



Mia Scheid is the owner of Fitness Arts, a multi-faceted health and wellness center in Palatine. (Photo: Jim Prisching)

# Is Your Liver Responsible for Weight Gain?

## LEARNING ABOUT LIVER DETOXIFICATION

**H**AVE YOU EVER WONDERED about the following questions?

- Why some people put on weight easily and others don't?
- Why some people put on weight mainly in the lower parts of their body and others only put on weight in their upper body?
- Why some people only put on weight in their abdomen?
- Why some people can eat whatever they like, as much as they like, and hardly put on any weight, while all you have to do is look at a pastry and you put on a few ounces?

Everyone has. We all have skinny friends who complain they can't gain weight and yet eat more fattening foods than you do—so frustrating! It is

true that as we age, we tend to become fatter. Is it because we just slow down and exercise less? Differences in the metabolic rate between individuals may be relevant for a few people but not for most. It maybe a function of liver toxicity.

Research and clinical data shows that the liver plays a crucial role in weight control. Many overweight people have a sluggish liver or a fatty liver and this is a huge factor in their inability to control their weight. Being overweight makes us feel and look older and indeed will speed up the rate of aging. The best way to avoid becoming overweight is by supporting our liver function so it can regulate the metabolism of fat and hormones efficiently.

The liver is your largest internal organ. It is the major fat burning organ in your body. Liver func-

tion has an enormous bearing on your metabolic rate and your energy level. Poor liver function may increase your chances of cardiovascular diseases such as atherosclerosis, high blood pressure, heart attacks, and strokes.

If the liver does not regulate fat metabolism efficiently, weight gain tends to occur around the abdominal area and a pot belly will develop. It can be almost impossible to lose this abdominal fat as the liver has stopped burning fat and has turned into a fat storing organ.

Women with a sluggish liver typically do not break down estrogen adequately. In essence there is too much estrogen relative to progesterone in the body. Excess estrogen promotes weight gain, cellulite, and fluid retention on the lower body—typically the hips, thighs and buttocks.

The liver plays a vital role in thyroid hormone metabolism. It make its difficult to convert T4 to the active, usable form, T3. This can result in a slowed metabolic rate, fluid retention, constipation, weight gain, and other symptoms of an under active thyroid gland.

Most people with a weight problem have an imbalance in their insulin levels and this makes it very hard for them to lose weight. Insulin is a fat-storing hormone so that the high levels of insulin promote the storage of fat especially in the abdominal area. The high levels of insulin also send a message to the liver to store more fat. Unless you get your insulin levels down into the normal range it is scientifically and physiologically impossible to burn fat.

Anyone wishing to lose weight or maintain a healthy weight must pay attention to the health of the liver. You can improve the health of your liver by not only adopting healthy eating habits that contain high amounts of alkalizing foods, but detoxifying your liver is an excellent and proven way to improve your liver function and enhance fat burning.

*Note: The above statements have not been evaluated by the FDA and are not intended to diagnose, treat, or cure any disease.*

Mia Scheid is the owner of Fitness Arts, which is located in Plum Grove Park at 4001 Park Drive in Palatine. To learn more, visit [www.fitnessarts.org](http://www.fitnessarts.org), call 847-397-2787, or email: [info@fitnessarts.org](mailto:info@fitnessarts.org).

Join Fitness Arts for a Spring Liver/Gall Bladder Cleanse. Date to be announced.