

The science behind the weight off

The hypothalamus is located in the brain just under the thalamus on either side of the third ventricle. The main function of the hypothalamus is homeostasis, or maintaining bodily balance. Blood pressure, body temperature, fluid and electrolyte balance, circadian cycles, and **body weight** are all regulated in the hypothalamus (Molavi, 1997). Ultimately the hypothalamus can control every endocrine gland in the body. A person who suffers from obesity, especially someone whom cannot seem to lose weight despite their efforts has a problem with homeostasis, a metabolic disorder that lies in the hypothalamic region. There are many hormones that are involved in regulation of our bodies and one of those is human chorionic gonadotropin hormone or hCG. The anterior hypothalamus contains receptor sites for HcG (Lei, 2001). Evidence suggests hCG promotes the destruction of fat cells. Scientists know hCG does not directly act on fat cells, it does however, act on the receptor sites located in the hypothalamus which regulates our metabolism (Belliscio, 2009).

References

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