



# 3 Common Biochemicals That Hinder Weight Loss

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Millions of people struggle with the inability to lose weight. Food sensitivities are one example of a common hidden cause! What is contributing to the development of those food sensitivities? What deeper issue in our biology and past do food sensitivities suggest? The answer might surprise you.

There are specific biochemical imbalances in the body that will hinder weight loss for 2 key reasons.

First, they make the nervous system more sensitive, which means you feel more. You feel more pain, you feel more sadness, may be more emotional and what trauma therapists call “dysregulated” (a state of internal agitation). All this means means higher emotional levels and a need to calm down (regulate) these intense emotional states. This is extremely common especially in those who consider themselves empaths or highly sensitive people. For many people who identify as having a higher sensitivity to emotions, often the natural default is to find relief from those emotions through food since eating stimulates the vagus nerve induces calm through a numbing effect.

Got it. So you may find yourself having an emotional reaction to food that will hinder weight loss because of how just the process of eating subconsciously helps your nervous system calm down uncomfortable emotional states.

That’s not all though. The common biochemical imbalances I have identified as common in those who have patterns of stress or overwhelm (trauma) in their nervous system are ones that will create a higher likelihood of developing food sensitivities. The more reactive a nervous system is, the more impact it has on the gut and its likelihood of developing food sensitivities and gut inflammation. Food sensitivities and the resulting gut inflammation causes the body to be resistant to weight loss.

Predictable and common biochemical imbalances have been discovered to be a core issue for most people with more sensitive and reactive systems, and especially in those who either have an emotional relationship with food or have food sensitivities.

Identifying and addressing these common biochemical imbalances is a critical first step. When a person has an underlying biochemical imbalance, it will cause physiological or mood symptoms to show up early in life, and often, these get progressively worse with time as the accumulative effect increases. I highly recommend testing for these biochemical imbalances.

If we start with testing for these biochemical imbalances, we can then support the body and our genetics through nutrition including supplements. There are key supplements, that have been shown over the last 30 decades, to be effective with no negative side effects. Often, this has resulted in a person developing a new baseline for mood. Testing for biochemical imbalances is a very targeted and specific protocol. We identify exactly what the imbalance is and are able to direct our nutritional plan in a targeted way.

The three most common biochemical imbalances are methylation status imbalance, Pyrrole Disorder, and copper overload. I have included descriptions of each here. A person may not have all of the symptoms in a category, but if there are several, this may be something you want to have a deeper look into.

I had all 3 when I was tested and yet definitely did not have all of the characteristics, and in fact, was not aware of most of the ones that I did have yet just didn't see in myself. Whether or not you recognize these characteristics, consider testing just to be safe. You owe yourself that gift of safety and security as you continue on your healing journey.

## 1. Methylation

**A. Undermethylation** – 38% of Depression and Anxiety. Have both low serotonin and dopamine activity

Common Characteristics/traits:

Feel Better with SSRI's, Chronic depression and possible suicidal tendencies, Seasonal inhalant allergies, History of perfectionism, History of oppositional defiance, High libido, Adverse reactions to benzodiazepines, Adverse reaction to folic acid, Good response to anti-histamines (e.g. Benadryl), Addictiveness, Phobias, OCD, Infrequent and terse speech, Non-compliance with therapies, Denial of illness, Self-motivated, Competitive, Low tolerance for pain, Very strong willed, Slenderness, High fluidity (tears easily, runny nose, etc), Rigid diet, Calm demeanor but high inner tension, Family history of high accomplishment

Nutrients To Avoid: Folate, Choline, manganese and copper

**B. Overmethylation:** Elevated Serotonin and Dopamine, 20% or less of depressives

High anxiety/panic, Problems from SSRI/SNRIs, Non-competitive, Self-harm/Injury, Can't stop talking, Moving body more/in motion, Hyperactive (esp w/ benadryl), Very social/verbosity, Empathic/caring of others, Worse on Histamine blockers, No seasonal allergies, Dry eyes/mouth, Symptoms often improve with benzodiazepines or lithium

## 2. Pyrrole Disorder:

Pyrrole Disorder: Decreased Serotonin, Dopamine, NMDA and GABA Activity

Traits: Severe mood swings, inability to cope with stress, rages, absence of dream recall. Sunburn tendency, inability to tan, morning nausea, sensitivity to bright lights and loud noises, menstrual disturbances, amenorrhea; delayed puberty and significant growth after age 16, reading disorders and academic underachievement, fear and pessimistic, isolate themselves, tend to be obsessed with disaster.

These are the quickest to respond to targeted nutrient therapy!

## 3. Excess Copper/Copper Overload

Excess Copper/Copper Overload - Elevated Norepinephrine

Traits: Lack of energy, disruptions in sleep, high anxiety, reduced interest in previously enjoyed activities, suicidal, homicidal, depression after childbirth, increased estrogen during pregnancy, ringing in the ears, sensitivity to cheap metals or clothes tags, inability to tan, Endometriosis/fibroids/PCOS, Anxiety, Panic, hyperactive/fidgety, school underachievement because of poor concentration/focus, impulsivity, Jekyll/Hyde kids, Fibromyalgia/CFS, Low energy/fatigue (but otherwise physically well), rebellious/disobedient, Outbursts with remorse

Expected Results: Watch symptoms closely as you start the zinc, as it may cause more copper to be dumped into the blood and symptoms to become initially worse.

## What is the benefit of testing?

Testing for all 3 of the above imbalances is affordable. You can actually order your own testing [Here](#)

If someone is on mood medications already or taking medications that affect the histamine level, a methylation profile test will need to be ordered in addition to the tests above to accurately determine methylation status. The labs mail a collection kit to the home, for both blood and urine. It contains all the necessary directions!

What is the benefit of testing? These biochemical imbalances are quite common. Take the guesswork out of the healing and recovery plan! Know exactly if imbalances are keeping you stuck. You can then be targeted with your weight loss plan and optimize your Biology of Trauma and accelerate your healing journey of resolving trauma in your life and body.

For more information on The Biology of Trauma methodology, please visit our [website](#).

