

Internal Barriers to Weight Loss



- Sick of diets that don't work?
- Does any weight you lose go straight back on?
- Do you have 'stubborn spots' of fat that won't shift?

It may be because your hormones are preventing you from losing weight.

Hormone imbalances like oestrogen dominance, polycystic ovarian syndrome, thyroid imbalances, insulin resistance or adrenal dysfunction can block weight loss. If you have seriously tried to lose weight before and it hasn't worked, your next step should be to balance your hormones.

If you have any of these, you may have a hormone imbalance.

- Hard to shift weight around the abdomen
- Menopause symptoms
- Low sex drive
- Depression & mood disorders
- Poor memory & fatigue
- Acne & skin breakouts
- Migraines
- Poor sleep patterns & insomnia
- Menstrual irregularities or loss of menstruation
- Infertility
- Painful or lumpy breasts
- Pre-menstrual Syndrome (PMS)
- Polycystic ovary syndrome (PCOS)
- For men, softer erections & muscle loss

How can you tell if you have a hormone imbalance?

A simple, non-invasive **saliva hormone test** is a very accurate way to assess your hormone balance. This will test hormones like oestrogen, progesterone, and your stress hormones.

Hormones such as insulin and thyroid hormones can be tested through a blood test. Thyroid health is commonly tested with just one test called 'TSH', however this can often miss underlying issues. We can help you with different options for getting a comprehensive thyroid test performed.



A saliva hormone test provides you with a very clear picture of the bio-available hormones that are **active** in your body and will quickly identify a hormonal imbalance that could be pushing you towards weight gain.

Who Can Do This Test?

A saliva hormone test is performed by a registered pathology laboratory and this testing can be done for both men and women. It is recommended that you do a complete assessment of your key hormones to determine your specific hormone imbalance. Once this is done you can work with your health practitioner to create an individualised treatment plan.

Identifying a hormonal imbalance is crucial to addressing the very factors that will help you lose weight and keep it off. It is recommended that you discuss these tests with your health practitioner.

