

Trying To Lose Weight? Could You Be Hypothyroid?

Contributed by Steve Simpson

You just can't go anywhere these days without having the term weight loss or lose weight thrown in your face. And it doesn't even seem to matter where you look, whether it be in the advertisements on the television, or in just about every magazine on the market, everyone it seems is trying to help you lose weight. Sometimes though it takes more than reading a few short words to get the results that you desperately need. There are literally hundreds and hundreds of different weight-loss methods, programs, and supplements out there. Some of them definitely work, sometimes it's just hard to know which is right for you.

This particular article is going to look at one particular reason for not being able to lose the pounds you would like. You may have heard of a disease called hypothyroidism which has a number of different impacts upon the body, not the least of which being unexpected/unexplained weight gain and also the inability to lose weight effectively. We will look at some of the other common symptoms associated with this disease, as well as the disease itself, but I would also like to illustrate that while hypothyroidism does indeed affect a lot of people, it may not be the cause of you being unable to get to the size you desire.

I know it goes without saying but unfortunately needs to be said that the food you eat and the amount of exercise you get will have a direct impact on the way your body performs. I am not suggesting starving yourself or overdoing it physically as that can be just as bad as overeating or too much junk food. Even if you are hypothyroid this does not change that fact, what you do counts. That being said, if your body is suffering from it then it can be extremely difficult for you to see results. If this could be the case you need to know what some of the symptoms may be.

Hypothyroidism is something that can be extremely hard even for a doctor to diagnose. The main reason for this is that many, if not all of the symptoms can be attributed to other diseases. One of the main symptoms, as discussed is the inability to lose weight or sudden unexpected weight gain but it is certainly not limited to this. Some of the other common symptoms, can include very little or no tolerance to the cold, stiffness and/or cramping in the muscles and joints, hair loss, decreased sex drive, and it has even been known to quite frequently cause depression. I do understand however that depression and weight loss are two things that can go hand in hand, feeding off each other.

Well over 25 million adults and children are currently affected by an under active or irregular thyroid gland. Women seem to be the majority of the sufferers, but everyone is at risk including your dog. It may not be a bad idea to ask family members if they have ever been affected as hypothyroidism is also hereditary.

I am sure you are reading this because yourself or someone you know is currently having problems losing weight effectively, and I'm glad to say there could be help available. There is an increasingly popular herbal supplement called Thyromine which is currently helping a large number of people with this battle. Thyromine is an all natural supplement created with the most potent ingredients available specifically designed to target hypothyroidism. I would firstly encourage you to consult a health professional as well as to find out more information about this, but it could be the help you need.

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