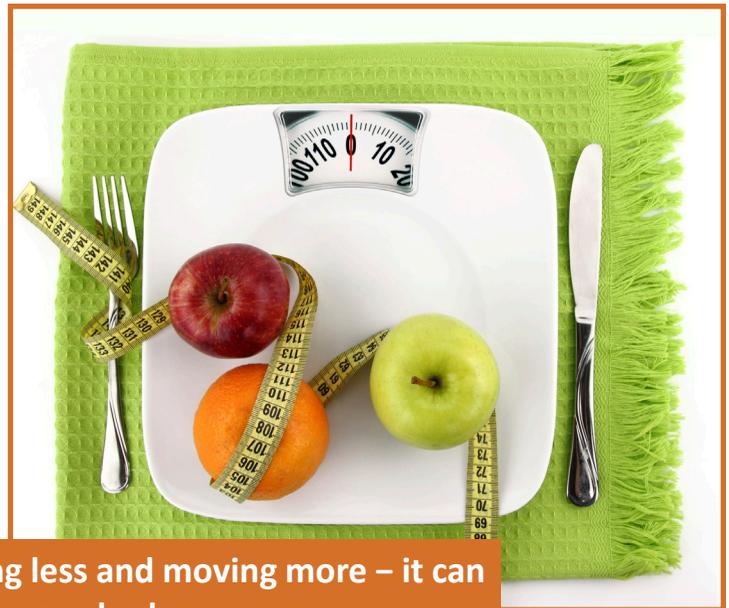


Weight loss is not just about the eating plan



Losing weight is not as simple as eating less and moving more – it can be the result of a host of issues within your body.

Here are a few reasons why you might be gaining weight:

Sleep deprivation

An article published in the *Proceeding of the National Academy of Sciences* explains that insufficient sleep may be associated with weight gain.

Sleep deprivation can disrupt the balance of hormones that control appetite, leaving a sleep deprived person hungrier than those who get enough sleep.

It's suggested that people who don't get enough sleep may increase their food intake, which provides them with energy beyond what is necessary to sustain their wakefulness.

Lack of exercise

Being overweight or obese can result from an energy imbalance when more calories are consumed than burned.

The World Health Organisation recommend that adults get two and a half hours of moderate to vigorous exercise per week, yet it's reported that people's activity levels are declining.

An active lifestyle can help you maintain a healthy weight or even promote weight loss.

Cushing's syndrome

Cushing's syndrome, resulting from high levels of cortisol in your body, can lead to weight gain, particularly around the face, neck, and waist.

It's a hormone produced by the adrenal glands and helps regulate blood pressure and also converts carbohydrates, fat, and protein into energy.

High doses of corticosteroids over a long period of time, or a benign tumour of the pituitary gland, can cause the overproduction of cortisol.

Hypothyroidism

Hypothyroidism is when your thyroid doesn't produce enough thyroid hormone. A sufficient supply of thyroid hormone is required for a healthy metabolism. An underactive thyroid can result in sluggishness, weight gain, and fatigue.

Depression

According to the Mayo Clinic, women are more likely to suffer from atypical depression (a subtype of major depression) where people tend to sleep excessively and increase their food intake, especially carbohydrates, which can lead to weight gain.

If you have been following a healthy eating plan with no results, it may be time to consult a doctor.