



The Doctors: Hormone-Weight Gain Connection

Michelle is the person in charge of the teleprompter on The Doctors, so when she started having unexplained weight gain and increased fatigue, she decided to find out some answers and The Doctors was there to help her. The Doctors sent her to Dr. Eva Cwynar, author of [The Fatigue Solution](#), to find out some answers. Dr. Eva Cwynar thought these symptoms were related to her hormone levels.

Dr. Eva Cwynar did a BIA, or body impedance analysis, on Michelle. The BIA tells Dr. Cwynar how many calories Michelle eats in a day and how much of her body is fat versus muscle.

In addition, although the thyroid is what most people want to blame for their weight gain, Dr. Cwynar said that adrenal dysfunction is also a common cause, so she wanted to see if Michelle had one. Dr. Cwynar did a saliva analysis to find whether she has an adrenal gland dysfunction, what type of diet she should be on, and what type of exercise is best for her body.

The Drs TV: Fatigue-Cortisol Connection?

Dr. Travis Stark said this segment was weird because usually, Michelle is running the teleprompter and helping him do his job. But now that she was on stage with them, no one was running the teleprompter so he had to wing it. Dr. Cwynar said Michelle's metabolism got thrown off.

It turns out Michelle's problem was elevated cortisol hormones, which are the stress hormones. She would have elevated levels in the morning and then vastly decreased ones in the afternoon, causing her system to crash and make her feel fatigued.

The Doctors: How To Reduce Fatigue

Dr. Cwynar had some tips to reduce fatigue from her book, *The Fatigue Solution*. She said she thought a lot of people are misled by what they're doing. For instance, people have oatmeal in the morning. Oatmeal is a healthy grain, but it's also a carbohydrate. It gives your system an insulin and cortisol spikes. Dr. Cwynar said it was critical to reduce sugar in the morning.

She said it's very important to stay away from artificial sweeteners as well. In addition, you should make sure to never sleep with a light on, because it disrupts your adrenal gland at night. Dr. Travis Stark added that when you're not sleeping well, your hormones that help you feel full and feel hungry get out of balance.

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Are you feeling fatigued? Dr. Eva Cwynar stopped by The Doctors to help out one of their crew members, Michelle, and give some tips on how to reduce fatigue.