

Overweight Struggle With Weight Loss Because Of Heightened Sense Of Smell



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New research has found that some overweight people have a greater sense of smell for food which may cause them to struggle with diets and **weight loss**.

Carried out by the University of Portsmouth , the study found that those who were overweight, or had a high BMI, had a far heightened sense of smell for food compared with slim people.

Volunteers took part in the study where they were asked to join in with a series of mini experiments that tested their smelling ability.

The results revealed that most people are better at detecting food odours just after they had eaten rather than when they were hungry with experts citing this as one of the reasons many people continue eating long after they are full up.



Scientists believe this new research could help explain why some people struggle to stay slim or stick to a strict diet.

Lead researcher Dr Stafford, said: "It could be speculated that for those with a propensity to gain weight, their higher sense of smell for

food related odours might actually play a more active role in food intake.

"Hopefully this research will stimulate more work in this area with the potential to help those who struggle with their weight and those who treat people with weight problems."

Those who are worried about being overweight should book a consultation with an expert bariatric surgeon at The Hospital Group.

The Hospital Group is the UK 's biggest provider of weight loss surgery, including gastric bands, gastric bypasses and gastric balloons.

David Ross, Chief Executive of The Hospital Group said: "Many overweight people struggle with their food intake and often find themselves in a vicious cycle of over eating.

"It can be a daily battle to try and stick to a diet and this can often cause people to binge eat and then feel bad when they don't reach their goals or targets.

"Being overweight can have a huge impact on your life affecting every aspect of it. Your health can suffer health as a result but it can also impact a person's confidence and self esteem which can cause their social life to suffer too.

"Bariatric surgery can change a person's life for the better giving them back their health and also restoring their confidence.

"At The Hospital Group our consultants ensure that, as well as having an absolute need for a gastric procedure, the patient understands that weight loss surgery isn't a miracle cure and they would need to work with the band to achieve the healthier lifestyle they desire.

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