# Nutritionist links constipation to weight loss struggles in women



A prominent nutritionist has suggested that the challenges many women face in losing weight—despite rigorous dieting and exercise—may be linked to issues with bowel movements. Abram Anderson, a US-based diet expert with a significant following of 750,000 on Instagram, shared this insight in a recent video, claiming that constipation could be a central factor preventing effective weight loss.

Anderson explained that women who experience constipation may find it nearly impossible to shed pounds, regardless of their caloric intake or energy expenditure. He argued that a slow-moving digestive system can lead to inflammation within the gut, a condition known to be associated with weight gain. The nutritionist noted that inflammatory proteins triggered by the immune response can elevate hormone levels that affect both fat storage and appetite regulation.

In his video, Anderson provided several methods for relieving constipation, which he believes could help reduce inflammation and facilitate weight loss. His first recommendation was to consume plenty of fruits such as apples, grapes, and berries, which he cited for their prebiotic benefits. "These things have prebiotic benefits and if you mix it with water, it can help clean you out," he stated.

Among his other tips, Anderson highlighted the benefits of drinking 100% prune juice heated in a microwave, describing it as "one of the sure-fire ways to get things out." Prune juice is particularly rich in fibre, a component that helps to soften stools and make them easier to pass. He also advised incorporating kimchi into one's diet. "The number one way a woman can have full poops to get rid of that inflammation and melt body fat easier is to eat at least two tablespoons of a prebiotic and probiotic food," he remarked, adding that kimchi is his personal favourite.

Many of Anderson’s dietary recommendations echo advice provided by the National Health Service (NHS), which suggests incorporating high-fibre fruits—such as apples, apricots, and strawberries—into diets to combat constipation. The NHS notes that these fruits contain sorbitol, a natural sugar that helps draw water into the colon, thus softening stools.

The potential gender disparity in experiencing constipation has also been addressed in studies, indicating women are up to three times more likely to suffer from this condition compared to men. Factors contributing to this discrepancy include anatomical differences, such as women having a longer colon, which may prolong transit time for stool. Additionally, fluctuations in hormones, particularly during menstruation and pregnancy, can further impede digestion.

While some research connects chronic constipation to inflammation, thereby underlining potential weight gain, the link between occasional constipation and significant weight changes remains inconclusive. Experts have posited that while inflammation is an immune response to various threats, chronic or unresolved constipation could be indicative of systemic health issues.

Individuals who encounter persistent constipation, along with other symptoms such as bloating, rectal bleeding, unexplained weight loss, or fatigue, are advised to consult healthcare professionals for a proper assessment.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.instagram.com/reel/DIJPNOyttj_/> - This URL corroborates Abram Anderson's claim that constipation can hinder weight loss in women despite a calorie deficit.
2. <https://www.instagram.com/abram.anderson/reel/C4VhwuLAGTk/> - It supports the idea that constipation or chronic diarrhea can impede weight loss results, emphasizing the importance of regular bowel movements.
3. <https://www.instagram.com/abram.anderson/reel/DHAcnZtvT_R/> - This resource highlights the benefits of certain fruits, like apples, in helping with constipation due to their fiber content.
4. <https://www.nhs.uk/conditions/constipation/> - The NHS recommends incorporating high-fiber fruits into diets to help combat constipation, aligning with Anderson's dietary advice.
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4661489/> - This study discusses the gender disparity in constipation prevalence, noting factors like anatomical differences and hormonal fluctuations in women.
6. <https://www.healthline.com/nutrition/probiotic-foods> - This source lists kimchi as a probiotic food that can aid digestion, which Anderson mentioned as beneficial for reducing inflammation and facilitating weight loss.
7. <https://www.dailymail.co.uk/health/article-14607019/Nutrition-expert-reveals-surprising-reason-women-lose-weight.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data