

## **Genetic Influence on Weight Loss**

Are you the kind of person that has to constantly watch everything you eat? Do you feel like you gain weight for no reason? Then you might have a genetic reason that influences your metabolism. With this new year ahead of us, Hollibalance would like to present some facts for thought. Start this new year with a new start!

There are many different ways that Chinese Medicine may be able to help you control and maintain weight that is healthy for your body.

### **Genetics and weight**

Everyone with a weight problem wonders whether they are just prone to be fat. An article in the New York Times\* discusses whether weight loss is a genetic problem or does the environment create it?

A study conducted on a group of eight people who would live in the hospital for eight months and have their diets controlled. The study aimed to find out what happened to the fat cells when these people, who had always been over weight, lost weight. The outcome showed that the fat cells had now changed to normal cells; therefore, everyone believed that now all of these people would remain at a consistent weight.

It turned out that all of the people regained all the weight. When these people became skinny, their psychological state was similar to that of a starved person. Another study was conducted in the opposite way, skinny people were asked to gain weight. Once they were out of the study they had no problem returning back to normal. This makes every question if body weight is actually inherited.

Now they wanted to observe nature versus nurture, 540 adopted children's records were looked at. It turned out that the adoptee's weight closely matched their biological parents, but had no relation to the adoptive ones. They have concluded that weight is genetic and is affected by the environment minimally.

This does not mean that people are completely helpless in maintaining a comfortable weight. Everyone's body has a comfortable weight range that may vary 10 to 20 pounds. Eating properly and exercising regularly is always a good way to live. The article just shows that eating and exercising are not the only factors related to weight.

## **What does Chinese Medicine offer to help you achieve your ideal weight?**

Chinese Medicine can help to increase your metabolism as long as it is within your range of genetic predisposition. The acupuncture needles promote the circulation in the abdominal and thigh areas particularly. Consequently, increased circulation promotes loss of fatty tissue in the area. There are special exercise movements that are integral part of weight loss with Chinese Medicine. These movements are based on Tai Chi/ Qi Gong exercises and are very effective in reducing the waistline.

Chinese Medicine can help with reducing water retention, which may have contributed to difficulty in losing weight. Water retention reflects internal organ disharmonies, especially kidney and digestive system weakness. You may also have other symptoms and signs of excess dampness in your body for example, post-nasal dripping, sinus problems, puffy eyes, slimy body, etc.

Women who are going through menopause may find themselves gaining weight. Chinese Medicine can help with regulating your hormones, reducing the menopausal symptoms, and preventing weight gain.

Many people that are prone to weight gain may find help with curbing their appetites. Chinese Medicine provides ways to control your hunger. Excessive appetite may be related to emotional stress and/or stomach heat.

## **What is the difference between Conventional Weight Loss Methods and weight loss with Chinese Medicine?**

There are different types of conventional methods; one popular type is special food diets. Everyone is constantly talking about which type works for them, Atkins? South Beach? These are extreme measures that only return with negative results. These types of diets require permanent change, and most people cannot stay on them for very long. Once you stop this diet, they weight can come right back.

Everyone is under the impression that exercise is always good and can do no harm. This is a false notion; even though regular exercise is recommended, people can take it too far. Strenuous amounts of exercise to lose weight can have negative results such as, damage to the body

and you can become prone to injury. You have to be dedicated to do this amount of exercise and if you stop the body will rebound very quickly.

The other very common way people try to loose weight is by using diet pills. There are many side effects to this kind of treatment such as, increasing blood pressure and heart rate. Your body can develop a resistance to the drugs and can make future possibilities of weight loss difficult.

\*link for New York Times article