

# 3 THINGS KEEPING YOU FROM LOSING WEIGHT

(NO MATTER HOW HARD YOU TRY)



Few things are as frustrating as not being able to shed those extra pounds. You've tried dieting, exercise, even drinking more water. But nothing seems to work.

So why is it so hard to lose weight and keep it off for good?

You might be suffering from an underlying imbalance, deficiency, or health condition that's preventing the weight loss and muscle-building process from working as they should.

In this guide, we'll break down 3 common reasons people—particularly those who are middle aged—have such a difficult time keeping weight off.

# 1. YOUR HORMONES

Hormones are an essential component of a healthy life, but when they're imbalanced, they impact everything, from your job and family to your diet, fitness, and sex life. Even the smallest shift in your hormones can cause side effects throughout your entire body.



Imbalanced hormones can leave you feeling drained, weak, achy, discouraged, and completely worn out. They can make doing everyday tasks even more challenging. Not only do you not feel as well as you used to, but you may also struggle with unexpected weight gain or difficulty with weight loss.

These are the main types of hormonal imbalances that men and women may experience:

**Low testosterone:** The natural decline of testosterone starts after age 30 and falls about 1% per year after that. Both men and women can suffer from low T, which can affect sex drive, body fat, muscle mass, bone density, red blood cell count, mood, and the growth of body hair.

**Perimenopause:** Perimenopause begins several years before menopause. It's the time when the ovaries gradually begin to make less estrogen. It usually starts in your 40s but can start in your 30s or even earlier. Symptoms are similar to menopause.



**Menopause:** In your 40s or 50s, your ovaries will stop producing estrogen altogether. This drastic shift in hormones can cause several frustrating symptoms, including vaginal dryness, fatigue, night sweats, hot flashes, insomnia, and mood changes.

**Adrenal fatigue:** In situations of high stress, the adrenal glands can weaken and produce less cortisol and DHEA. This leads to symptoms like brain fog and chronic fatigue.

**Hyperthyroidism:** This condition causes the thyroid gland to produce too much thyroid hormone. Symptoms include rapid heart rate, anxiety, nervousness, difficulty sleeping, and irritability.

**Hypothyroidism:** An underactive thyroid doesn't produce enough thyroid hormone. Symptoms include hair loss, weight gain, slow heart rate, carpal tunnel syndrome, and increased sensitivity to cold.

## 2. NOT CONSUMING ENOUGH CALORIES

Too often, we think the key to losing weight is to eat less. But what we don't realize is that depleting your body of the calories it needs to function isn't just uncomfortable. It can be counterproductive.



Starving involves eating very small amounts throughout the day. When we don't take in enough calories, our body goes into "starvation mode." During this time, our bodies start to store even more fat cells and begin using muscle rather than fat for energy. We may overeat due to hunger or choose foods that aren't as healthy.

The other problem with not taking in enough calories is the way it makes you feel. Often, eating too little can leave you feeling weak and shaky. It can cause headaches and irritability. It also leaves you with little energy, so you burn out more quickly and feel more sluggish.

Starving is different from intermittent fasting, where you have a period of time between meals without eating. When we fast for specific periods of time (on a schedule determined by a medical professional), our bodies detox, our brain works better, and we're able to burn off fat for energy. It's a much healthier way to encourage our bodies to use up fat cells.

### 3. INSULIN RESISTANCE

Insulin resistance is the root cause of why many people have trouble losing weight. When your insulin levels are too high, you have what we call insulin resistance.



Insulin resistance is the stage before diabetes. In this phase, your body's going to fight fatty acid metabolism, which is basically using fat for fuel. In other words, your body holds onto fat instead of turning it into energy. As your body produces more insulin, your blood sugar continues to rise, and your body continues to create and store fat cells.

Insulin resistance affects as many as 1 in 3 Americans. Because it has a significant impact on your waistline, it's often referred to as a metabolic syndrome. Unlike hormonal imbalances you can't always determine whether you have insulin resistance based on how you feel. Your doctor may use a combination of the results listed below in addition to how you feel.

- A waistline over 40 inches in men and 35 inches in women
- Blood pressure readings of 130/80 or higher
- A fasting glucose level over 100 mg/dL
- A fasting triglyceride level over 150 mg/dL
- A HDL cholesterol level under 40 mg/dL in men and 50 mg/dL in women
- Skin tags
- Patches of dark, velvety skin called [acanthosis nigricans](#)

# REGAIN YOUR FIGURE, ENERGY LEVELS, & CONFIDENCE WITH OUR TRIM & FIT PROGRAM

Are you fed up with weight gain and ready to get your body and your life back? The Resurge Clinic is now offering **Trim & Fit**, a revolutionary new weight loss program designed to identify and treat the cause of your weight gain.



Most traditional programs are centered on appetite suppressants. While these can help you lose weight, they often cause you to lose muscle as well. They can also be dangerous. Many of the medications that suppress your appetite can also raise your blood pressure, cause palpitations, worsen anxiety, and impact your sleep.

With Trim & Fit, we look at your blood work and lab results to determine the best way to help you lose weight and keep it off. Typically, this involves treating hormonal imbalances, using peptides, specific supplements that increase your metabolic rate, and nutritional counseling to help address insulin resistance.

Don't let your weight keep you from doing the things you love and feeling like yourself. **Book your first Trim & Fit appointment now**, and let's work together to keep those pounds off for good.

Schedule Your  
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817-599-9902



2105 Clear Lake Rd. Weatherford, Texas



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