



The Weight Loss Blind Spots Checklist

7 Medical Reasons Your Body May Be Working Against You

If you've been eating well, exercising, and doing "everything right" — but the scale just won't budge — this isn't a willpower problem. It's likely a medical one. Here are 7 clinical reasons Dr. Kennedy sees most often in patients who are frustrated and stuck.

- Thyroid Dysfunction**
Even "borderline" thyroid levels can slow metabolism significantly. Standard TSH tests don't always tell the full story. Ask about Free T3, Free T4, and reverse T3.
- Insulin Resistance**
Your cells may not be responding to insulin properly — causing your body to store fat instead of burn it, even on a low-calorie diet.
- Elevated Cortisol**
Chronic stress keeps cortisol high, which signals your body to hold onto belly fat. Poor sleep makes this worse. It's a cycle that diet alone can't fix.
- Hormonal Imbalances**
Estrogen, progesterone, and testosterone all influence how and where your body stores fat. Changes in these levels — especially in your 30s, 40s, and 50s — can stall weight loss entirely.
- Sleep Disruption**
Poor sleep affects ghrelin and leptin — the hormones that control hunger and fullness. Even one week of poor sleep can increase cravings and reduce fat burning.
- Medication Side Effects**
Antidepressants, beta-blockers, steroids, and some diabetes medications are known to cause weight gain or make loss nearly impossible. A medication review may change everything.
- Gut Microbiome Imbalance**
The bacteria in your gut influence how calories are absorbed and how fat is stored. An imbalanced microbiome can undermine even the cleanest diet.

So...What Do You Do With This?

This checklist isn't meant to diagnose you — it's meant to start a conversation that you may never have had with a doctor before.

Most people who come to Dr. Kennedy have already tried the diets, the workouts, and the programs. What they haven't had is a real clinical look at what's happening underneath the surface.

A comprehensive evaluation with Dr. Kennedy typically includes:

- Advanced lab work beyond what a standard physical includes
- A full hormone panel review
- Metabolic rate assessment
- Medication and supplement review
- A personalized plan — not a generic one

Questions to Bring to Your Next Appointment:

- "Could my labs be in normal range but still not optimal for me?"
- "Is it possible my medication is contributing to my weight?"
- "Have we looked at my hormone levels in detail — not just a standard panel?"



Dr. Mona Kennedy, MD

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Ready to find out what's really going on?

Book a consultation with Dr. Kennedy and get real answers.

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