

## Multifactorial Causes Of Overweight Conditions

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### Stress

Compulsive overeating in response to stressful or “depressing” situations.

“Stop, breathe, reflect, choose.” – a meditative technique.

Lack of awareness of true hunger and of fullness due to distracting circumstances

Lack of awareness of thirst, creating false hunger

Stress hormones cause insulin resistance, overactive adrenals (Cushingoid) and food cravings.

Lack of quality sleep, creating false hunger, maybe due to leptin deficiency

More likely to consume addictive substances – caffeine, sugar, alcohol

### Physical Activity

Activity burns calories and increases metabolic rate.

Increased muscle mass improves insulin sensitivity.

### Sleep

Melatonin and Leptin secreted at night, for regulating appetite

Lack of melatonin can reduce serotonin, resulting in food cravings and depression.

### Dehydration

Inadequate water signals hunger mistaken for thirst.

Caffeine in soft drinks dehydrate through diuretic action.

### Artificial Sweeteners

Sweet taste triggers brain signal for liver to turn sugar into fat.

### Candida (Yeast) Syndrome

Overgrowth of yeast in gut signals craving for sugars and starches.

### Food Allergies Or Sensitivities

Addictions to the offending food due to immune complex actions – immediate symptom relief followed by delayed onset of recurrence of symptoms.

Inflammation in gut may trigger cell signal messengers that inhibit leptin and insulin.

### Unrecognized Hypothyroidism And Low Metabolic Rate

Laboratory tests may be normal and many symptoms of hypothyroidism may be present.

Functional hypothyroidism with low metabolic rate can occur with very low calorie diets and prolonged fasts.

### Insulin Resistance

Also known as metabolic syndrome, Syndrome X, associated with central adiposity.

Poor uptake of sugar into muscle; sugar goes to fat, results in craving sugar and starch.

Insulin resistance leads to inflammation, which causes leptin resistance.

This can result in heart disease and diabetes.

### Nutrient Deficiency

Deficiency in omega – 3 fatty acids leads to insulin resistance and inflammation.  
Mineral and vitamin deficits can result in food cravings to satisfy deficiencies.

### Inflammation

Inflammation promotes leptin resistance. Inflammatory foods include saturated fats, sugar, white flour, omega 6 vegetable oils (soy, corn, safflower). Trans-fats in hydrogenated oils (in many processed foods) is a non-food that promotes inflammation, and environmental chemicals and other toxins also promote inflammation. Dr. Leo Galland, M.D. discusses inflammation and leptin in his book, The Fat Resistance Diet. GMO's can create any number of known and unknown effects on gut bacteria and inflammation.

### Imbalanced Gut Bacteria

Some types of gut bacteria promote fat deposition and some others promote fat loss. Keeping a healthy balance involves eating good food, avoiding junk, avoiding antibiotics unless absolutely necessary, and it may involve eating fermented foods such as raw sauerkraut, uncooked pickled vegetables, yoghurt, miso, tempeh, kefir, etc.

### Leptin Resistance

A brain hormone, leptin is secreted to decrease appetite after eating.  
Poor sleep, obesity, insulin resistance, and inflammation can cause leptin resistance.  
L-Carnitine and melatonin can improve leptin sensitivity.

### Macronutrient Balance

Too many refined carbohydrates (sugars, starches , alcohol) can cause insulin resistance.

### Toxicity

Trans fats from hydrogenated oils (a toxic non-food) causes insulin resistance.  
Toxins cause inflammation, cause oxidative stress (which interferes with mitochondrial energy production), cause fatty liver, can interfere with leptin, can disrupt the endocrine system including thyroid, adrenals, can alter the autonomic nervous system to produce more stress hormones which cause food cravings.  
“The solution to pollution is dilution.” Fluid retention may be the body's response to dilute toxins, and because toxins are stored in fat, that is a means of spreading out the toxins over a larger area, thus protecting vital organs from toxic overload. That is a reason to lose weight slowly, not to release too many stored toxins at once, and to give nutritional and other support to the detoxification systems.

Dr. Walter Crinnion, N.D. has had success by detoxifying overweight people who are loaded with toxins, especially PCB's, dioxins, and other fat-soluble persistent pollutants that stay in the body for years, with significant weight loss. I recommend reading his book, Clean, Green and Lean explains clean living and improved body composition.