

## The Truth about Weight Loss

Achieving weight loss means taking in less calories than you burn up, right?

At an elementary level this is correct, but how do you explain your skinny, lazy friend who eats like a starving lion and yet never seems to gain an inch, where you seem to only eat half that amount and yet continue to expand in girth like a python swallowing an antelope.

This is when weight control gets a little more complicated. Insulin resistance (your body doesn't respond as well as it should to the message of insulin in the management of blood sugar levels), carbohydrate intolerance, low thyroid function, nutritional deficiencies, oestrogen dominance, low testosterone, gastrointestinal problems, poor liver function, adrenal fatigue, stress and anxiety can all be contributing factors to chronic weight gain. This is why diet pills, potions, fad diets, laxatives and starvation are not only ineffective - as they don't address the underlying health issue - but they can also be incredibly dangerous to your health. It's far too common a story of people who have had a lifestyle of 'dieting' and yet each time they lose 5kg they go on to gain another 10 accompanied by a continued deterioration in their health.

Being overweight is a sign of suboptimal health and physical imbalance. If you want to find the most effective way to sustainable healthy weight loss I encourage you to invest in yourself and seek professional help. This will likely save you years of frustration, disappointment, wasted money and health complications.

You may have heard that it takes:

3 weeks to break a habit.

6 weeks to form a new healthy habit.

36 weeks to hardwire in that new habit.

This is why sustainable healthy weight loss requires a mental shift and an holistic approach that is much easier if you have the right support and encouragement until your new healthy habits become a lifestyle. It takes a combination of health optimisation, proper nutrition, exercise, stress and lifestyle management as well as dealing with, and planning for those unexpected things that so often derail our good intentions. Unexpected things may be times of acute stress, anxiety or depression; illness or injury; being too busy to organise our pantries and meals; school runs, holidays, parties and travelling. These are all a part of our everyday lives and we need to learn how to manage these circumstances and maintain balance and peace in the midst of it; otherwise it can be a spiral of disaster in our lives.

We don't have to be sick, sore, frail or overweight as we get older. Life has so much more to offer! Now is the time to invest in yourself, commit and start your journey today - even the first step can make a huge difference to how you feel.

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