

Thyroid & Weight Management

The thyroid gland regulates metabolism, energy use, and body composition. When thyroid function is disrupted, metabolic rate changes can cause unexplained weight gain or loss.

The thyroid is a small, butterfly-shaped gland located in the front of the neck. It produces hormones that help control metabolism and energy. These hormones affect many functions, including heart rate, digestion, body temperature, and weight. When the thyroid is not working properly, it can lead to issues such as fatigue, weight changes, and mood shifts.

Possible causes

Causes of Thyroid-Related Weight Issues

The thyroid plays a key role in controlling metabolism, which affects how the body uses energy. It produces two main hormones, T4 and T3. If T4 is not properly converted into T3, metabolism can slow down, making it harder to maintain a healthy weight.

Conditions, such as Hashimoto's thyroiditis and Graves' disease can disrupt hormone levels and lead to weight changes. Inflammation and poor gut health can also interfere with thyroid function. Stress, genetics, and exposure to harmful chemicals and toxins may further interfere with metabolic processes.

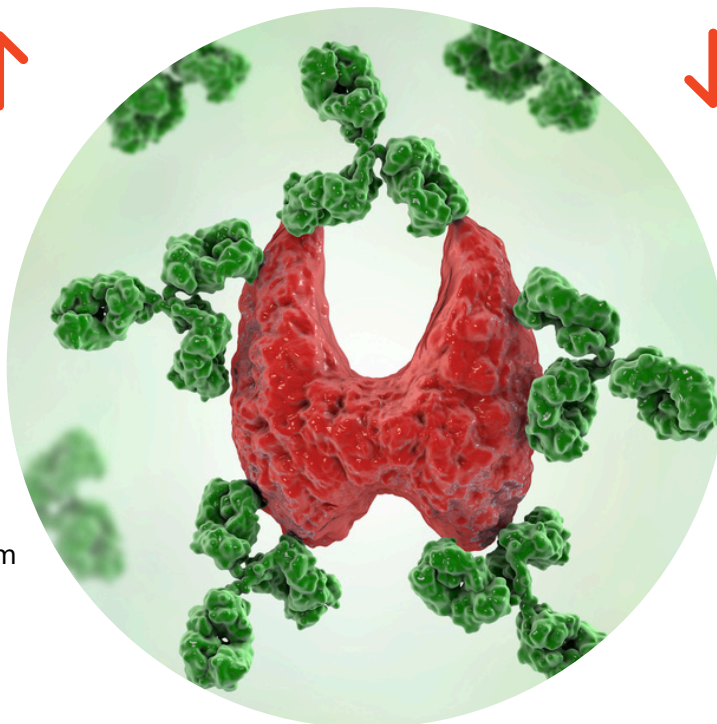
Medications for thyroid issues can impact weight by altering metabolism, and an underactive thyroid can cause the body to store fat more easily, making weight loss more challenging.

Hyperthyroidism & Weight Loss



An overactive thyroid increases metabolism:

- Rapid calorie burning and unintended weight loss
- Muscle breakdown due to increased protein metabolism
- Heightened appetite with continued weight loss from increased energy expenditure
- Increased heart rate and higher body temperature



Hypothyroidism & Weight Gain



Insufficient thyroid hormones slow metabolism:

- Reduced calorie burning
- Increased fat storage and changes to lipid metabolism
- Water retention and/or accumulation of salt
- Appetite changes and digestive issues such as bloating and/or constipation

Diet & Nutrition

Diet & Lifestyle support for thyroid-related weight issues

Diet can play an important role in supporting thyroid-related weight issues. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.

