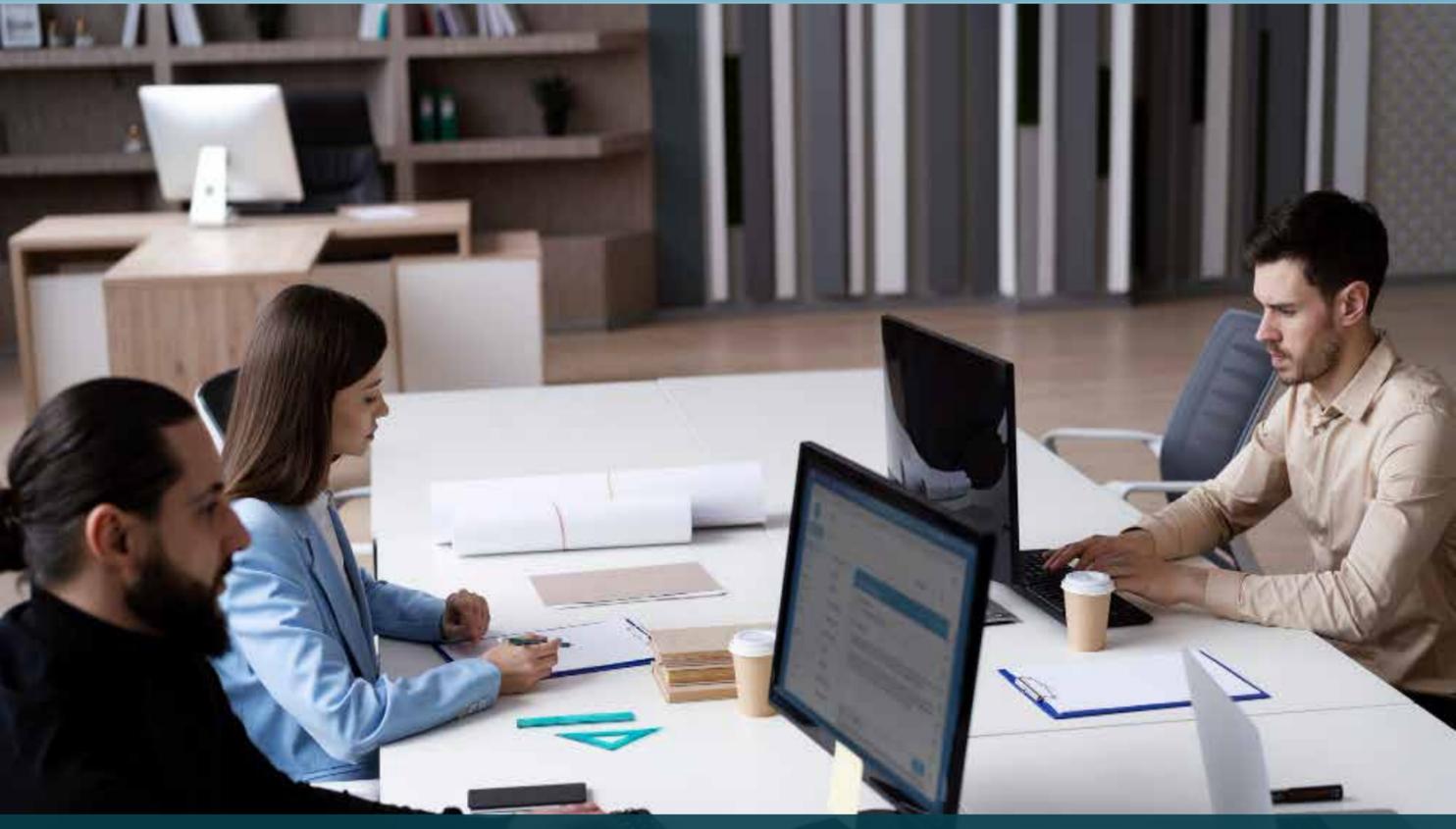
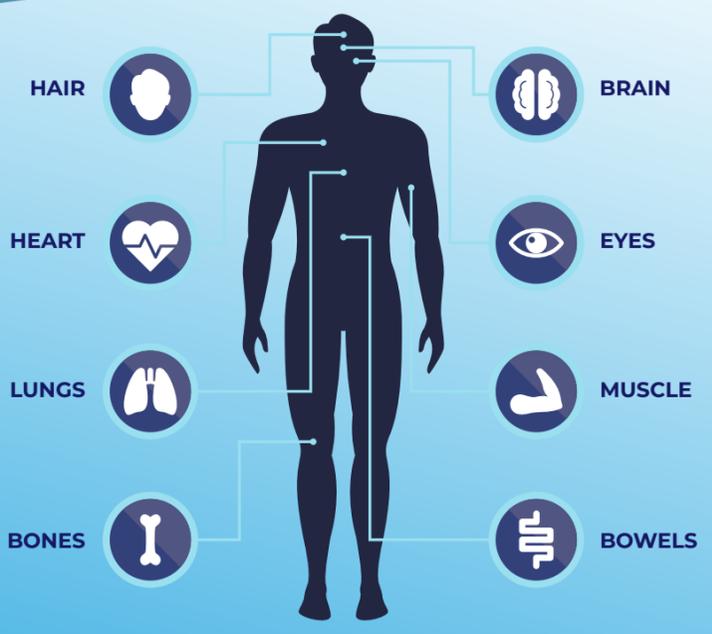


Let's begin this new year with understanding our body better and being kind to it!



One common issue affecting the people working in an IT field is weight gain!

When we someone gaining weight suddenly, we get curious and **"Too much eating junk!"** is the first thought that comes to mind. And many spew runaway comments, not spending a minute to think on what went wrong! There could be many sides to acute weight gain and inability to lose weight.



When a **woman/man** undergoes lots of stress, be it emotional or professional stress, the **stress hormone** Cortisol increases.

And this affects the **thyroid gland** makes it underactive. When thyroid gland becomes underactive, it causes rapid weight gain.

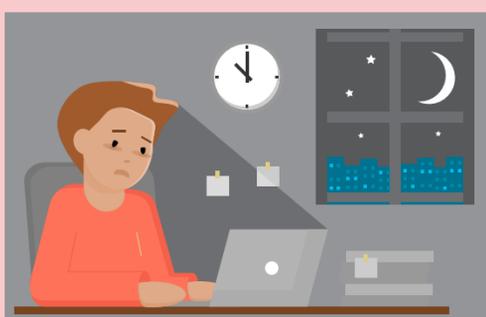


When thyroid gland becomes underactive, it causes rapid **weight gain**. People get treated for thyroid issues, taking thyroid supplements. Instead the focus should be on bringing down stress, which reduces Cortisol. And helps to **bring down the weight**.

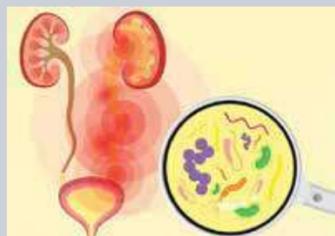


Also **sitting in a wrong posture** for hours together can impede the blood supply to thyroid, which again may cause **thyroid issues**. So if we know the exact reason for weight gain, the path to solutions becomes clear.

In the same way, those **working late nights and eat their dinner late**, invariably suffer with gut issues, acidity being the main one. Quick fixes like antacids may help temporarily, but a continued acidity may erode the gastric tract, **leading to chronic inflammation**. And people invariably **add weight in their tummy**



Next time, when you are trying to lose weight, make sure you don't have acidity or any other inflammation.



A **cavity in the mouth**, recurrent **urinary infections**, **scalp psoriasis** or a **nail bud infection** can lead to **inflammation** in the body. Treat your infections and inflammations right away



When people think of **weight loss**, they first think about **cutting calories**. There are many women who eat very little because they are fat. But whole day's work keeps them tired and weak. If you want to lose weight, the right way is to address the **specific reason** behind it, not just going **low on calories**.

Before hitting a **Gym for HIIT workouts/** any other strenuous exercises and **low-calorie diets**, make sure there are no above-mentioned reasons. Otherwise you are just abusing your body by depriving the right food and exposing to **more stress**.



Sickness doesn't begin with a full **blown ulcer or crohns**. Doesn't manifest on one day suddenly.



Indigestion



Delayed bowel movements



Disturbed sleep



Loss of appetite

It begins like an **indigestion, delayed bowel movements, disturbed sleep, loss of appetite** etc.



Identifying when it is budding and nipping it right away is the first key to staying healthy!

For doubts and queries, please reach out:

wellness@quadratyx.com