

## [HOW CAN YOU LOSE WEIGHT WITH HYPOTHYROIDISM](#)



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It s difficult for someone with hypothyroidism to lose or maintain a healthy weight because T3, the active thyroid hormone, is low, says Kelly Austin, ND, a naturopathic doctor specializing in hormone disorders and the director of the Prime Wellness Clinic in San Diego, California.

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To lose that weight, you actually need to work at it, which I know seems very unfair because you just gained it easily. [People with hypothyroidism] can lose weight, but they have to do

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This is what causes you to not only gain back any weight that you have lost, but you also lose muscle mass in the process. When you repeat this process several times throughout your life, you can cause Thyroid Resistance, combined with Leptin Resistance.

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