



Health And Well-Being

Obesity And Depression

(NAPSA)—If the numbers on the scale go up when you're feeling down, there may be good reason. A study published in the *General Hospital Psychiatry* journal shows that weight gain and depression actually fuel one another.

Researchers found depressed women are more likely to eat more and exercise less, creating a vicious cycle.



Fit and happy: women who are considered obese are twice as likely to be depressed.

Nutritional Biochemist Shawn Talbott, Ph.D., says, "It's a lot more than depression just sapping your motivation and energy. What we're seeing is a strong link between stress and energy levels and depression and body weight. A lot of what's going on there is underlying biochemistry. Depression and obesity share some of the same hormonal disruptions."

Talbott says there is a way to break the cycle. "The Metabolic Method" program targets those hormone disruptions and gets those hormones back into normal ranges. Mood comes up and weight goes down."

For more information on managing depression and weight loss, go to www.MetabolicMethod.com or call (800) 544-7044.