

## Reasons for Fat Burning Resistance

If you are experiencing some fat burning resistance and you are sticking to your correct eating pattern for your metabolic type and eating low GI 90% of the time, then consider the following factors:

### 16.1 Medications

Some medications like steroids, anticonvulsants, antihypertensives, birth control pills, insulin and insulin stimulating drugs, and some antidepressants can cause fat-gain and prevent fat burning. Even common over the counter antihistamines can cause fat-gain. (*Supersize Surprise*, New Scientist Magazine, 4 November 2006, pgs 34-38). If you feel this is part of your difficulty consult with your Doctor.

### 16.2 Poor Digestion

Poor digestion can cause a reduction in the absorption of nutrients from your foods. Poor digestion can be caused by medications like antibiotics, eating when stressed, failure to chew foods adequately and too many fast foods containing refined foods, additives and preservatives. If your body feels starved of nutrients it will crave more food leading to increased caloric intake and probable fat-gain.

### 16.3 Stress

As stated in **Week 1**, chronic stress can result in fat-gain and fat burning resistance. Addressing the stress problem is the key.

### 16.4 Not Enough Sleep

Lack of sleep has been linked with fat-gain and fat burning resistance. One factor contributing to this is that sleep deprivation alters metabolism. The particular hormone that signals **satiety, leptin**, falls with sleep deprivation and the hormone that signals **hunger, ghrelin**, rises, resulting in people feeling hungrier.

### 16.5 Coffee and Caffeinated products

Caffeine can stimulate the production of insulin because it can indirectly raise blood glucose levels by stimulating the release of glycogen stores and thus increase fat storage and cause fat-burning resistance. Not all people respond this way to caffeine and you may have to test this for yourself and stop drinking it for a while and see if you have a change in your fat burning. Remember caffeine is in teas both black & green, soft drinks and coffee.

### 16.6 Sugar Substitutes

Some research suggests that sugar substitutes stimulate the appetite and others suggest that they are toxic to us. If you are consuming these we would recommend you try going without and see what impact this has on your fat burning resistance. Remember sugar substitutes are commonly included in some soft drinks, sweets and lollies and some other sweetened foods. Check the labels to be sure. Consider trying xylitol or stevia if you must sweeten some foods, drinks or in your cooking or baking.

## 16.7 Hormonal Imbalance

Your Thyroid gland regulates your metabolism. If your thyroid is not functioning properly you could have a metabolic resistance to fat burning due to a low functioning thyroid. Other symptoms include lethargy and fatigue, depression, sensitivity to cold, dry skin, chronic constipation, hair loss, poor memory and elevated cholesterol levels. Hormonal imbalances can interfere with your metabolism and cause fat-gain. See your doctor if you feel this is playing a part in your situation to discuss appropriate testing.

## 16.8 Toxicity & Liver Inefficiency

The liver has two main functions in the body.

First, it acts as the bodies detoxifier. If the liver is not functioning properly toxicity can build up in your body and is stored in fat cells in particularly. In daily life we are exposed to tens of thousands of chemicals in the forms of pesticides, perfumes, cosmetics, preservatives, plastics, solvents, disinfectants etc. Studies have shown that the higher the toxic load, the greater the body weight (and the greater the proportion of fat). Some of these chemicals are endocrine system disruptors that interfere with the functioning of hormones like oestrogen. Numerous studies suggest that when oestrogen is not functioning properly, fat deposits increase. (*Supersize Surprise*, New Scientist Magazine, 4 November 2006, pgs 34-38).

Second, the liver converts stored fat into energy. If the liver is being overworked in trying to reduce the toxic loading in your body, it may have be less capacity to get to it's other job of converting fat into energy, thus you won't burn fat as fast.

## 16.9 Yeast Overgrowth

Chronic *Candida albicans* or yeast overgrowth infections can prevent fat burning. Everyone's body contains beneficial bacteria and yeast. When these get out of balance a yeast overgrowth to the point of a yeast infection can occur. Yeast overgrowth can cause an increase in appetite, particularly cravings for High-GI carbohydrates and sweets. Yeast infections include such symptoms as rashes that itch, vaginitis, ringworm, thrush, athlete's foot, nail infections and jock itch. (*The Compete Idiot's Guide to Glycemic Index Weight Loss*, Lucy Beale & Joan Clark, 2005)

## 16.10 Emotional Eating

Are you still dealing with emotional issues with foods? If so use the techniques you have been introduced to in this program to deal with the emotional issues.

## 16.11 Physical Activity

Are you engaging in enough physical activity for your bodies needs? If you have hit a plateau in your shape-change, you may need to increase your activity level substantially to shock your system into burning fat.

## 16.12 Alcoholic Beverages

The body has a tendency to use alcohol as fuel first and only after this has been used up will it attempt to obtain energy from your fat stores. Therefore if you are wanting to burn fat, avoid alcohol. Alcohol can also stimulate the production of the stress hormone cortisol and higher than normal levels of cortisol can cause fat-gain. Alcohol also places strain on your liver, causing it to focus on detoxifying for the alcohol instead of burning fat.

## **16.13 Dehydration**

Are you drinking enough water? You need at least 2 litres per day.

## **16.14 Mucous Build up**

Mucous build up in your body can cause fat burning resistance as it can place the body in starvation mode for important nutrients. This build up can be caused by a weak immune system or an overactive immune system if it is reacting to food or other allergens.

## **16.15 Calcium Intake**

Are you getting enough calcium? Studies have indicated that calcium assists with fat burning. Calcium is found in a range of low carbohydrate foods like salmon with bones, seafood, sardines and in vegetables like broccoli, asparagus, and green leafy vegetables grown in good soil. Dairy products are also good sources of calcium. A calcium supplement is the easy way to be sure you are getting enough. Adults require 1000mg to 1500mg of calcium per day.

## **16.16 Are you Getting Close to your Ideal Size?**

The closer you get to your ideal body shape the harder it is to burn that excess fat.

- Try changing the type of exercise you have been doing or increase it slightly
- Try modifying your diet that bit more based on the information in all the previous points
- Hire a personal trainer to help get you past the plateau
- Drink a glass of water 20 mins before a meal
- Consider an accelerated fat burning system or an accelerator supplement