

## Toilet wisdom: Why some people never gain weight

A small group of people have been thin since birth and have always found it very difficult to gain weight. These individuals are likely born with a condition that is called 'constitutional thinness' or just 'natural thinness' in plain language (for more, [see here](#)).

Their low body weight is a bit of a mystery to scientists like us and cannot readily be explained by their diet and exercise habits.

...

One can, therefore, speculate whether this type of thinness is caused by a lower calorie absorption within the gut and/or a larger calorie excretion via urine.

[One study](#) shows that naturally thin individuals lose the same amount of fat in feces as other healthy humans do.

[Another investigation](#), however, shows that carbohydrates and protein excretion often differ to a greater extent between individuals. Thus, more thorough investigations are needed to test if differences in excretion of carbohydrates and proteins explain the low body weight.

People with a large fat mass are often [exposed to stigmatization and discrimination](#).

Follow the latest news and policy debates on sustainable agriculture, biomedicine, and other 'disruptive' innovations. Subscribe to our newsletter.

[SIGN UP](#)

[Body weight is almost as heritable as height](#) and neither body 'thickness' nor 'thinness' is about will power.

It is instead about e.g. the biology we inherit from our parents – and calorie excretion might one of the biological factors that explain why we do not all weigh the same.

[Read the original post](#)