

The real reason you are not losing weight!

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Your efforts.

You feel like you've tried everything. The diets, the exercise, the shakes, the detox, the boot camps etc. This is probably what you are used to hearing - you eat too much, you don't eat the right foods, you don't eat at the right time of the day, you don't eat breakfast, you eat too many snacks, you don't eat enough snacks, you don't exercise enough, you don't do the right kind of exercise, you eat too many carbs, you eat too much fat, you don't eat enough protein blah blah blah. Some of those points may be true for you, but did you know that study after study is proving that the concept of losing weight from a calorie deficient (e.g. you consume fewer calories than you burn throughout a day) is WRONG! I know right, who would of thought! When I was studying fitness, my resources certainly taught me that the key to weight loss was eat less, move more. Hmmm, maybe not.

Your frustration.

Have you tried dieting in the past? Perhaps you lost weight early on in the diet, only to plateau a few weeks in, super frustrating. Why is this the case? Why are so many ladies struggling to lose weight, and then maintain a healthy weight? What if I told you the answer could be your hormones.....what the??



The Obesity Code.

Let's back track a bit. One of my goals this year is to constantly learn and grow, and the way I'm going to do that is through reading / listening. I'm always on the look out for book recommendations, so when a fellow member of the [My DNA Coach Academy](#) recommended *'The Obesity Code' by Jason Fung MD, I thought I'd check it out. By chapter two I was hooked. It has made me question everything I've learnt over the years, and more importantly, the education that I continuously pass on to my own community members.

Here's an overview of the book (taken from Amazon.com) -

"We are in the midst of an obesity epidemic, but despite being inundated with diet advice we are only getting fatter. We count calories and exercise regularly, yet still the pounds won't budge. Why?"

In this highly readable and provocative book, Dr Jason Fung sets out a ground-breaking new theory: that obesity is caused by our hormones, rather than a lack of self-control.

He reveals that overproduction of insulin in the body is the root cause of obesity and obesity-related illnesses including type 2 diabetes and offers robust scientific evidence that reversing insulin resistance is the only way to lose weight in the long term.

It turns out that when we eat is just as important as what we eat, so in addition to his five basic steps — a set of life-long eating habits that will improve your health and control your insulin levels — Dr Fung explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight — for good."

*Purchase your own copy of the book by scrolling down to the bottom of the page.

What to do now.

I know, wow! So what does this mean in real life for us ladies? Should we all run out and get our hormones checked? How does one even do that? Do we have to stop eating at 7pm every day? Are we wasting our time exercising? If we 'fix' our hormones will the excess weight simply disappear?

How do we maintain balanced hormone levels? Where do I start? So many questions! This is what I've learnt from my own research.

Considerations.

Should I run out and get my hormones checked?

If you have trouble losing weight and feel like your hormones could be the reason then it can't hurt to chat to your GP. They may suggest further investigation.

What is the process to have my hormone levels checked?

Start with your GP. If they feel investigation is in order they may suggest a saliva, urine and / or a blood test.

Should I stop eating at 7pm every day?

This is something I personally recommend. I have stopped eating from about 6.30/7pm and it's made a positive difference. I'm less bloated, I'm not craving sugar and I lost a kilo in a week!

Am I wasting my time exercising?

Absolutely not. Exercising has many amazing benefits such as -

- reducing your risk of obesity and chronic disease
- creating stronger bones, muscles and joints
- lowering the risk of osteoporosis, diabetes and some cancers
- increasing energy levels
- improving mental health.

Where do I start?

First, chat with your GP or healthcare professional. They may recommend having your hormones checked, which I mentioned above is usually a simple test.

Be hopeful, get motivated!

So how are you feeling now? Are you now feeling even the tiniest bit hopeful? Are you beginning to feel motivated to form new habits around eating well and moving more? If so I can help give you the kick start you

need. Check out my ['GET MOVING' Challenge](#). A 4-week online coaching and personal training transformation program. Your journey towards becoming your best self starts here! Feel inspired, become self-motivated, get energized, burst with confidence, and begin your journey towards becoming your best self!

[Register your interest for the next challenge by clicking here!](#)

