

TIRED, COLD AND OVERWEIGHT

Low-calorie dieting as compensation often follows over-indulgence during year-end festivities. Weight is lost while dieting but a few months later the weight gained is more than was lost. Does this sound familiar?

Overweight people are often ridiculed and referred to as "lazy gluttons" but this may not be true - they may in fact have low thyroid function. The thyroid gland regulates cell metabolism in response to the hormone TSH from the pituitary gland. If the pituitary gland is continually stimulated by stress or stimulants such as chocolate or coffee, it will eventually under function, as will the thyroid.

Symptoms of low thyroid function include:

- * weight gain
- * low energy
- * fatigue
- * lethargy
- * depression
- * tendency to feel cold
- * low blood pressure
- * menstrual problems
- * low temperature
- * headaches, including migraine
- * constipation
- * hair loss
- * nervousness
- * anxiety
- * panic
- * premature greying
- * irregular heart beat
- * autoimmune conditions
- * weakness muscles
- * aches in
- * poor memory
- * poor concentration
- * reduced sexual drive
- * high cholesterol
- * infertility
- * impotence
- * anaemia

If the thyroid

is sluggish it is unlikely that the body has received the full benefit of foods and/or supplements consumed.

Low-calorie dieting, nutrient deficient diets and even vegetarian diets may trigger weight increase by shutting down the thyroid causing calories to be stored rather than burned. Hormonal events such as puberty, pregnancy, miscarriage, abortion or menopause can also depress the thyroid as can the oestrogen in birth control pills. Other thyroid inhibitors include prescription drugs, chemicals in water and air, diet pills, artificial sweeteners, additives in all synthetic foods, tobacco, serious illness and physical injury.

Overweight and

obesity are indicators of metabolic disharmony or imbalance. Overeating can be stopped by eliminating low-calorie dieting, increasing the quality of food, using amino acids and whole food supplements. To regain metabolic harmony after years of poor eating habits takes time and discipline but is worth it, in the long run.

Restoring

balance in the body should start with a change in eating habits. Include whole grains, fresh vegetables and fruit, lean meat, poultry or fish, good oils such as avocado or olive oil, Omega-3 oil and plenty of purified or filtered water - avoid all synthetic foods, sugars, caffeine and drugs.

The body

requires all 22 amino acids (complete protein) on a daily basis, to repair and replace damaged cells. Daily requirements of vitamins and minerals should be available in the correct balance and proportion.

Anyone who

believes they can get all their nutritional requirements without supplementation today is living in a dream world.

A bowl of

spinach 50 years ago provided about 150mg of essential minerals, today the same bowl provides only 2mg!

Can the nutrient

content of an evening meal be determined? Does the fish on the dinner plate contain all 22 amino acids? Is it in correct proportion? What is the correct proportion? How much Vitamin C is in one orange?

Supplementation

is essential to restore the balance required for good health but must be chosen wisely as essential nutrients from whole food sources are more bio-available

than their synthetic counterparts.

Good health
begins at cellular level with whole food supplements from leaders in the field
of nutrition.