

Beyond Exercise and Nutrition: How Hormones, Digestion and More Affect Your Weight

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<http://www.fitnessolutionsplus.ca/Can-Fit-Pro/>

- “You don’t just need to lose weight to be healthy. You need to be healthy to lose weight.”
 - Diana Schwarzbein
- The 8 hidden reasons why your clients can’t lose weight:
 - Improper liver function.
 - Symptoms: chemical sensitivity; gallbladder pain/removal; don’t tolerate greasy/rich foods well; stool is clay-coloured; motion sickness
 - Lab tests: AST; ALT; GGT
 - Poor digestive health
 - Symptoms: bloating within 1 hour after eating; heartburn; white spots under the nails; bad breath; chronic constipation and/or diarrhea
 - Lab tests: Total protein; albumin; globulin
 - Blood sugar imbalances
 - Symptoms: sugar and/or starch cravings; shaky if meals are delayed; irritable if meals are delayed; difficulty concentrating 1-2 hours after a meal; more fat in the upper back and love handles, compared to other areas
 - Lab tests: fasting glucose; HbA1C; C-Peptide; OGTT; glycomark
 - Adrenal fatigue
 - Symptoms: fatigue when waking up in the morning; have the most energy after 8PM; salt cravings; difficulty falling asleep; perspire easily
 - Lab tests: fasting cortisol; DHEA; testosterone; aldosterone; sodium; potassium; chloride
 - Toxicity
 - Symptoms: pain or aches in joints; itchy ears; dark circles under the eyes; frequent need to clear throat; water retention
 - Lab tests: GGT, bilirubin, uric acid
 - Hormonal imbalances:
 - Symptoms in pre-menopausal women: PMS; breast tenderness during periods; depression during periods; oily skin; fibroids
 - Symptoms in menopausal women: hot flashes; mood swings; night sweats; disturbed sleep; low bone density
 - Symptoms in men: fat gain around chest; more emotional than previously; depression; difficulty maintaining erections; decreased libido
 - Lab tests: FSH; LH; total testosterone; free testosterone; SHBG; DHEA; estradiol; progesterone
 - Imbalanced brain chemistry:

- Symptoms: loss of pleasure in hobbies and interests; feelings of inner rage; not feeling rested even after long sleep; inability to finish tasks; feelings of overwhelm for no reason
 - No lab tests for brain chemistry
 - Slow thyroid:
 - Symptoms: cold hands and feet, even when others are fine; thinning of the outer third of the eyebrow; chronic constipation; dry skin; depression
 - Lab tests: TSH; free T4; free T3; T3 uptake; rT3; anti-TPO antibodies; anti-TGB antibodies
- What to do:
 - Step 1: figure out if your client has fat loss resistance
 - Combination of symptoms and lab tests
 - Step 2: fix it
 - Combination of exercise, nutrition, supplementation, and sleep
- Is the calorie balance equation broken? No. The above 8 factors influence both the “calories in” and “calories out” sides of the equation.
 - Factors that influence calories in (besides what you eat):
 - Bacteria in small and large intestines
 - Neurotransmitters
 - Hormones (like insulin, leptin, ghrelin, etc.)
 - Factors that influence calories out:
 - Total weight
 - Fat-free mass
 - Heart rate at any given intensity
 - Hormones (like thyroid, testosterone, estrogen, etc.)
 - NEAT (non-exercise activity thermogenesis)
 - Body temperature