

# Weight Management Membership Newsletter

## October

Fall is a wonderful time of year for a health and wellbeing reset. Getting back into regular routines after summer provides more structure helping you succeed.

Adjust your habits and hit the refresh button. You may feel more energy with the cooler weather. Use this heightened energy and set new goals for yourself, building momentum towards a healthier, happier you.

### Exercise

**The most important exercise is the one you will do.” Dr Kim Sunshein CNP**

But I just do not have time to exercise.....

When the kids practice sports, this is a perfect time to exercise.

What activities are on the agenda this year? So many parents have trouble finding time to exercise because they are juggling school with sports and other daily activities. But here is an idea: instead of reading a book or checking your social media during your son's soccer practice, walk or jog around the field while he is practicing. If your daughter has marching band practice in the afternoon, that is the perfect time for you to walk up and down the stadium bleachers. If your kids have swimming practice, find out if you can swim in a separate lane or smaller pool. Maximize your time and find a way to be active. Even if you do not have kids, the cooler weather is the perfect time to get outside and get active.

The ultimate exercise goal is to include both cardiovascular and strength training 3-5 times weekly. This will boost metabolism and help accelerate weight loss. Having adequate muscle mass also helps maintain your weight loss.



### Nutrition/ Mental Health

**Sugar addiction is both a nutritional and mental challenge.**

## **Conquer your sugar addiction one step at a time.**

Working to overcome sugar cravings is challenging, but worth the effort. Decreasing sugar intake helps regain control of appetite, creates a steadier elevated energy, and sharpens mental clarity. A major cause of cravings is eating processed, sugary sweet foods. They initially give you a quick energy boost, but set off a vicious cycle of sugar cravings. Studies have shown refined sugar is more addictive than opioids. Sugar addiction is REAL!!! Animal studies have shown refined sugar is more addictive than cocaine, heroin, and morphine. Animals will choose an Oreo over opioids due to the perfect combination of sugar and fat that hijacks the reward center in the brain (The Hunger Fix- Dr Peeke).

### **3 Steps to reset sugar cravings.**

**Taper-** Sugar intake first creates awareness about how much sugar you are consuming daily - Identify your trigger foods and times of day you snack. Start cutting back on the number of times in a day you have sugar.

**Transition-** Trade higher sugar content foods for lower ones- swap cookies for fruit or chip/crackers for nuts. These exchanges help reset your sugar sensitivity and desire for sugar.

**Transform** your body into a fat burner not a sugar burner, helping to heal your metabolism. One of the fastest ways to decrease sugar cravings is eating protein. When your body is low in protein and you need energy, you crave foods that provide fuel fast ie. sugar and carbohydrates.

**CELEBRATE** your progress. Focus on the small positive changes you are making and keep moving towards the goal.

For more information on cutting sugar addiction

Check out the book- "Sugar Impact Diet " by JJ Virgin

CORE RESTORE Weight Loss

Jumpstart Program



Supportive Detoxification Program- restores the body's ability to eliminate toxins and maintain optimal liver function.

**Day 1 & 2 Nutritional shakes** (AM PM) with protein and fiber mixed with almond or coconut milk help you feel satisfied. (2 alpha base capsules- Multivitamin & minerals that support detoxification).

**Day 3 Add** Healthy eating plan to supplement your 2 shakes(recipes/recommendations provided).

Begin Phytocore capsules (2 in AM, 2 in PM) which further support detoxification & toxin release.

**Day 4-7 Continue** Core Support shakes AM/PM plus approved foods & recipes with foods that support detoxification.

**May repeat for 14 Days.**

Benefits of detoxification are improved control over food cravings and lifestyle choices. Improved fatigue, congestion, brain fog, indigestion, bloating and muscle aches.

Follow an organic, low glycemic index, no sugar, no flour diet during the detox program. Add back in foods checking for intolerances slowly for maintenance program. Available at IHC, HHC mason and online store happy hormone cottage \$99.00

### **Client Spotlight Lessons learned**

Stephanie Henry Age 47 5'6" Starting weight 173- July 2022 Current weight 121 Loss - 52lbs



**What was your motivation, your why for starting this weight loss journey?**

“I was at the heaviest weight EVER, blood pressure was high and none of my clothes fit. Additionally, home life changes brought to my attention it was more important than ever to become healthy again. Weight loss is about much more than a number on the scale. It starts with a goal and having focus, staying clear headed and being honest and true to yourself. The shot is not magic, and you must accept that changes have to be made in poor eating habits to succeed long-term.

### **Recommendations to others starting the journey**

Semaglutide (for me) suppressed thirst so make sure you stay hydrated and are eating ENOUGH! Protein is especially important. Also, do not get discouraged. When you find yourself in a plateau (which is normal), try adding more water, protein and adjusting the

injection site. I would also recommend some kind of physical activity, does not matter what you choose but do it consistently. Minor changes add up and make all the difference.

### **Inspirational Quote of the month**



### **Research to review**

YouTube video, “Sugar: The Bitter Truth”

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