

The Weight Blueprint

24 Hidden Factors that Can Cause Excess Weight

By Sandra Christensen, Medical Weight Loss Specialist

The reality of weight is complex and unique to you. Many of these factors only affect a portion of the population, sabotaging their efforts to lose or maintain their weight. I'm going to share some of the ones I see in many patients who struggle with weight, based on the latest science. The good thing is that once we know what is affecting our weight, we can do something about it!

1. The seduction of simple carbs in our environment
2. We all have limits to our willpower

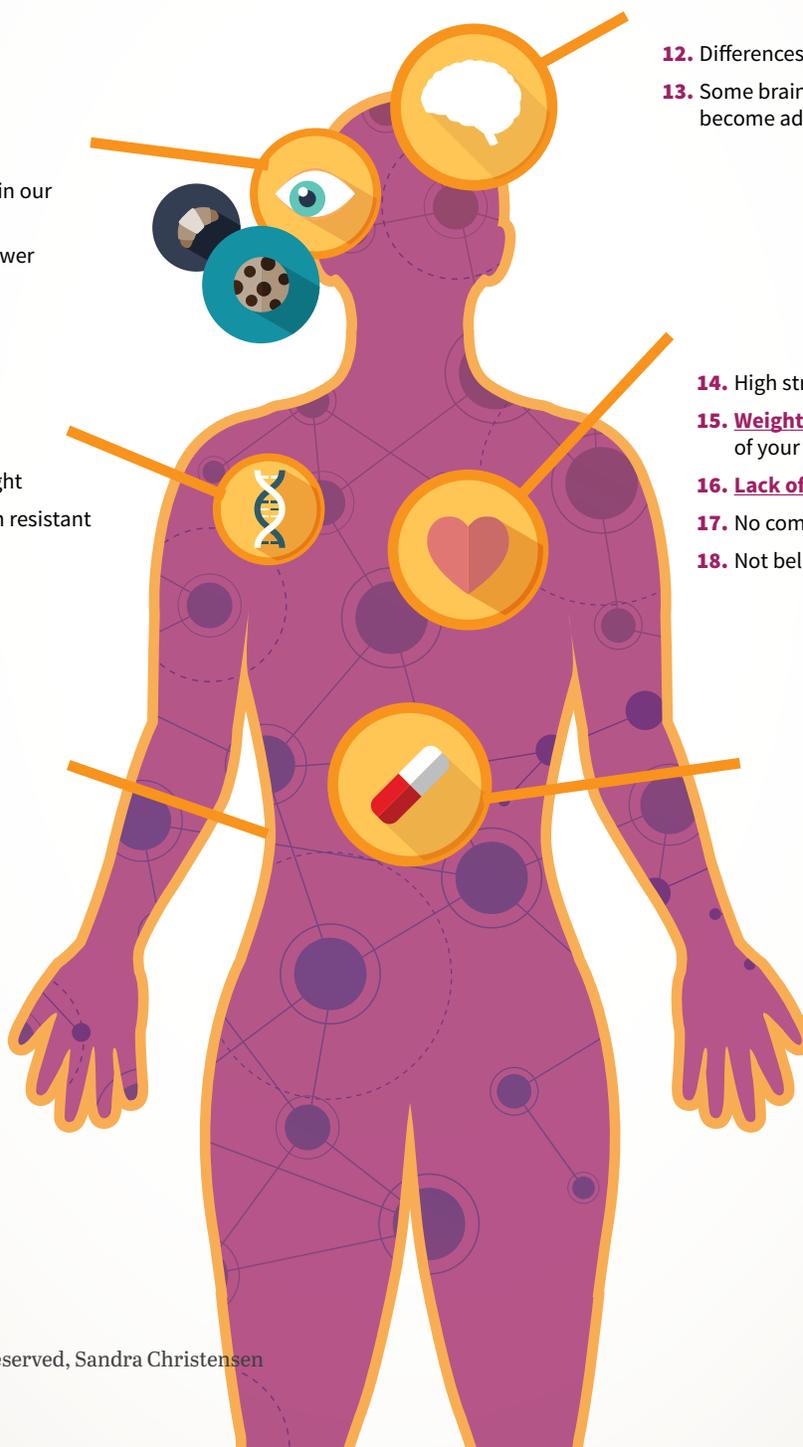
3. Genetic propensity to gain weight
4. Genetic propensity to be insulin resistant

5. Type 2 diabetes
6. Metabolic Syndrome / insulin resistance
7. Polycystic Ovarian Syndrome (PCOS)
8. Obstructive Sleep Apnea
9. Menopause
10. Hypothyroidism
11. Depression

12. Differences in appetite regulation
13. Some brains have greater likelihood to become addicted to sugar

14. High stress in your life
15. **Weight-related shame** getting in the way of your goals
16. **Lack of support** for your goals from others
17. No community to share your struggles with
18. Not believing you can succeed

19. Birth control pills
20. Hormone replacement
21. Some diabetes medications
22. Some epilepsy medications
23. Some blood pressure medications
24. Some depression and schizophrenia medications



Food *for* Thought

Freedom from Weight and Shame

Discover an integrated approach to freeing yourself from the burden of weight and shame. Break free of the weight-shame cycle, of feeling like a failure, and letting weight and shame get in the way of your life.

June 5th, 9am - 4:30pm, Seattle, WA

You are not alone...

The emotional burden of weight is more common than you may realize. It can keep you stuck—physically and emotionally.

It's time to stop letting yourself or anyone else shame you or define who you are based on your weight.

We'll address the reality of weight. You'll discover why you aren't able to lose the weight you want no matter how many calories you cut or burn. We'll also address your shame triggers, the antidotes to shame, and how to thrive in a world that doesn't understand your weight challenges or how you are enough just as you are!

We bring with us years of expert knowledge helping hundreds of people struggling with weight and shame.

Whatever your weight is now, whatever your past success or failure with diets, whatever other people say about you, we are here to set you on the path to freedom from weight and shame.



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Medical Weight Loss Specialist



Cynthia Benge, MSW, LMHC
*Emotion Focused Therapist &
Shame Resiliency
Trainer*

Get the Full Details and Register at:
www.foodforthoughtsalon.org/freedom