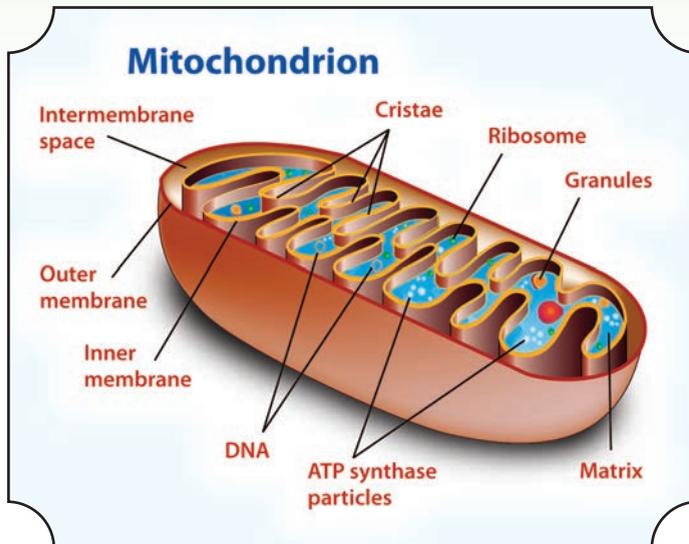


Weight Gain & Obesity— A Symptom, Not a Disease

Tiffany Nelson



If you've ever struggled with your weight, you've probably heard it all... **Watch your calories! Eat low fat! Exercise!** And probably even have tried some of the trending diets that have blown through like Atkins, South Beach, Mediterranean, or Keto. Any of this sound familiar? Let me ask you something, did it work? Did you feel great, and keep the weight off? Unfortunately, most people would say no.

May I offer some insight as to why this might be? The simple answer is that weight gain (or difficulty losing weight) is a *symptom* of deeper dysfunction within the body, it is not the primary problem to be dealt with. And none of those previously mentioned approaches address the root cause of that dysfunction. The body has this incredible capacity to make necessary adjustments to keep us alive.

Here's an example: It is absolutely essential that pH levels, blood sugar levels, hormone levels and so many other things stay within a tightly regulated range, or it can be potentially fatal. So if any of these things are on their way outside this range, it's all hands on deck, at whatever cost, to keep those levels where they need to be. But in the process of doing this, the body is pulling from organs it shouldn't have to to get the job done, which can inhibit the ability of those organs from doing their own job, and the snowball effect continues.

And here's an example of the body doing this as it relates to weight gain: Toxins are stored in fat cells, so if we are exposed to large amounts of toxins that can damage important organs like the heart or lungs, the

body can actually create more fat cells to shuttle those toxins away from vital organs and store them in a "safe place." So here we see the body doing an incredible thing by protecting us, but the symptom of that becomes weight gain. And in this case, the toxic load needs to be addressed before the weight will come off.

Now, this is just one of many examples why we can gain weight, it is not the only reason. The point I want to make is that until we address the root cause of why we're gaining weight (or can't lose weight), it will be difficult to maintain in the long term, or to even be successful in the short term. Almost always, when I see clients whose primary concern is not weight (but maybe digestive disorders, fatigue, or depression for example), they also lose weight in the process! This is because we are rebalancing body systems that have become dysfunctional over time, and when those start working well again, *symptoms* naturally resolve. ■

After spending a few years working with sports teams, at weight-loss centers, and medical clinics, Tiffany Nelson became aware of the crucial role that proper nutrition plays in a wide array of diseases and dysfunctions. And unfortunately, this is also the piece that is most often neglected in traditional treatment plans. Nutritional Therapy

is a unique approach that addresses foundational physiological functions first, with nutrient dense foods. By feeding the body the right nutrients, we're able to support the innate healing and rebalancing it was created to do.



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