

## Top 5 Reasons You're Not Losing Weight that have *NOTHING* to Do With Your Diet

### #1 You're not getting enough sleep

Feeling tired leads to poor food choices and you will also eat more in an attempt to boost your energy. But the real reason why bad sleep affects you (other than the fact that it is stressful on the body) is that without a solid night sleep, your body will not be able to properly release growth hormone which peaks periodically throughout the night while you're sleeping. Without natural cycles of growth hormone, your body's metabolism changes, leading to difficulty building muscle and breaking down fat.

### #2 You're stressed out all the time

Yes stress causes emotional overeating and affects your blood sugar but it also leads to high levels of cortisol in the body. Cortisol preferentially deposits fat into the abdomen, a.k.a. "apple fat," so if you don't manage your stress well you will have trouble shedding that tummy fat.

### #3 You're overloaded with xenoestrogens

Xenoestrogens are estrogen-like compounds that act like estrogen but aren't naturally made in the body. Hormonal birth control is one example as well as pollutants from plastics, pesticides, cosmetics, spermicide, dental sealants and detergents. Estrogen-like compounds lead to fat depositing into the abdomen/upper thighs/butt (and breasts for men). Beer contains hops, an herb that has estrogenic activity, which plays a role with beer belly (and man boobs). Fat stores estrogen leading to a vicious cycle of estrogen creating more fatty tissue, more fatty tissue leading to more estrogen deposits. Without getting rid of common sources of xenoestrogens from your life as well as detoxifying them from your body, it will be very difficult to lose weight since estrogen-sensitive fat is very stubborn and resistant to fat burning.

### #4 You have a sluggish thyroid

Even if at your last checkup all your thyroid hormones from your blood work came back within the normal range, it's still very possible that your thyroid is not functionally optimally. If you have a sluggish thyroid, your metabolism will be slower than usual and it will not only be very difficult to lose weight but easy to gain weight.

### #5 You're doing the wrong type of exercise

Most people hate going to the gym and one of the most common excuses is that they claim they don't have time. Well actually, doing 30-50 minutes of aerobic activity like running does not help your cause of losing weight as much as you would think. A study came out in Feb/Mar 2007 attempting to "bring the science of weight loss out of the dark ages." It states that low-intensity, long duration exercise is much less effective for weight loss than high-intensity, short duration workouts. So instead of that 50 minute aerobics class or 30 minutes on the stair master, try 5 minutes of jump rope 3 times a week or some quick sprints. Those of you who use the "I don't have time excuse" will find it's no longer valid.