

Trying to Lose Weight? 5 Household Items May Be Sabotaging You

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[Trying to lose weight](#) at the mall's food court is like trying to snag front row tickets to a sold-out Luke Bryan concert. Try as you may, it's just not going to happen. Compared to a food court, you'd think your home is a "safe space" for [dieting](#) efforts, but did you know that weight loss landmines could be lurking at your own home?

While most people consider eating too much to be the cause of their weight gain, common household items may actually be contributing to scale creep. We turned to the new book [The Micronutrient Miracle: The 28-Day Plan to Lose Weight, Increase Your Energy, and Reverse Disease](#), by Jayson Calton, PhD and Mira Calton, CN, to find out just what household items you may want to rethink keeping around. Could these sneaky sources of weight gain be sabotaging your slim-down goals?

1. Your treadmill



Source: iStock

Yes, quick bursts of intense running coupled with recovery breaks, can shock your body into weight loss, but the long, steady walks and runs people tend to do at home aren't doing your body as much good as they could be. "Your long bouts of cardio, reducing micronutrient levels and slowing metabolism, are not as effective as ZMT [Zero Movement Training, a 20-minute workout method described in the book, that is an advanced form of interval training that has you completely standing still for the majority of the workout while your heart rate soars, helping to burn more calories, but saving your joints.]," explain Jayson and Mira.

2. Bottled water



Source: iStock

"That BPA in plastic bottled water acts as an obesogen – making you pack on the pounds by increasing the number of fat cells in the body, promoting fat storage, altering [metabolism](#) in favor of storing calories as opposed to burning them, and directly affecting the hormones responsible for appetite and satiety," according to Jayson and Mira. Sick of gulping plain H₂O? Staying hydrated can help rev up [weight loss efforts](#), so to make your sips more interesting, try adding cucumber and jalapeno slices for a subtle kick, or slices peach and muddled raspberries, for a hint of fruit.

3. Teflon pans

Research shows that cooking at home can help you slash hundreds of calories come mealtime and be a boon for steady, sustained [weight loss](#) as compared to calorie-bomb meals at restaurants and fast food junk-fests. But did you know your pan could be putting your waistline and health at risk? "While Teflon nonstick coating can make cleanup a cinch, there is no easy way to get the toxins from it out of your system. The repelling action comes from a class of toxins called perfluorinated compounds (PFCs) that have been linked to increase the risk of cancer, ADHD, heart disease, infertility, and [obesity](#)," explain Jayson and Mira.

4. Your shampoo



Source: iStock

"Watch out for parabens, fragrances, sodium lauryl sulfate, and polyethylene glycol (often listed as PEG) in your [shampoos and conditioners](#)," say Jayson and Mira. "The parabens and fragrance found in shampoos and conditioners are both classified as obesogens," they add. While they might not effect your [weight loss efforts](#) as directly as, let's say, a dozen doughnuts, studies show that parabens mimic estrogen and have the ability to shift our natural hormones like crazy. File that one under "no, thanks."

5. Your laundry detergent

"You want your clothes to come out clean, not coated with a [film](#) of irritants and potential carcinogens, right? Remember, you will likely be wearing these clothes for hours, so anything on them will surely end up in you," offer Jayson and Mira. "The fragranced [detergent](#) and fabric softener are supplying you with a whole new definition of 'fat suit!' they add.