

WHY WEIGHT GAIN?



CONTRIBUTING FACTORS

- large portion size
- affordable, energy dense diet
- stress and mood disorders (reward eating)
- blood glucose imbalances

CONTRIBUTING FACTORS

- insulin resistance
- chronic inflammation
- stress
- gut toxicity
- environmental chemicals
- endocrine imbalances (gonadal, thyroid)
- low grade metabolic acidosis
- vitamin D deficiency

CONTRIBUTING FACTORS

- sedentary lifestyle
- low muscle mass
- fatigue
- slow metabolism
- endocrine imbalances (gonadal, thyroid)
- lack of dietary phytochemicals