

Are you losing the weight you should be?

Friday, 13 May 2016

If you've tried every diet and still finding it hard to drop the extra kilograms, you might want to consider having these blood tests done.



Are hormone imbalances keeping you from shedding those kilos?

Dr Mauritz from Health Renewal says hormone imbalances can indeed make it hard to lose weight.

Belly fat is often associated with high insulin levels and high insulin levels make it very difficult to slim down.

A simple blood test would reveal if you have high insulin levels.

A disturbance between your oestrogen and progesterone levels can also cause weight gain. Once again the only way to determine this is to do blood tests.

I would recommend that you come and see a **Health Renewal** doctor in order to do the relevant blood tests. We also have an extremely effective medical weight loss program which may be the answer for you. Speak to one of the Health Renewal doctors about our weight loss program.

To read the full article visit: <http://beautysouthafrica.com/healthy-living/are-you-losing-the-weight-you-should-be>