

# This month the Galway Advertiser has teamed up with expert Karla Bohan from the College of Naturopathic Medicine to answer some of your health concerns.

## This month you asked: Why is it so difficult for some people to lose weight?

**A:** Metabolism is the process of converting what we eat and drink into energy. This energy is needed by our body to live and to perform all its vital functions such as: breathing and maintaining body temperature, as well as to fuel exercise and other bodily processes like thinking and digestion.

The formula is simple. When energy intake equals energy expenditure the body is in energy balance and weight is stable, but weight gain can be quite complex. There are many factors that can result in an imbalance in the equation, from genetic makeup to diet and exercise to stress.

Every person is unique and has a different metabolic rate depending on their age, sex, height, weight and lifestyle. Genetic factors, body composition (how much fat and muscle you have in your body), prolonged fasting, following very strict diets, being overweight or obese, or a hormonal imbalance can be a cause of a slow metabolism.

The following are some steps that you can take in order to increase your metabolic rate:

- Eat breakfast everyday and make sure you include a source of protein. This kick starts your metabolism. Not having breakfast slows down your metabolism and increases the risk of overeating later in the day.
- Exercise regularly. Do some aerobic exercise such as walking, jogging, running, dancing or cycling. Even a short brisk walk everyday will result in great benefits.
- Do some resistance exercise as well. Yoga, pilates and

weight training are great for gaining strength and building muscle, speeding up your metabolism as a result. Imagine! Burning calories even when at rest.

- Say no to fad diets. Diets that are strict or provide insufficient amount of calories work only initially. These won't change bad habits and will make you go into survival mode, damaging your metabolism even further.
  - Eat a healthy and varied diet. This will provide the nutrients and enzymes required for food combustion.
  - Prefer carbohydrates with a low glycemic index. These are absorbed slowly, giving you energy for longer.
  - Drink plenty of water. This decreases appetite and helps eliminate toxins from your body.
- Watch your alcohol intake as this contains too many calories and the excess will be accumulated as fat.
- Be persistent. Metabolism won't improve overnight.



## Your Expert



This information has been brought to you by Nutritional Therapist Karla Bohan. Karla received her Diploma in Nutritional Therapy from The College of Naturopathic Medicine, and has a particular interest in weight management and sports nutrition. If you would like to find out how you can train at CNM Galway for an exciting new career in Naturopathic Nutrition join us at our next free open evening at the Galway Business School, Salthill – Thursday 14th April at 7pm. To find out more and to reserve your free place visit [www.naturopathy.ie](http://www.naturopathy.ie)