

# Weight Management Newsletter

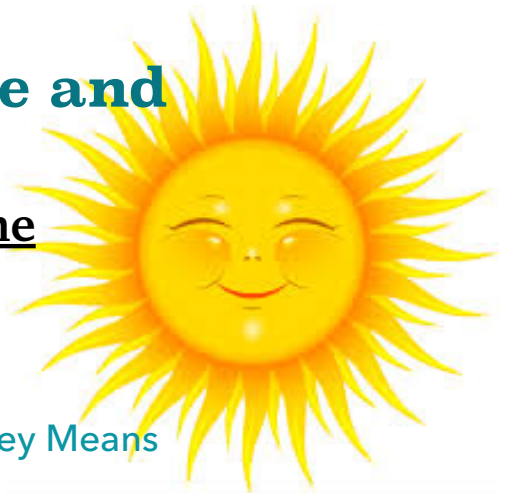
## SUMMER ENERGY

**ENERGY: The key to health, metabolism, avoiding disease and aging well**

How to get it and maintain it utilizing the

“6 Good Energy Eating Principles”.

6 Principles for optimal energy and health by Dr Casey Means



**1**

Food determines your cell structure and Microbiome.

This directly impacts metabolism, mood and longevity.

**2**

Eating should be the process of matching cellular needs to oral intake. Good choices meet cellular needs and damaging substances lead to disease.

**3**

Food is how you communicate with your cells. Optimal choices meet your bodies nutritional needs. Poor choices may lead to poor health.

**4**

### CRAVINGS

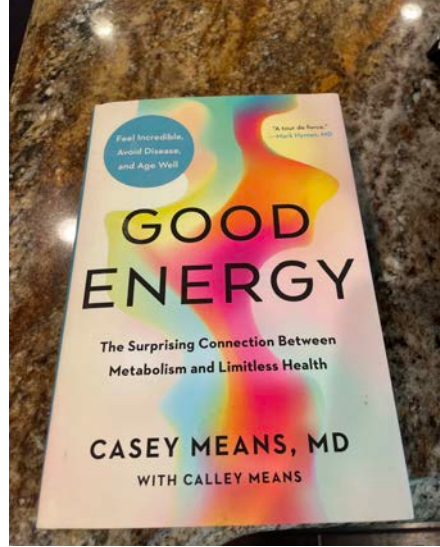
Result from mixed messages to your cells. Combat food cravings by eating real, unprocessed foods that meet nutritional needs and send signals to cells that stop cravings.

**5**

Ignore “Diet Culture” and just focus on eating unprocessed foods as your meal plan.

**6**

Find awe and appreciation in food. Enjoy eating well and feeling great. Share this experience with friends and family.



## **Metabolism & Limitless Health**

In her new book, “[Good Energy](#)”, Dr. Casey Means lays out her thesis for what is wrong in U.S. health care and how patients can take their health into their own hands. She and her co author, Calley Means, her brother, delineate how common diseases and symptoms that plague Americans are rooted in issues like poor nutrition, lack of movement, and problems with sleep.

She links many of these chronic problems to troubles in our mitochondria, the **powerhouses of our cells**. “**The most foundational level of health is how our cells are powered,**” says Means, “**You could have a Ferrari and if it has no gas, it will not run. So ‘good energy’ is a term to help us understand what we're striving for when we're doing all these dietary and lifestyle investments.**”

Our food patterns, sleep, movement patterns, our emotional health and stress, our relationship with light, our relationship with temperature, and our relationship with toxins.

When we think about food, 70% of our calories are ultra-processed, industrially-manufactured, nutrient-depleted food with lots of synthetic additives, which are essentially under-nourishing our cells.

We are sleeping less. And it's not just quantity, the quality and consistency of our sleep is also problematic. Americans are investing more than ever in exercise -- we actually have doubled fitness center memberships since the year 2000 -- and yet obesity continues to climb.

A big part of this, I believe, is we have taken movement out of the fabric of everyday life and then basically told people that exercise can replace that. But biochemically that's not true. A bout of exercise is very important for the body, but moving throughout the day in a low-grade way actually sends a stimulus to our cells to constantly dispose of glucose and use it throughout the day, which can have a profound impact on our metabolic health. So in a sense, our obsession with exercise while still being radically sedentary for most of the day, is not really working for us.

Refer to Dr Casey Means new book “[Good Energy](#)” for further recommendations on how to get and keep amazing energy levels.

# Benefits of Body Weight Resistance Training



## What is training with your own body weight?

Training with your own body weight includes the "core basics". This includes exercises such as pull-ups, push-ups, crunches, squats and rowing, as well as basic movements such as jumping, sprinting and climbing. All in all, the workouts aim to maximize the strength of the body and optimize performance.

Training with your own body weight can also serve as a kind of preparation for other types of training. For example, even people who have never seen the inside of a gym are advised to start with bodyweight training before moving on to "bigger tasks". In addition, the training contributes a great deal to a lower susceptibility to injury and it reduces the risk of performing other exercises in an incorrect posture. Keeping all of these aspects in mind, let's take a look at the top reasons to workout with your own bodyweight....

### VARIETY AVOIDS BOREDOM

One of the main reasons why many can't do anything with traditional strength training is that it gets boring after a while. Boredom is a very big demotivating factor and can prevent exercisers from reaching their goals. This makes it all the more important not to lose the desire to train and to stay focused. And that's exactly what training with your own bodyweight does!

### HIGHLY EFFECTIVE

Training with your own bodyweight increases your physique many times over. And in a very short time. It does not require any equipment and you can always vary between exercises to adjust the load. These aspects make the training interesting also for those who have a busy schedule and do not want to torture themselves to the gym every Wednesday morning, since this is the only free period in the week. Instead, you can easily "pump" at the office, in your apartment or in the park.

## **IMPROVE BALANCE**

You want to improve your overall balance, working out with your own bodyweight is right up your alley! Exercises like Pistol Squats are not only extremely challenging, but can help you achieve better balance. Not everyone can stand on one leg for more than a second. If that's exactly your goal, we highly recommend bodyweight training. The reason why training with your own bodyweight is so good for balance is that it promotes inter- and intramuscular coordination.

## **STRONG CORE**

Training with your own bodyweight gives you a strong core, which is due to the fact that the exercises activate different muscles of the upper body (arms, abs, chest, ...). If you want to build even more power and train your core even more intensively, you can additionally use paralettes ( 2 small parallel bars)to complete the most challenging exercises.

## **OPTIMIZING BLOOD SUGAR**

We've already told you that bodyweight training can help you prevent injuries and diseases like diabetes. Likewise, cardiovascular exercises, which are an essential part of training with your own bodyweight, can boost your overall vitality. Not only do the workouts lower your blood pressure, but they also lower your blood sugar levels and triglycerides. These three factors have a huge impact on your overall health! So by combining exercises like push-ups, pull-ups, and burpees, you can create a workout that targets your health.

For additional information and workout ideas check out the following link

<https://www.pullup-dip.com/blogs/training-camp/top-20-reasons-for->



Omega 3s should be a staple supplement for **EVERYBODY** as the current American diet is 20:1 ratio of omega 6 to omega 3. The optimal ratio is 2:1. The only way to get to that ratio is by supplementing with high dose quality omega 3s (Call it weapons grade omega 3).

Omega 3s are deemed “essential” because we need them for proper health—much like certain vitamins and minerals but cannot produce them on our own. We must therefore consume these fats through diet or supplementation. Since omega-3 fatty acids are known to benefit cardiovascular health, support healthy brain function, cognition, and have also been proven to maintain a healthy inflammatory response. Achieving the proper balance of omega-3s has become an important health strategy, requiring supplementation for most people. The American Heart Association recommends that those concerned about blood lipids take up to 4 g of omega-3 fatty acids per day.

We need to combat the high levels of omega 6 found throughout the standard American diet in seed oils, soybean oil and hydrogenated oils. The imbalance of omega fatty acids can contribute to cardiovascular disease, cancer, inflammatory disease and insulin resistance.

HHC omega 3 is a **TRI-GLYCERIDE** form. This is the gold standard for omega 3s in terms of data and effectiveness...

We are selling our OMEGA 3 at wholesale pricing.. Equivalent products are \$50 retail.. And we are \$25- available at [happyhormonecottage.com](http://happyhormonecottage.com)



# Client spotlight

**Jillian Haines**

**Age 39yo**

**Height 5'4**

**Start Weight- 160 lbs.**

**Current Weight -130 lbs.**

**Weight loss- 30 lbs.**



## **What was your motivation for beginning your weight loss journey?**

I struggled with fatigue, low energy and lack of confidence due to body image. Needed to make a change and found out about the Weight Management Program through a co-worker who had been successful with the program. I'm so happy I began this journey. It has truly been life changing, I feel so much better about myself.

## **What lessons did you learn?**

Believing in yourself is the first step to making long lasting change. With focus and patience you can achieve anything that you are determined to do. I had tried almost every other weight loss plan in the past with little success. This program works for those willing to put in the time and effort to create change for themselves. It is definitely worth the time, effort and money.

## **What recommendations would you give others beginning their journey?**

Believe in yourself, You CAN lose weight and live as a healthier person. Don't be in a hurry to get to your goal weight, this process takes time and will be more sustainable for the future if done correctly. Use the help available in program participate in follow up calls, ask questions and know that Dr Kim is there to support you along the journey.