

Weight Management Newsletter



The trip of a thousand miles begins..with the first step towards moving more!!

In addition to getting at least 30 minutes of moderate-intensity exercise most days of the week we should also resistance training to build up muscle strength twice a week. But some exercise, even if it is pretty minimal, is better than none, particularly among people who are very sedentary.

So in that spirit, we've made suggestions for ways to become a little bit more physically active.

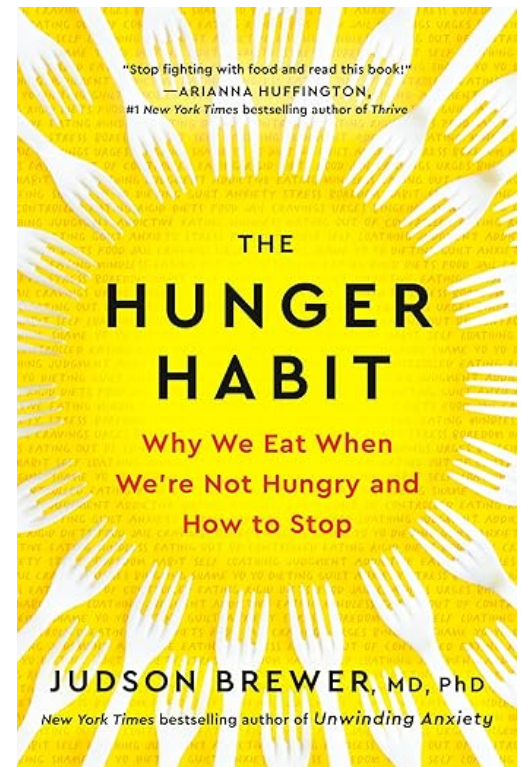
1. Take the far away spot. Walking from the farthest corner of the parking lot will burn a few calories. If it's a parking garage, head for the roof and use the stairs.
2. Walk to the next stop. If you take a bus or train, don't wait at the nearest stop. Walk to the next one. Or, at the end of your journey, get off a stop early and finish up on foot.
3. Hang loose. During your bus or train trip, stand and don't hold on too tightly. You'll improve your sense of balance and build up your "core" back and abdominal muscles.
4. Get into the swing of it. Swinging your arms when you walk will help you reach the brisk pace of 3 to 4 miles per hour that is the most healthful.
5. Walk and talk. If you are a member of a book group, propose 15 to 20 minutes of peripatetic discussion of the book before you sit down and chat.
6. Walk while you watch. Soccer moms, dads, and grandparents can circle the field several times during a game and not miss a single play.
7. Walk tall. Maintaining good posture — chest out, shoulders square but relaxed, stomach in — will help keep your back and abdominal muscles in shape. Besides, you'll just look a whole lot healthier if you don't slouch (mom was right).
8. Adopt someone as your walking, jogging, or biking buddy. Adding a social element to exercise helps many people stick with it.
9. That buddy might have four legs. Several studies have shown that dog owners get more exercise than the canine-less.
10. Be part of the fun. Adults shouldn't miss a chance to jump into the fray if kids are playing on a playground or splashing around in the water. Climbing on the jungle gym (be careful!) and swinging on a swing.

Mindful Eating

How do you know if an urge to eat comes from actual hunger or something else?

People who have ignored true physical hunger with dieting and restricted eating creating a disconnect between the brain and body.

Stop feeding your feelings. Find a way to interrupt habit loops by relearning cues from the brain and body.



KEY CONCEPTS “The Hunger Habit” by Judson Brewer

We experience eating as something we do, and unhealthy eating habits as something we have inflicted upon ourselves.

We feel bad for ourselves when we experience anxiety, but we judge ourselves for having a difficult relationship with food.

How we eat is more important than what we eat.

Eat this and not that is not that simple. Willpower is more myth than muscle.

If you’ve had a habit of overeating for years or decades, you don’t need to spend years (and decades) to shift that behavior.

We often think of cravings as obstacles that we need to endure or fight – but when we look at our experiences with curiosity, we can instead see cravings as teachers.

For change to happen, kindness is key for awareness to help us learn.

The Process of Changing Your Relationship to Eating:

1. Map your habitual eating patterns and loops
2. Change the reward value of eating behaviors in your brain
3. Find more rewarding behavior

Maintenance Plan

Semaglutide and Tirzepatide

So you've lost the weight on semaglutide or tirzepatide, now what? If you've been utilizing our coaching program, then the behavioral changes associated with coaching on diet and exercise are designed to assist you in maintaining your weight. But what if you're continuing to diet and exercise, doing everything you're supposed to do but still regaining weight?

We have created maintenance options to help. Normally we wouldn't recommend taking medication for the rest of your life but you'll have to do something for the rest of your life to keep the weight off. Either diet & exercise alone or combined with medication. The good news is these medications, semaglutide, the active ingredient in Ozempic and Wegovy, or tirzepatide, the active ingredient in Mounjaro, are part of a class of medications, GLP-1 receptor agonists, that have been around for over 20 years – so we know the side effects, mostly gastrointestinal in nature (nausea, vomiting, constipation and diarrhea). And these side effects, if they occur, are tolerable and dissipate completely in most patients. These medications have been shown to be safe for extended usage, seen in long term use by diabetics.

We've developed three options for patients that want to keep taking these medications. You pay by the bottle when needed and follow up visits are every 3 months. We also provide additional supplements to maintain weight.

1. **Weekly dosing** – patients can continue taking these injections once per week but at a lower dose.
2. **Less frequent dosing** – the normal dosing regimen is once per week but patients who feel the appetite suppression effects of the medication last for 10 days or even 2 weeks can take the same amount less frequently.
3. **Oral Supplemental Package**- Weight Loss Bundle #2 in online store at happyhormonecottage.com

Melissa

Age 44yo

Height 5'4

Start Weight- 178 lbs.

Current Weight -127 lbs.

Weight loss- 51 lbs.



What was your motivation for beginning your weight loss journey?

My best friend was a patient first-- and had lost seventeen pounds; I was at a point where I didn't feel good in my skin, and wanted to make a change.

What lessons did you learn?

I learned that it's ok to prioritize myself. As a mom of three very active children, I hardly feel like I have time for myself. Making the time to exercise daily has been a HUGE help in managing my mood. I also learned that I don't need to be a part of that "clean plate club" we learned about as children. I'm eating when I'm actually hungry, not just because it's "time to eat." I've also learned to increase my protein. I'm a carb lover. I still eat my carbs, but I make sure I have protein as well, and that's helped me push forward.

What recommendations would you give others beginning their journey?

Know that you can do it! You'll need to make some lifestyle changes along the way, but you CAN! No one is coming to save you but YOU—and you are worth it!

Before



After



Supplement of Month- Maintenance Support

\$155.00

Combination of 3 supplements to maintain health and weight after completing semaglutide therapy

Contains 3 supplements

MitoPro

A combination of essential vitamins and minerals, with high dose B-Vitamins and antioxidants like NAC, Acetyl-L-carnitine, Lipoic acid, and others. MitoPro improves cellular energy by stimulating mitochondria as well as improving detoxification.

Lipo burn

is a potent supplement for those seeking to optimize their metabolism and cardiovascular health. This blend includes Green Coffee Bean Extract, Magnesium, and a raw material called Metabolaid® (made up of Hibiscus & Lemon Verbena Extracts) that has been featured in 7 clinical trials showing its support for weight management, satiety and appetite control, and healthy blood pressure.

- Green Coffee Bean Extract has been shown to reduce body mass by interacting with fat accumulation and lipid metabolism
- In 2 clinical trials Metabolaid when combined with dietary change showed an average of 9lbs of weight loss in a matter of 8 weeks. Subjects also saw improvements in blood pressure and resting heart rate.
- In a 12-week trial with 84 volunteers and no dietary change, Metabolaid helped subjects lose an average of 5lbs of fat, with continued improvements in blood



LiverPro

Used to help increase fat clearance during weight loss so not to put an extra burden on the liver especially those who have NAFLD. It was formulated to support optimal liver function and fat metabolism, and assist in maintaining healthy blood pressure and cholesterol levels. LiverPro contains Bergacyn FF (Bergamot extract and Artichoke Extract blend) and Aged Black Garlic. The ingredients work synergistically for enhanced cardiometabolic health.