



appetite. However, food is only a temporary solution. A simple way of finding out if you are bingeing to combat stress is to check if you have the same appetite when the stimulant is absent.

Cushing's syndrome

Also known as hypercortisolism, the condition is characterised by above normal cortisol hormone in the adrenal glands. Reasons for hypercortisolism are many, such as medication. Since cortisol hormone also influences the body's metabolism, any discrepancy in the hormone's levels leads to weight gain. In

such cases, the weight gain occurs mostly in the upper part of the body. The only way you can counter the weight gain is by leading a healthy lifestyle, regular exercise and diet control.

Menopause

Weight gain during menopause happens due to many reasons, a major one being the change in the hormonal axis, which further creates a metabolic shift in the body. The body holds more fat, which is synonymous with more water retention. So much that five kilos of fat can hold approximately

one kilo of water.

Moreover, since estrogen levels go down during menopause, most of the weight gain (fat deposition) is around the midsection, which makes women go even more paranoid over weight gain.

Contraceptive pills

The hormones in the oral contraceptive pill encourage water retention in the body. The added water retention adds up to the total body weight and makes you feel fat. It's been seen that if the woman depends on the pill for a year or two, she can experience an increase in weight.





बैद्यनाथ

मधुमेहारि

योग दाने

मधुमेह में होने वाले दाह, धातुक्षय, शरीर में अधिक मात्रा में उत्पन्न शर्करा को दूर करता है।

मधुमेह रोगियों के लिए अत्यंत प्रभावकारी।

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