

WHY CAN I NOT LOSE WEIGHT?

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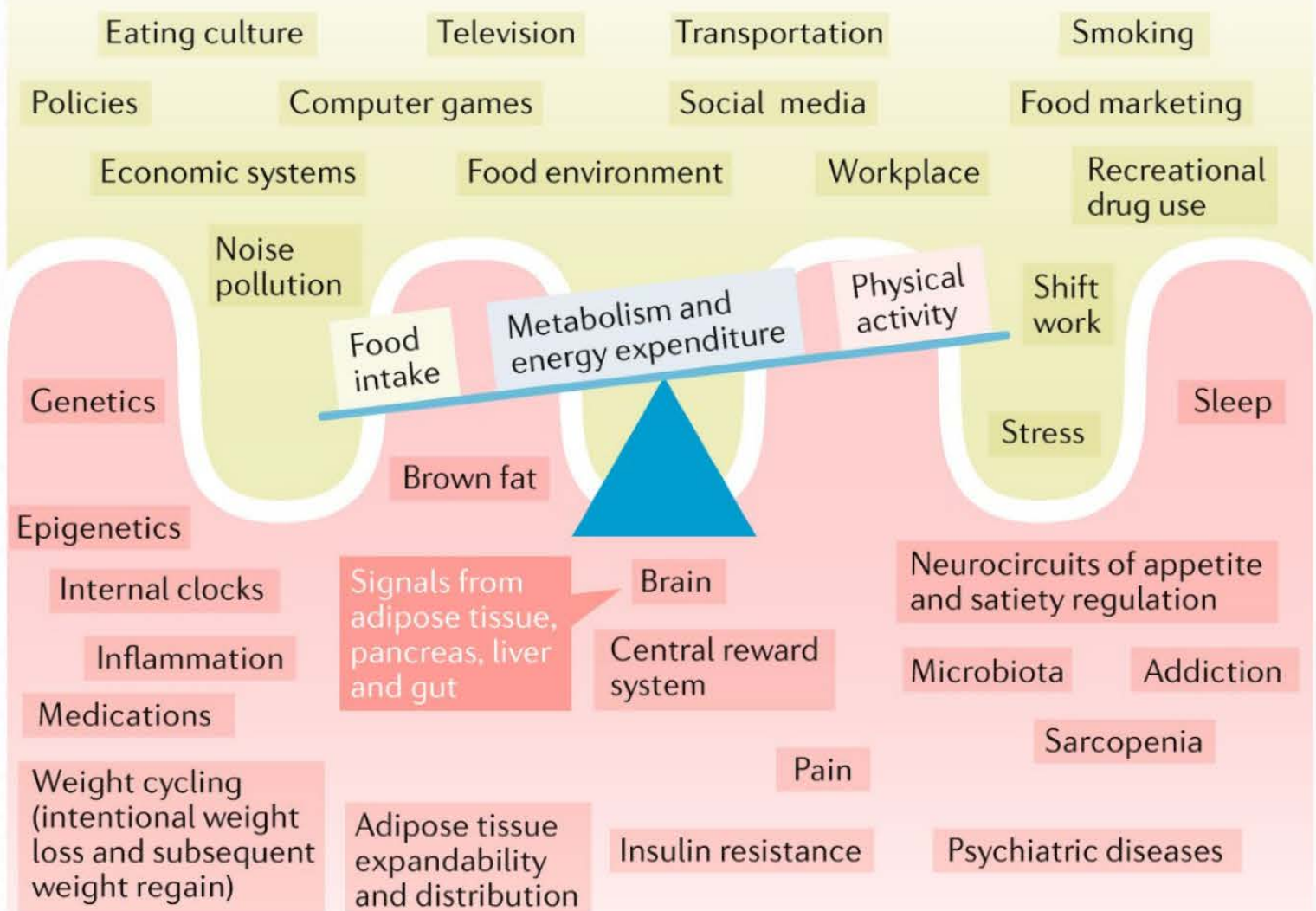


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ITS COMPLICATED

Its complicated and not just based on Energy balance.

Environment and/or society



Biology

Its partly genetic, there are over 50 genes taht have been linked to obesity

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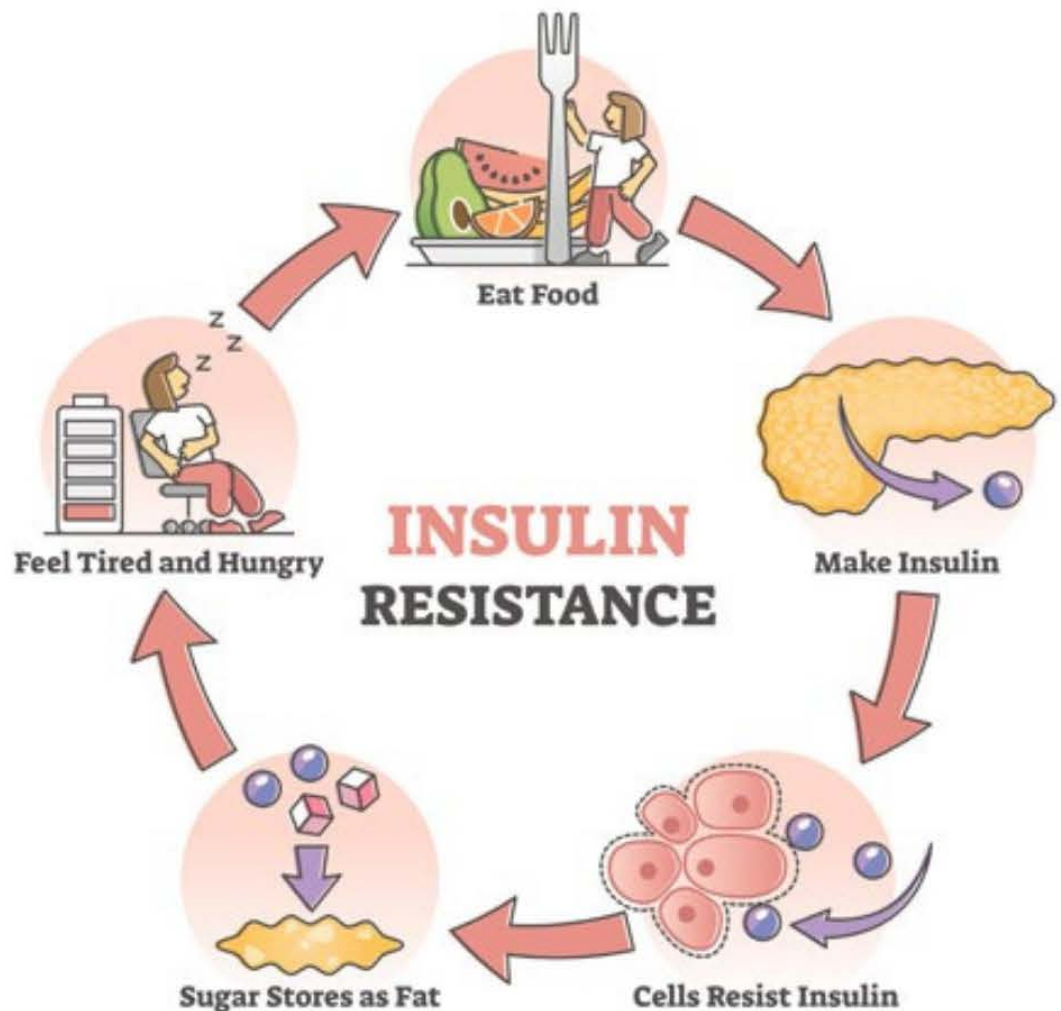
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INSULIN

Insulin is a hormone produced by the pancreas in response to a rise in blood glucose (sugar) level. It acts on the liver, muscle and adipose (fat) tissue to increase glucose uptake into these organs, conversion of excess sugar into fat, and allows for fat storage.

So high insulin levels and insulin resistance - \square increased FAT production and storage.

How do we address insulin resistance? by reducing the triggers for a rise (diet), weight loss or diabetes medications (sometimes)



Most importantly... hunger is controlled by signals to your BRAIN

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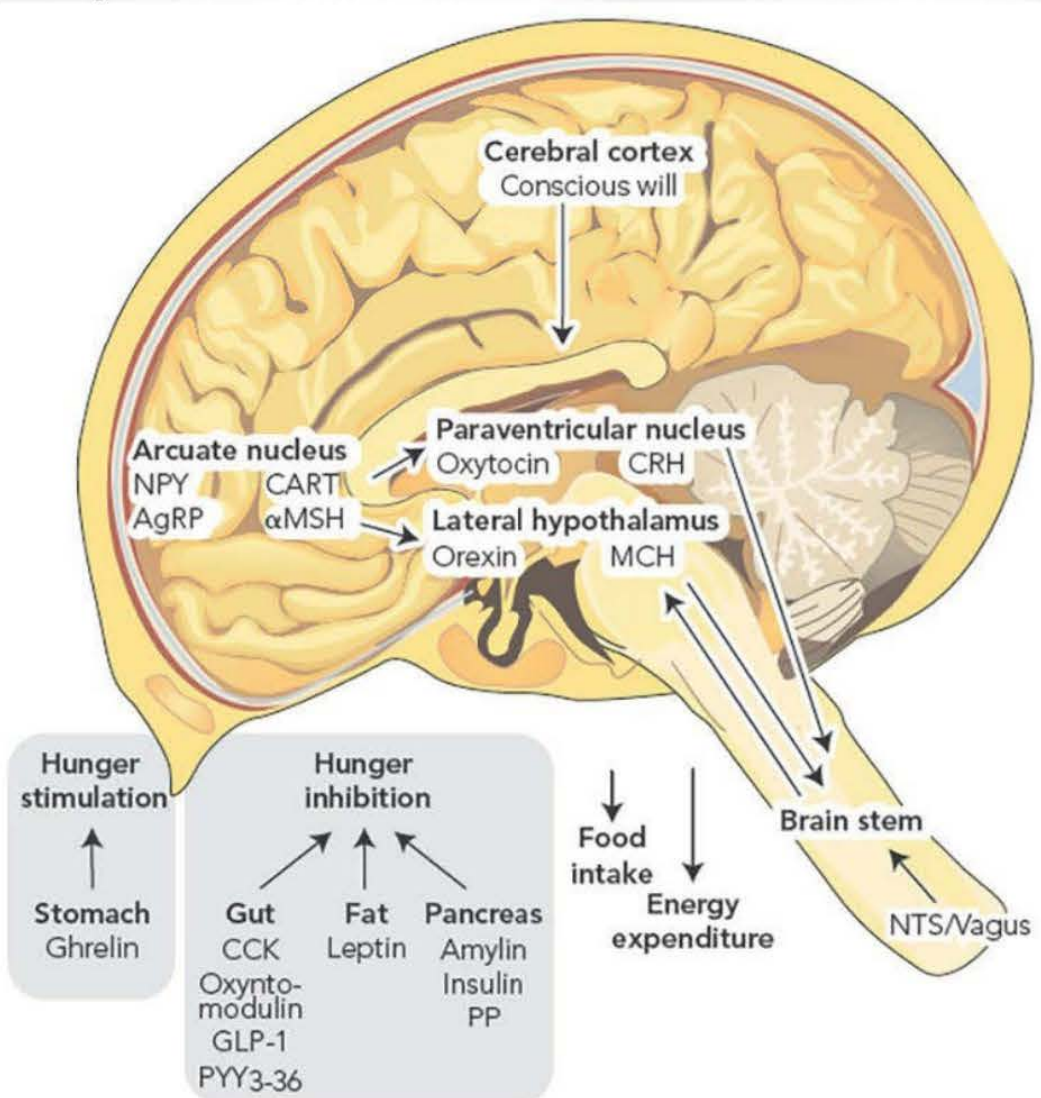
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WEIGHT LOSS MEDICATION

And these signals are often the target for WEIGHT LOSS MEDICATIONS

However, behavioural response to food/eating is also very important to address

Weight control is complicated and intricately controlled by many factors. Come in for a consultation today and let's work towards a weight loss goal.



AgRP = agouti-related peptide. CART = cocaine and amphetamine-regulated transcript. CCK = cholecystikinin. CRH = corticotropin-releasing hormone. GLP-1 = glucagon-like peptide. MCH = melanin-concentrating hormone. α MSH = alpha melanocyte-stimulating hormone. NPY = neuropeptide Y. NTS = nucleus of the tractus solitarius. PP = pancreatic polypeptide. PYY = peptide YY.

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