



The Skinny on Weight Loss

Q: I am finding it very hard to loose weight. I know that obesity leads to many other health issues. Any suggestions that may help me loose weight?

A: Not being at your optimal weight can lead to serious health concerns like diabetes, high blood pressure, and heart disease. Many people turn to fad diets and meal replacements to try and shed the extra pounds, but may fail in their attempts and become yo-yo dieters, which will only increase their health risks.

At A New Leaf Naturopathic, your weight loss program begins with an assessment of your overall health status as well as a close look at any specific complaints that you may have. We'll focus on possible health problems that may be leading to your weight loss issues. For example thyroid hormones and other hormone imbalances may lead to sluggish metabolism and increased weight gain. In designing your unique naturopathic health program, I take all of these areas into consideration—treating the body holistically. In approaching weight loss concerns, I create a program which may include a combination of dietary suggestions, nutritional and herbal supplements, and sometimes injectable B vitamins and homeopathics that are specific for you and your health concerns.

In addition, did you know that food sensitivities can make it even more difficult to shed those extra pounds? By testing your food sensitivities, we can also determine which foods your body can most easily assimilate. By eliminating food sensitivities, you can help your body's metabolism function more effectively. Let's work together to come up with a healthy weight loss program for you!