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Nutritionists and metabolic specialists explain how common metabolic dysfunctions such as insulin resistance, Syndrome X, glandular imbalance, and thyroid dysfunction keep dieters from diagnosing the roots of their weight gain and keeping off lost weight.

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Weight Loss Resistance – Women’s Health Network

Four steps to overcome weight loss resistance. 1. Understand your imbalance. Knowledge is crucial when it comes to beating weight loss resistance. Take our quick quiz to find out if you have weight loss resistance and what’s at the root of it. 2. Rebalance with herbal support. In addition to a balancing diet, you can use targeted herbal supplementation to bring your body naturally back into balance.