

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



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The Experts®  
you need to know  
on Chiropractic Care

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### Stress and Losing Weight

The craziness of September is over and you have decided it is time to lose some of those patio and camping pounds you gained over the summer...

#### You create a strategy by:

**#1. Diet** - Searching the internet for the diet you think either is the easiest for you to follow and be faithful too, or the one which you will shed weight the quickest.

**#2. Exercise** – Joining a gym, hiring a trainer and/or signing up for fitness classes

#### You are ready to begin...

**It is hard!** You are sore, hungry and tired. Your mood is not the greatest. But you push through. By the end of week #1 you are craving food. By the end of week #2 you want to give up but push through as your trainer encourages you. By the end of week #3 you are exhausted, why don't you have the hang of this routine?

When you step on the scale at the end of week #4 your heart sinks and your anger flares – you have gained weight not lost it!

#### Why does this happen?

Individuals often report that they have tried everything, but can't get their health and weight in order and under control. They often comment that stress in their lives is high: they do not have much time for themselves, they feel pulled in multiple directions and they can't stop their mind worrying and thinking about work deadlines, finances or family – they are stressed out!

Stress puts our bodies into a flight or fight response, this is our sympathetic nervous system. This system is designed to "kick-in" when we need it, but then switch off after the incident is dealt with. The issue is that in our society most people are "stuck" in a constant state of this flight or fight mode, and it is exhausting on the body.

When our bodies flight or fight response kicks in, reactions include:

1. Releasing high levels of glucose into the blood for energy
2. Storing fat because your body is worried that you might not have time to stop for food
3. Increasing your breathing rate to increase the intake of oxygen
4. Producing cortisol and adrenalin

These responses are not condu-

cive for losing weight.

Stress affects our bodies is so many ways. It is a huge factor in weight gain and the ability to lose weight. The first step to losing weight should be to reduce stress levels so the body is no longer compelled to store fat or dump glucose into the blood stream.

Before you jump into your next big weight loss attempt, consider your lifestyle and the stress you may be under. Are there strategies you can take to decrease this stress? Your weight loss goals will be much more achievable.



Call 529-9069 today for a  
**FREE CONSULTATION**

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