



UNKNOWN REASONS FOR YOUR WEIGHT GAIN

Have you been gaining weight in spite of following your diet chart? Chances are the reasons lie elsewhere.

Kidney and liver problems

Water is almost 50 to 60 per cent of the total body weight. If, due to any reason, there's water retention in the body, the person will end up gaining weight. In fact, the numerous wonder medications in the market that promise unrealistic weight loss in a short time do nothing but drain the water out of the body because of which the person feels that he/she has lost weight. However, that's far from true.

If you are suffering from a chronic kidney disease, it is seen, that in the last stages, due to decrease in the kidney function, the amount of urine in the body goes up, which causes weight gain. Since there are hardly any symptoms of this disorder in the earlier stages, it is not possible to know about it, unless you go for a test. People who are long-standing diabetics

and suffer from hypertension are at an added risk of the kidney disorder.

Chronic alcoholics need to worry about much more than the calories present in their drinks. Alcohol in the long run damages the liver, which is responsible for the synthesis of proteins in the body and thereby maintaining the viscosity levels of the blood. Any discrepancy in liver function lowers the blood's viscosity, which leads to higher water accumulation in the body. The result? Your weighing scale will show.

Thyroid problem

Hypothyroidism is one of the most common medical conditions that lead to weight gain. Since the thyroid gland determines the energy metabolism of the body, any deficiency of the thyroid hormone will mean a decrease in the body metabolism. In other words, the food you eat will directly lead to weight gain. In fact, in extreme cases, it can also make you feel lethargic, and you may develop a hoarse voice. The reasons for disorder in the thyroid glands are genetic. However, the number of hypothyroidism cases being reported has increased in the last few years, especially



among women. That's the reason one should get tested for hypothyroidism if anyone complains of unnecessary weight gain.

Stress

Are you putting up a valiant battle against extra calories but are constantly stressed? Chances are you will end up gaining weight. Prolonged stress triggers a biochemical reaction in the body wherein the body goes into a survival mode. As a result, the body, like a machine, stores fuel (calories). The metabolism of the body is slowed down which might lead to weight gain.

Not to forget, for many, food is the ultimate stress buster. Indulging in that samosa pav to get over a stressful meeting is a sign that your appetite is nothing but a comfort-eating mechanism. Research has found that those under stress mostly take refuge in high-starch foods because it has a calming effect on the brain. The result: unnecessary weight gain when all you do is satiating a seemingly normal

