

Why do we gain weight?



The easy answer, the one that everyone loves is that we eat too much.

Whether it's too much carbs or fats or calories the focus is always on food.

Which makes sense as food contains the building blocks our bodies use to make fat.

Yet, if you think about it, this is like blaming bricks for a new housing development.

Sure, they're essential... but are they really the cause?

The truth is the Environment shapes the Organism.

Which is a fancy way of saying just about everything contributes to the obesity epidemic.

Yes the food you eat matters.

But also your [Gut Bacteria and Endotoxins](#) play a role.

Yes lack of exercise contributes.

But so does air quality with high [CO2 contributing to exhaustion](#) and Small Particulate Matter being found to be causative in Insulin Resistance.

Yes we probably eat too many high processed foods.

But the [ambient temperature](#) (Yes, temperature) also drives us to put on, or lose weight.

Lack of sunlight, disordered sleep, psychological stress and genetic predisposition all have been found to influence your body weight.

Even exposure to loud sound is being investigated for its possible role in weight gain.

This isn't to say you can't lose weight, nor am I saying that dieting is ineffective (You know I use [24 hour fasts](#)).

I am saying that if you're trying to lose weight then be kind to yourself, as there is so much more going on than just how much you ate today.

Date: 2023-03-29
Words: 258
Time to read: 1 min

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