

Making Sense of Weight Loss

By Katie Moxley, RD

Weight loss has become a serious concern in our country with over two-thirds of the population now being overweight. This epidemic is being exploited by the myriad of businesses claiming to help you lose weight with a magic diet pill, crazy exercise regimen, or crash diet plan. Many people have tried one or all of these methods and have fallen short. The problem with these hyped up marketing gimmicks is that not only are they not individualized, but they do not affect the core issue of why your body is gaining weight.

The truth is that weight is a complex issue that is influenced by a multitude of factors such as: indigestion, toxicity, elimination, nutritional deficiencies, thyroid metabolism, stress, diet, and exercise. These factors are all impacted by and influence your endocrine system, which is responsible for your hormones. When one or more of your endocrine glands is out of balance, your body can put on excess weight. Until this is appropriately addressed, the weight will continue to pile on despite your efforts, and can become seemingly impossible to lose. Real and lasting weight loss will only occur when your individual imbalances are corrected at a cellular level.

One way to discover what your imbalances are is through an ancient practice of classifying the body types. For over 2,000 years Greece, China and India have used body typing as part of their healing practices. Haven't you ever wondered why people gain weight differently? Some are apple shaped, others are pear shaped, some gain weight all over, while others just have a large belly. These distinct weight distribution patterns are not just coincidence, they are indicating an underlying issue in the body.

There are five major body types that have been identified: thyroid, gonadal, liver, pituitary, and adrenal. These body types are accompanied by their own set of unique symptoms. For example, a person with the thyroid body type will have an even fat distribution over their entire body, and will often have brain fog, fluid retention, and bread/starch cravings. A person with the liver body type will have a potbelly and often have pain in the right shoulder and cravings for greasy or fried foods. Your specific body type and symptoms not only display your organ functioning, but correlate to your potential to develop chronic diseases.

Do you know what body type you are and what you can do about it? If you have struggled to find a weight loss method that works, we are your answer. At Natural Care Chiropractic, we are trained in weight loss that is unique to your body and symptoms. We will evaluate your nutritional deficiencies and help balance your individual needs through a tailored supplementation, diet, and lifestyle program. Come visit us and get started on making a healthier you for 2013.

Sources:

1. Greer, Michael E. *The Hormone Jungle: Simplifying the Complexity, Attaining Hormonal Clarity* 2011. Holistic, Homeopathic & Herbal Solutions for Health.
2. Standard Process of Chicago. *Weight Loss for Your Body Type*. 2012.