 10pm and 6am, while the most important hours for weight loss and anti-aging between 10pm – 2am.

Lack of sleep impacts your hunger and your hormones. There are 2 hormones that signal the brain when it's time to eat because you are hungry, **Ghrelin** and stop eating because you're full, **Leptin**. When you're sleep deprived you make more Ghrelin and less Leptin. Lack of sleep also contributes to cortisol spikes. This stress hormone signals the body to store energy for waking hours. Too much stored energy translates to FAT storage.



3 DIGESTION ISSUES

"All disease begins in the gut!" – Hippocrates. Today we are challenged with many digestive issues that have been created from a combination of antibiotics, high sugar diets, excess alcohol, and high junk food diets that have set us up for a lifetime of digestive inflammation. Our digestive tract has a community of its own. This community is often referred to the microbiome. A community made of trillions of bacteria. When there is an imbalance of the good and not so good bacteria in the microbiome the result is cravings for sugar, carbohydrates and high calorie foods. This also indicates a high likelihood of digestive inflammation and toxicity that interferes with metabolism.

There is growing research in our awareness that bacterial community may influence our weight. Research has linked obesity and diabetes to imbalances in the microbiome.



#4 HORMONES

Hormones are chemical messengers in the body that tell it what to do. When there is a miscommunication our body gets out of balance. It's like trying to have a conversation with your spouse, friend or child and you are talking to them and they have their headphones on listening to music. They don't hear you.

What causes hormone imbalance or miscommunication?
 Xenoestrogens. They are man made chemicals that mimic estrogen and impact hormone imbalance. Some of these man-made chemicals are found in your plastic bottles, home cleaning products, work environment, beauty and hygiene products.

I have seen testosterone convert to quickly into estrogen in men that contributes to weight gain and difficulty losing it. Some women hold on to too much estrogen especially in their thighs and hence we call them "saddle bags".

Some of the major hormone players in weight loss are:

- Ghrelin – the hunger hormone
- Cortisol- the stress hormone
- Insulin – the blood sugar hormone
- Adiponectin – the fat burning hormone

So, when there is hormone imbalance it can affect your ability to lose weight.

#5 FOOD



“Let food by thy medicine and medicine be thy food”- Hippocrates.

Our food today is much different than food was 20-30 years ago. Since the induction of industrial farming, factory farmed meat and big corporations paying off politicians to allow known harmful chemicals in our food we have become a sicker and obese nation. Although some may argue that it really doesn't matter how you grow the fruit or raise the animal, I would challenge the person to grow their own fruit or vegetables, spray raid or round up on it and let it sit for a few days. Let's see how eager they are to eat it. And if you don't think it matters how animals are treated that end up on your dinner table, think about what food they ate because you're eating what they ate. Most conventional raised animals are injected with growth hormones and antibiotics to accelerate the growth process and the antibiotics to tame the results of messing with the nature's own time table. It's like giving a woman medication to

shorten nature's natural process of delivery a baby in 4 months instead of 9 months.

Food provides information to turn systems on and off in your body. This results in how your genes are expressed. Some foods stimulate inflammation, like sugar, while some foods, like broccoli, are essential to the natural detoxification process of the liver. The most common foods contributing to sickness and obesity are processed foods (bread, cereals, pasta, pastries, chips, crackers), sugar, alcohol, conventionally raised meats, farm raised fish and milk products from confined animal feeding operations (CAFO).



#6 EXERCISE

“I thought exercise was suppose to help me lose weight?” If you are working out to lose weight and not seeing any difference in your scale or pant's size, it's usually because of the type of exercise you are doing and food you are eating.

Most people workout and feel it's okay to have ice cream and pizza after a workout because they earned it. However, eating the wrong type of food especially sugar within 24 hours of exercise, can negate all the hard work in the gym.

Exercise is often a stress releaser for many; however it actually releases the fight or flight hormone CORTISOL – remember the

stress hormone? If you are already stressed, adding intense exercise like an hour-long boot camp class 5 days a week, this will actually cause you to raise cortisol levels. Cortisol encourages fat storage around the middle AKA belly fat, which will stimulate your appetite and has also been associated with an increased risk of heart disease, diabetes and breast cancer.

So if you are stressed you're better off spending time outdoors riding a bike, going for a walk, meditation and improving your sleep.

#7 Stress



Have you ever found yourself eating mindlessly a bag of chips or a pint of ice cream, while you stress about the deadlines at work, school, relationship break up, finances, business fiasco or the kids just driving you crazy? Research has shown that physical, and emotional distress increases the intake of foods high in fat and sugar.

The accelerated pace, electromagnetic frequencies, smog, chemicals found in our beauty products, foods, medications, environment and household chemicals are also stressors to our bodies. It doesn't matter where the stress is coming from, the body will respond with a cortisol response.

Prolong stress stimulates our appetites, encourages the body to hold on to fat and the CORTISOL hormone gets stuck in the ON position. Cortisol is what creates the “muffin tops” and “belly fat”.

Stressed people also sleep less and drink more alcohol. Lack of sleep, disrupted sleep patterns and alcohol contribute to weight issues.

HERE'S WHAT TO DO NEXT

Make up your mind you want to lose weight! It's a lifestyle and not a diet. Create a lifestyle that allows for proper food, the right exercise, stress management, healthy mindset, food that stimulates fat burning, sleep hormones and anti-aging hormones to do their job properly.

Get healthy first! Create hormone balance since it's the body's language of communication. It's like having musicians that are off tune and sound like an amateur garage band making a lot of noise or in tune and sound like a symphony. The only difference is balance that is usually led by a leader. What music is your body singing?

ONE LAST THING.....

If you're serious about getting healthy, losing weight, discover the real reason with weight loss resistance, schedule a complimentary phone consult to see how we can help at www.DrLindaMarquez.com
Let us help you regain your health!

ABOUT THE AUTHOR

Linda Marquez Goodine is an author, speaker, holistic nutritionist and holds a doctorate degree in Chiropractic Medicine. Dr. Linda is committed to helping patients find the root cause of their health problems and fix them with natural solutions so they can feel normal again.

She graduated in 1992 from Southern California University of Health Sciences (former Los Angeles College of Chiropractic). Her post graduate studies have extended in Functional Medicine, Obesity Related Issues, Digestive Health, Brain Health, Thyroid Health, Chronic Fatigue, Chronic Pain and Women's Wellness.

Dr. Linda has been interviewed on television, radio and has contributed to a national health column, in addition to workshops at churches, Fortunate 100 companies, women's organizations and associations.

Dr. Linda is married to her high school sweetheart, has 3 children and enjoys spending time with her family.

Sources: www.WebMD.com; www.CDC.gov; www.Prevention.com; www.wellnessresources.com; www.time.com; www.SaraGottfriedMD.com; www.ChrisKressor.com; www.DailyMail.co.uk; www.hsph.harvard.edu; www.livestrong.com; www.webmd.com