

# Quan la vida puja a la bàscula

When Life Pushes the Scales

Pilar Senpau  
Quan la vida puja  
a la bàscula  
Classe perquè l'excés no t'engrandeixi



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In order to lose weight, what we eat is as important as how we feel. At times when we are suffering a lot of stress it's possible to put on weight without eating more than usual. So it's often necessary to do more than just diet. We have to be aware of our emotions and how they interact with our physiology. Stress, for example, causes an increase in abdominal fat deposits. We need to know this and also how diet can help to modify our moods. When someone is suffering, it is difficult to know where a biscuit will end up in the body. The biscuit's path is affected by many physiological factors which we many of us share but individual factors, that personal web that makes us unique, also have a considerable effect.

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