

WEIGHT LOSS

Being overweight is a huge problem in our society. Obesity is an epidemic. Many concerns impact an individual's ability to control their weight. Certainly, stress is a huge factor. Chronic stress leads to adrenal problems with abnormal cortisol levels and subsequent weight gain. Stress leads to binge eating and subsequent weight gain. Stress leads to a sedentary lifestyle with subsequent weight gain.

Dealing with underlying stress, therefore, is of utmost concern. It is then important to deal with adrenal dysfunction and consequent endocrine imbalances that develop concerning the pancreas, the thyroid and sex glands. When hormones are imbalanced, metabolism slows, sugar converts to fat instead of energy and depression sets in - compounding the problem! When people become depressed they often eat - and gain weight.

With these concerns, people often resort to caffeine to stay awake, starvation to loose weight, and medications to fight the pain. These further dysregulate the metabolism, slowing the metabolism as the body tries to store energy as fat, for survival. This, then, leads to insulin resistance with abnormal sugar levels that feed yeast. Imbalances can occur resulting in Candidiasis. The candida produce an aldehyde which causes leaky gut. Leaky gut leads to food allergies. Food allergies further interfere with thermogenesis making it almost impossible to loose weight!

Do you see yourself anywhere in this maze?

At the Integrative Healthcare Center, we can help you find your way. We have tools, therapies, and programs available to help you lose weight and feel better.

We have had many very encouraging success stories and would love to be part of yours!