

New Advice for Weight Loss with a Slow Thyroid

As we turn 40 weight loss becomes increasingly difficult, especially with the risk of a slow Thyroid. Today the www.thyroid-weight-loss.co.uk site launches a feature on practical advice for boosting metabolic rate.

March 23, 2007 (FPRC) -- Especially for the over 40's weight loss becomes increasingly difficult as previously successful weight loss plans no longer work. A new feature on the <http://www.thyroid-weight-loss.co.uk> site now includes specific advice on how to boost metabolic rate.

As we get older our metabolic rate slows down, so that we burn calories less efficiently and store more calories as fat. This makes weight loss increasingly difficult and we have to spend longer and longer in the gym, or follow stricter diet plans to achieve previous results.

The slow-down in metabolic rate affects everyone, but is especially important for those with an underactive Thyroid, where it will greatly affect weight loss results.

Hypothyroidism, or a slow Thyroid, has become a very common occurrence, now affecting 2 out of every 100 women. It is most common in women aged 40 to 50, although it can affect women of any age.

"The key to achieve lasting success is to follow the six 'Golden Rules' for boosting metabolic rate" said Shelly Peters of [thyroid-weight-loss.co.uk](http://www.thyroid-weight-loss.co.uk) "your weight loss plan will be so much more effective by concentrating on simple facts like drinking enough water or not skipping breakfast"

In addition to practical help and advice the [thyroid-weight-loss.co.uk](http://www.thyroid-weight-loss.co.uk) site also provides one to one advice, as well as information on downloadable weight loss plans

About [thyroid-weight-loss.co.uk](http://www.thyroid-weight-loss.co.uk)

[Thyroid-weight-loss.co.uk](http://www.thyroid-weight-loss.co.uk) was set up specifically to provide help and advice on weight loss with a slow thyroid or metabolism. The advice is based on many years experience in helping achieve weight loss and weight gain – especially based on providing one to one advice.

Contact Information

For more information contact Shelly Peters of weight loss (<http://www.thyroid-weight-loss.co.uk>)
0121 2889659

Keywords

[thyroid](#)
[metabolism](#)
[diet](#)

You can read this press release online [here](#)