



## 3 Little-Known Contributors to Stubborn Weight

### Message from Milly

Greetings to all,

This is the time of year most of us come down from our new year's resolution highs, and either give up entirely or move forward with a little less motivation.

Given weight-loss is one of the top new year's resolutions (and one of the most difficult for many), I thought we'd address that today.

I've worked with so many people (myself included!) who struggle with different aspects of stubborn weight-gain.

Some people lose weight fairly easily at first, but cannot shed those final 10-30 pounds.

Others eat nearly perfectly and exercise every day, yet can barely lose a pound.

While others still must adhere to an extremely strict diet and lifestyle to maintain somewhat of an optimal weight.

If any of these scenarios sound like you, chances are there's more to consider than just calories in calories out, how much protein or fat you're consuming, and your level of exercise.



Thankfully, forward-thinking practitioners and researchers are starting to figure out that there are many factors that can contribute to a person's ability to lose weight.

In today's newsletter we'll explore three lesser-known causal factors behind stubborn weight-gain, plus simple things you can do to overcome them and the put the odds of success back in your favor.

Will addressing these potential causes be the magic bullet you've been looking for?

Since everyone is so different in their genetics, metabolic health, ability to detox, and lifestyle I won't make promises like that.

However, the more you know about hidden factors behind weight gain, the more likely you are to be on the right path to overcoming it.

Blessings to all,

*-Milly*



## #1: Body Burden Can Slow Down Our Fat-Burning Organs and System

I am a big fan of gentle yearly or even quarterly cleansing for supporting organs of detoxification and relieving body burden.

Weight-loss is often a welcomed side-effect of these cleanses, as it allows our bodies to function more efficiently.

This can have a downstream effect on various aspects of metabolic function such as digestion, elimination, gut health, lymphatic function, thyroid function, liver health, and more.

In my experience and opinion, the key to cleansing safely is to avoid extremes.

Although water and juice fasts may have their place, they really should be done under the supervision of a skilled practitioner who can monitor your body and symptoms should the cleansing become too intense or create a detox reaction or healing crisis.

Plus, juice fasts can be too sugary for some people, while others will become triggered by feelings of deprivation, which defeats the whole purpose of cleansing!

That's what I appreciate about cleanses that allow you to nourish yourself with real food, sensibly, with additional support from herbs, homeopathy, and nutrition.

**Energetix Opening Channels Program is my all-time favorite cleanse.**

The great thing about this cleanse is it's customizable and so easy to do.

Just take the supplements, drink plenty of water, aim for extra sleep, and eat sensibly for 30 days.

For many people, just taking **Colon Clear** (for digestion and gut health) and **Pure Body Clear** (for primary elimination pathways such as the liver, kidneys, and gallbladder) can yield fantastic results.

Others benefit from the addition of digestive enzymes (**Catalyst-7** or **Catalyst-U**), trace minerals (**SpectraMin**), probiotics (**Flora Synergy** or **Flora 12+**), hydrating homeopathics (**ReHydration**), and/or collagen supplements (**AminoGest**).

The program isn't designed for weight-loss, it's a gentle detox, but as I said, it can often help move the needle.

Some other weight-loss benefits of

cleansing to relieve body burden may include:

- **Microbiome support.** New research suggests the microbiome plays a significant role in weight via its effects on metabolic function, energy, and obesity risk.[1]
- **Liver support.** The liver is your body's #1 fat-burning organ. It's also one of the most burdened due to modern toxins and diet.
  - We did a deep dive on the liver-weight connection in [a previous newsletter: "The Liver's Surprising Role in Weight-Loss"](#).
- **Hydration.** Drinking enough water is essential in any weight-loss program. Cleanses that encourage and optimize hydration can help with weight-loss.[2]
- **Digestive support:** A good cleanse should give your digestion support and time to rest. That doesn't mean you have to stop eating! However, things like digestive enzymes, probiotics, and specific herbs like bitters and ginger can help reset the digestive system helping you metabolize food and absorb nutrients better.

If you're interested in trying Opening Channels, or need some help deciding which version may be right for you, email us at: [info@quintessentialhealth.net](mailto:info@quintessentialhealth.net) or check in at your next appointment.

**References:**

1:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7333005/>

2:

<https://pubmed.ncbi.nlm.nih.gov/23803882/>

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## #2: Lack of Sleep Affects Hormones Creating a Cascade of Weight-Loss Blockers

Most of us aren't sleeping enough.

Yet, few people realize how a lack of sleep can contribute to weight-gain.

In fact, research has shown not getting enough sleep can make it difficult to lose weight in childhood and adulthood, putting us at greater risk of obesity.[1]

How does this work? Here's a quick explainer.

Chronic or even acute lack of sleep negatively impacts your entire body, including your adrenals, thyroid, liver, insulin levels, and appetite-stimulating hormones.

Studies have shown even one night of poor sleep can cause unhealthy trends in blood sugar, partly due to cortisol spikes (cortisol is a stress hormone that we'll discuss more in the next section).[2]

Now, I understand there are seasons of life when getting enough sleep is not possible.

That's okay, you will sleep again, I promise!

However, the rest of us would be wise to prioritize a good night's sleep if weight-loss and improved health are the goals.

Some of my favorite strategies and supplements for sleep include:

- Getting at least 30 minutes of fresh air daily.
- Turning off screens 1-2 hours before bed.
- Not overdoing caffeine. A cup of coffee or tea in the morning typically doesn't hurt, but pay attention to how you feel.
- Wearing blue blockers while on the computer.
- Exercising regularly. Aim for 20-30 minutes a day at least 5 times a week.
- Journaling before bed.

**For supplements:**

- **Pure Encapsulations Magnesium**



**glycinate:** Generally 200-500 mg per day is helpful.

- **Energetix Melatonin Spray:** This is great for travel and helping you fall asleep faster.
  - Tip: With Melatonin, less is more. So, the smaller the dose, generally, the more powerful. Experiment to see what works for you within recommended dosage guidelines.
- **Neuroscience Alpha GABA PM:** Helps promote sleep by nourishing your calming neurotransmitters, like GABA.
- **Pure Encapsulation Best Rest:** A well-rounded blend of traditional sedative herbs like passionflower and lemon balm, combined with L-Theanine and GABA to promote sleep.

I shared much more information on the importance of sleep and addressing causal factors of sleep issues in: [Solutions for Better Sleep \(beyond sleep hygiene\)](#).

For questions or to order supplements, email Holly at [info@quintessentialhealth.net](mailto:info@quintessentialhealth.net).

#### **References:**

1:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2398753/>

2: <https://www.sleepfoundation.org/physical-health/sleep-and-blood-glucose-levels>



*As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.*

### **#3: Adrenal Fatigue is Real and Can Impede Weight-Loss Efforts**

The adrenals, two walnut-size glands atop the kidneys, play a big role in how our body responds to physical, mental, and emotional stress.

They are the makers of stress hormones, like cortisol and adrenaline, and are involved in various other bodily functions like metabolism, sleep, fluid balance, and hormonal function.



When your adrenals become overworked (also known as adrenal fatigue, adrenal burnout, or HPA-axis dysfunction), they produce more stress hormones to compensate.

Stress hormones are good in an emergency or short-lived situation. However, when they are constantly produced, they quickly become counter-productive.

This steady stream of stress hormones create a domino effect on other hormones, including insulin, which impacts appetite, blood sugar, and metabolism, along with the appetite-stimulating hormones ghrelin and leptin. [1]

This causes cravings, increased appetite, sleep disruption, and weight gain especially around the midsection.

Chronic, stress is the top cause of adrenal fatigue, but a lack of sleep, emotional exhaustion, over-exercising, excess caffeine, poor nutrition, thyroid issues, emotional exhaustion or traumas, and body burden can also contribute.

Fortunately, the adrenals are resilient and typically respond quickly to a little TLC.

Here's what you can do to support them:

- **Get enough sleep.** That's 7 1/2 - 9 hour a night (or more) minimum.
- **Get a handle on stress.** We can't always prevent it, so we must learn to manage it healthfully. Meditation, prayer, journaling, walking around barefoot, exercising, spending time with loved ones, listening to music, taking time for yourself, spending time outdoors, re-prioritizing schedules and commitments, saying no, and taking up a hobby all go a long way.
- **Exercise 20-30 minutes a day.** You can do more once you're feeling better.

- **Forgive! Yourself, others, and your enemies.** It's not always easy, but it is one of the greatest gifts you can give yourself.
- **Limit yourself to 1 cup of coffee or tea per day.** If you can eliminate caffeine for a few weeks, even better.
- **Eat regular meals and snacks.** This will help stabilize blood sugar, which also helps keep adrenal function stable and reduce stress by helping you feel safe and nourished.
- **Try to get a little protein (not a ton) with each meal,** and if you wake during the night, try a protein-rich snack before bed.
- **Consider taking adaptogenic herbs** that have been shown to support adrenal function, such as: [2], [3]
  - - Ashwagandha
    - Holy Basil
    - Rhodiola Rosea
    - Licorice
    - Schisandra
  - B-complex, like Energetix Phyto B contains highly absorbable forms of B-vitamins plus Rhodiola, can also be helpful.

I hope this information has helped shed light on some deeper factors that may be thwarting your weight-loss efforts.

Yes, nutrition and movement are key, but they aren't always enough. Nor should we have to push ourselves so hard and always be counting every single calorie, macro, etc., just to lose a few pounds or maintain a healthy weight.

By unburdening our bodies, focusing on sleep, and addressing adrenal issues we can move our bodies that much closer to returning to their optimal size and state of health (which varies for everyone).

**References:**

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5373497/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6240259/>



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