
COMMENTARY

Fact explained: Hormones and metabolism play a role in fat and weight loss

Deepta Nagpal

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ABSTRACT

In today's time, weight loss has become extremely popular. This fad has led to the growth of an industry that tries to promote weight loss to make an easy buck. And as this trend festers on the body insecurities of individuals, the industry is thriving with each passing day.

As society pushes people into dropping their pounds, this norm leads to individuals adopting unhealthy ways to lose their body weight. Weight loss in itself is a cruel term, and it doesn't necessarily mean what most people believe. People believe

calories are everything to manage weight loss. However, calories are not the only thing that needs to be reviewed. There are two different terms when it comes to losing bodyweight. A) Weight Loss B) Fat Loss and every weight loss does not necessarily mean fat loss. Metabolism and hormones play a key role in both these aspects. Aiming at managing these body factors will indirectly and subsequently allow for a healthy body. Let's dive further into how hormones and metabolism work

Key Words: *Metabolism; Food; Weight loss*

HORMONES

Hormones monitor the human body's physiology and responses, thereby furthering the body's development. When it comes to maintaining a healthy body, hormones like insulin (regulates blood sugar levels), cortisol (stress hormone), ghrelin (stimulates hunger), growth hormone (stimulates body growth), thyroid hormone (regulate calorie-burning rate) play an important role. If these hormones function well then the human body will have controlled cravings and hunger; healthy skin and hair; a smooth menstrual cycle for women; good libido; fewer mood swings; good digestion; a good sleep cycle, and also a reduction in fat gain

METABOLISM

This refers to the chemical processes within the body to ensure that it's functioning smoothly. Metabolism comprises breathing, repairing cells, and the conversion of food into energy. While most people aim at increasing their metabolic rate, this has a side effect of increasing one's hunger. One should aim at flexible metabolism, which can be adjusted to one's current situation.

So what does this mean for an individual who is seeking to have a healthy lifestyle?

- Individuals need to find the root cause: Each individual has a different body type, and so the cause for their fat gain will be different. For some, it can be stress, while for others, it can be an irregular sleep cycle.
- If one can pin down the root cause, fat loss becomes easier.
- One does not have to chase fat loss for a healthy body if they fix their hormone patterns and metabolism. If there is one thing to remember, it is fixing the root cause when one feels unhealthy. For that, one needs to have a nutrient-rich diet, workout smartly, and not over-strain the human body. If one can manage one's health factors, which would be hormones, and/or metabolism, and/or any physiological condition that exists, everything else will fall into place, including body weight.
- Stay happy, stay healthy, and stay wise!

Editorial office, Journal of Food and Clinical Nutrition, India.

Correspondence: Deepta Nagpal, Editorial office, Journal of Food and Clinical Nutrition, India, E-mail: cherrydip@gmail.com

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