



May 17, 2016 – Grand Rapids, MI

## Does Weight Loss Ruin Metabolism?

The health headlines two weeks ago were focused on what we can call “The Biggest Loser Study.” Researchers published the results of a six-year follow-up of contestants in Season 8 of the reality show “The Biggest Loser.” It turns out that most contestants gained back a significant amount of weight. Why? Based on the research, decreased resting metabolism was identified as the most likely suspect. Headlines shouted that weight loss caused metabolic rates to fall more than expected and therefore made it hard, if not impossible, to maintain weight loss.



I believe that all research has merit, even one based on the results from a television show. I also believe that the application of the findings to the general population is very limited. If you were to read the headlines, the first thing you have to think is “Why bother? I’m only going to gain it back!” The next is “That’s why I can’t lose weight: my metabolism is messed up!”

I’m going to examine this study in detail this week. There are some important lessons we can get from it. One of them is that you’re not going to ruin your metabolism by losing weight.

What are you prepared to do today?

**Dr. Chet**

Reference: <http://onlinelibrary.wiley.com/doi/10.1002/oby.21538/epdf>

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