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Facts about Weight Gain by Julia Roger

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It is believed that gaining weight is easier than losing it. Every body is adaptive in its own way, hence, the weight gain can be caused due to many reasons. It is best to know the factors fr your body by consulting a health specialist. Some outlined factors of wieght gain are mentioned further.

The weight gain can be caused due to wrong eating habits, lack of exercise or due to some medical conditions. In all the cases, it is required to make a thorough analysis of the reason for weight gain and rule out any possible medical reason which may be harmful. A person can also gaion wieght as a result of some side effect caused due to unsuited medication. In that case, it needs to be checked and treated immediately.

Generally the intake of calories should be equal to the calorie output, to maintain a balance. Weight gain occurs when calorie input is more and output is less. This can be handled in two ways, one is by reducing the calorie intake and the other by burning the excess calories. Burning the excess calorie can be achieved through exercise. A regular exercise regimen should be followed, along with good healthy diet, to get rid of the excess weight.

Glutamine is an amino acid which is required to keep the human body synthesized. glutamine supplements are required when one is doing vigorous exercise. During such time the amino acid gets used by the body faster than it is synthesized. The body mechanism is such that when there is less amino acid in the body, it breaks the muscle mass. When there is enough Glutamine in the body, the exercise helps to lose weight and not muscle mass. The natural sources of Glutamine are Beans, Cabbage, leafy vegetables, egg, milk, yogurt, meat, fish and poultry. Artificial supplements are also available in the market.

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For more information on a weight gain, check out the info available online; these will help you learn to find the a glutamine!

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