

“I’ve Tried Everything, But I Can’t Lose Weight!”

People are saying this so frequently in today’s day and age. Quite possibly even you or someone you know. Well, help is here. I have been able to effectively help my patients regain control of their bodies and their endocrine systems so they can function better, be healthier, age slower, and yes, even lose weight. The secret? There isn’t one, this plan has been around for years. Unfortunately, most people don’t know what to do first and what path to lose weight effectively. It really is simple, but usually hard to accomplish. Weight loss is not just eating less and exercising more. It is about hormones and how they are balanced. Most diet programs make you eat less, eat better, and exercise more. That’s great but it assumes that we digest properly (no purple pills, antacids, or reflux), manage the blood sugar(no cravings, carb attacks, stress and high cortisol), have healthy Liver and Gall Bladder function(no chronic back pain, no intolerance to greasy foods, no bloating or constipation) and most importantly do stress modification (Chiropractic, exercise, massage, yoga, deep breathing, meditation, etc.).

The energy pathway making energy from food not only requires strong digestion, it needs many vitamins, minerals, hormones, and organ functions to be properly created. Patients that can’t lose weight simply because they don’t have energy to exercise, are usually surprised when I evaluate digestion first. Strong digestion is the first step in gaining energy. Improper protein, carbohydrate, and fat digestion can lead to specific symptoms and begin to cause the body to be depleted of fuel. The gas tank starts to empty. Weight goes up.

Blood sugar management is the ability of your body to handle the sugar you consume, properly. No cravings allowed! Sugar cravings typically mean one of two things. You are eating bad food and it burns fast, and you have poor gall bladder and pancreas function. Refined carbohydrates and sugars are very addictive and lead to more sugar cravings, hormonal imbalance, constant ups and downs with energy, and of course weight gain. High sugar diets are quite common today. People are fueling themselves with quick burning fuel “kindling wood”. Protein, good carbohydrates (vegetables and fruit) and fats are long, steady burning fuel “logs”. Giving your body the ability to maintain a constant source of energy will create better function and less chance of insulin spikes that lead to fat storage and weight gain. Caffeine cravings usually mean you need an adrenal rush. Stress leads to high cortisol levels which is an adrenal gland hormone that’s produced when you have high stress. It can cause you to feel sluggish, low energy and fatigued. Constant caffeine fixes make you less likely to make energy and further your need for the caffeine. Chocolate cravings? You really need magnesium. Patients who have magnesium deficiencies can also have migraines, prolonged periods of diarrhea, and or night time leg cramps. Craving carbs? The bad ones. White bread, pasta, cookies, etc... Still a form of sugar. Quite possibly can be an imbalance in good/bad bacteria in digestive system, too. Remember, you need “logs” long burning fuel sources like protein, and fats.

Healthy liver function is needed for you to remove toxins and cell metabolism by products from your system. Women need a very effective liver function to remove excess estrogen from circulation. When your liver becomes toxic, you begin to have a decrease in waste removal and consequently it builds up inside. Estrogen becomes dominant over progesterone and causes “Estrogen Dominance” and PMS. Other common causes of high circulating estrogen: cyclical migraines, cramps, heavy bleeding, cravings, weight gain in hips and thighs, gall bladder problems, cervical dysplasia, and higher risk of uterine, breast, and ovarian cancer. The liver needs to identify toxins in the first phase of toxin removal called detoxification. It uses 450 different enzymes to be able to do this. Hence the name for phase 1 liver detox: “cytochrome P450 phase”. After this phase, the second phase takes the toxins and removes them from the body in 7 different ways depending on what type of toxin. If your body can’t eliminate via phase 2, your liver becomes a toxic waste dump and continues to fill up with more and more waste. This causes the liver to become “fatty.” Non alcoholic fatty liver disease (N.A.F.L.D.) has risen so sharply over the last few years mainly due to this type of liver dysfunction. Bloating, constipation, elevated blood pressure, back pain, intolerance to greasy food, are just some of the symptoms of liver congestion. Magnesium, vitamin B1, choline, betaine, amino acids, trace minerals, and vitamin A and E are some of the nutrients needed for healthy liver function.

Stress management determines healthy steroid output and successful female/male hormone recovery. Although you may not be able to get rid of stressors initially, you can modify the way you deal with them, so their effect on your body is reduced. Chiropractic is probably the best way to reduce stress and improve nerve function so your organs can function better. Without proper nerve flow, your brain is unable to effectively control the glands and organs. It is like depleting a plant of sunlight. Normal growth and function is unlikely.

Once you have these areas under control, the next step is to evaluate your hormonal balance. Saliva testing can give you an extremely clear picture of your hormonal levels. This is extremely important for you to be able to lose weight. High estrogen causes you to hold on to fat, slows the thyroid down, creates gall bladder problems, cause water retention, and causes adrenal fatigue. No positives for weight loss. Testing will give you a clear idea on how to support your endocrine system with proper nutrients to give your body the ability to regain a healthy, balanced function. Whether you are still having a cycle or are in menopause, you can function at a healthy level without symptoms and lose weight.

Call my office for an appointment to start your road to recovery and weight loss!!

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