



# INCREASE IN BODY FAT

The unintentional increase in body fat is, normally, associated with an unbalanced hormonal ecosystem. Estrogen dominance and insulin resistance favor the accumulation and armature of fat (especially in the haunches, hips and abdomen). In parallel, the progressive decrease in testosterone levels and the hyperactivation of cortisol due to chronic stress accelerate the loss of lean mass and basal metabolism.

## COMMON SYMPTOMS:

- Increase in visceral fat and abdominal circumference
- Difficulty in losing weight, even with diet and exercise
- Loss of muscle mass (sarcopenia) and flaccidity
- Liquid retention, swelling and constant fatigue

**UNDERSTANDING THE ROLE  
OF ENDOCRINE IMBALANCE  
IN WEIGHT GAIN.**