



## Thyroid & Adrenal Research Institute

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### Obesity there is a solution!!

If you, or someone you know is obese or overweight, this article will give you information and tips for dealing with the problem. It is never too late to make changes to control your weight, and those changes don't have to be as big and difficult as you might think.

#### Did you know?

- Obesity is a disease that in most cases has underlying causes.
- If an underlying cause for obesity is found it can be treated
- Obesity is the second leading cause of preventable death, contributing to serious health problems such as cancer, heart disease, diabetes and stroke.
- Being overweight not only causes physical stress; it also negatively affects you emotionally and mentally.
- Persons with obesity often are victims of employment and other discrimination.
- Weight losses as small as 10 percent of body weight can improve your health.

Researchers have finally established that **Thyroid plays a big role in weight control, and in determining your metabolic rate.** Hypothyroidism is a disease resulting from deficiency of thyroid hormone secretion. Studies confirm that thousands of the overweight and obese patients that struggle with an inability to lose weight are suffering from thyroid dysfunction. Unfortunately, symptoms related to hypothyroidism are common and vague and it often goes undetected.

**NiTek**, a Company focused on non-invasive technology, has developed **Thyroflex, the machine that accurately identifies thyroid dysfunction. It is inexpensive and easy to perform the 4 minute test. The results are instant and give the treating doctor a tool to help make treatment decisions that will be of great health benefit to you.**

Before you start trying to lose weight, talk to a doctor and check your thyroid function.

- Don't let your weight affect your health
- Discover renewed levels of energy you haven't seen for ages
- Enjoy social events with confidence
- Wear your favorite clothes
- Receive more compliments about your looks
- Benefit from a healthier self image

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