

[THYROID HOW TO LOSE WEIGHT](#)



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If you're on medication, the most effective way to lose weight from thyroid disease if you're on medication is to combine it with a diet and exercise plan. Discuss this approach with your doctor before you start. Follow the same rules for diet and exercise to lose weight that you would if you weren't taking medication for hypothyroidism.

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[Last updated 26th October, 2018] Losing weight and keeping it off can be a struggle. Especially if you have an underactive thyroid. Your metabolism has slowed down and you're almost always feeling tired.

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How to Lose Weight With Hypothyroidism Practo

Losing weight can be tricky for someone suffering from hypothyroidism. Here's why: Hypothyroidism causes fat build-up, which leads to insulin resistance in the body, leading up to weight gain and susceptibility to diabetes. The most effective way of losing weight would be a combination of diet and exercise to regulate metabolism and burn calories.

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How to Lose Weight With an Underactive Thyroid

It's hard to lose weight when your metabolism slows down, but there are things you can do. The thyroid, a butterfly-shaped gland in your throat, produces hormones that regulate many bodily functions, including metabolism.

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