

The Multiple Causes of Weight Problems

Poor Food Choices

Environmental Toxins

Medical Conditions

Unhelpful Behavioural Habits

Skipping Meals

Thyroid Problems

Digestive Problems

Poor Physical Health

Sleep Problems

Inflammation

Excessive Cortisol

Food Cravings

Neurotransmitter Imbalances

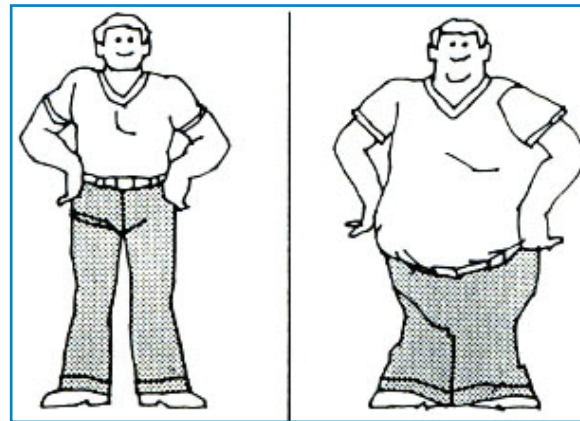
Mitochondrial Dysfunction

Lack of Social/ Community Support

Excessive Alcohol & Other Drugs Use

Mental Health Problems

Blood Sugar Imbalances



Leptin Resistance

Food Intolerances

Medication/ Drugs

Insulin Resistance

Excessive Stress

Oxidative Stress

Sedentary Lifestyle

Low Socio-economic Status

Lack of Planning

Emotional Eating

Hormonal Imbalances

Unhelpful Belief Systems

Poor Liver Health