

# Weight loss

Weight loss can often feel like a long road which never seems to go anywhere. There may be a reason the weight is not coming off, and calories are only a minute part of your overall weight. Frankly, we need to stop focusing on what the scales say and aim for better overall health. Check out the graph to see what other influences contribute to weight gain and weight holding.

## NUTRITION

- food
- absorption
- quality

## LIFESTYLE

- exercise
- alcohol
- environment

## HORMONES

- thyroid
- cortisol
- oestrogen

## GUT HEALTH

- medications
- yo-yo dieting
- chemicals