

Weight Management Newsletter



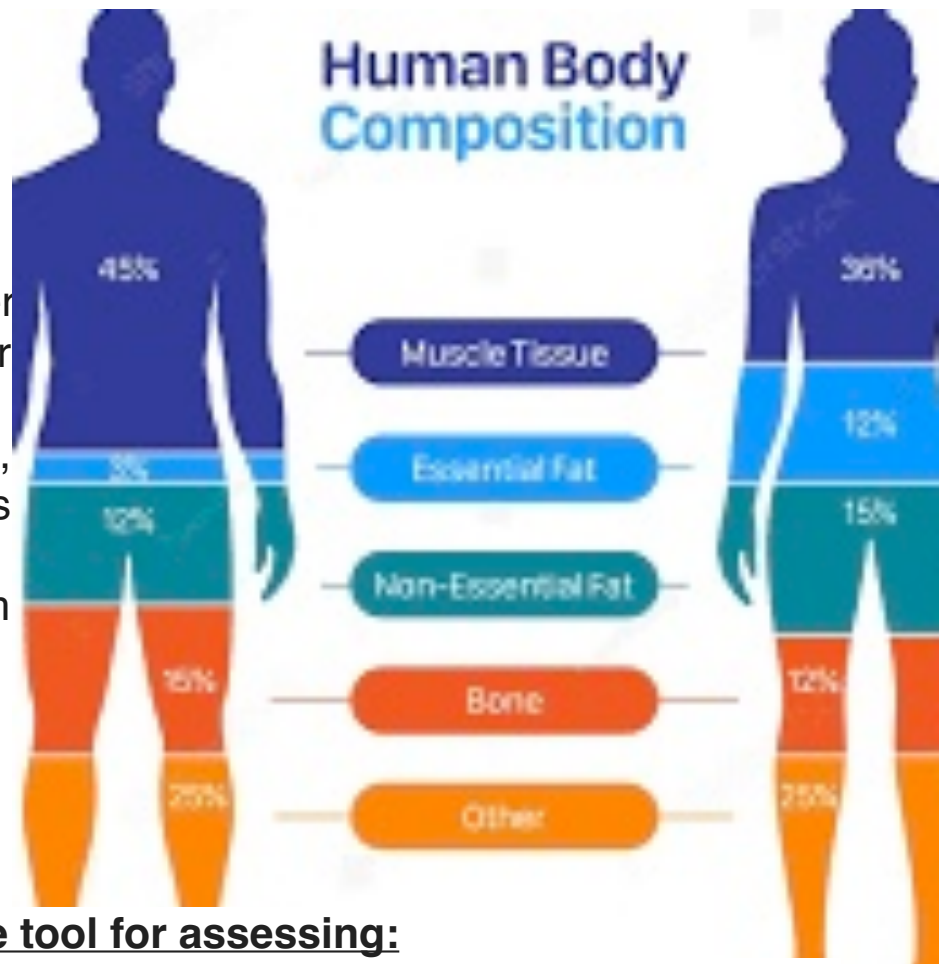
Bridge the Gap... between you and your ideal weight.

What is your ideal weight? Ask yourself, what was a weight you were at in your past where you felt and looked good? It's not always about just the BMI charts. Everyone is unique. You have to determine this for yourself.

Ideal weight is not just determined by a BMI chart because all body compositions are different. Different people look their best at different weights. In weight loss many times you will experience changes in body composition prior to seeing changes on the scale. Eventually your body will catch up and your weight will adjust. Be patient, that's why its called a weight loss journey.

Body composition

is a term used often by doctors and health and fitness professionals. It refers to the percentage of fat, bone, and muscle in your body. It can give your doctor a better idea of your physical health and fitness, rather than your body weight alone. Your doctor may use it to learn more about your nutrition, health status, and risks of disease. In the fitness world, it's used to keep track of how effective a particular program is for fat loss and muscle gain.



Body composition is a valuable tool for assessing:

- **Health status:** Body composition assesses the percentage of fat in the body. Having excessive body fat, especially fat around organs (visceral body fat), increases the risk of many health conditions, including heart disease, diabetes, and [several cancers](#).³
- **Fitness levels:** Athletes and fitness enthusiasts can use body composition as a tool to track their lean muscle-building progress. Body composition helps athletes optimize their strength, endurance, and overall athletic performance.⁴
- **Nutritional status:** Body composition can help you and your healthcare provider understand if you have too much or too little body fat relative to your weight. Having excess fat increases the risk of metabolic health issues, including [insulin resistance](#), imbalances of cholesterol and [triglycerides](#), high blood pressure, uncontrolled blood sugar, and slowed metabolism. Body composition is therefore an effective tool for monitoring and reducing these risks.⁵



To achieve goals you've never achieved before, you need to start doing things you've never done before.

Stephen R. Covey

quora.com

NEW IDENTITY-NEW YOU

Long term success requires identity changes for sustained results. Many times we fail to consider identity change ,when we seek self improvement. We think, “I want to lose weight (outcome) and I'll achieve this by doing a diet (process)”. We often set the goal without considering the beliefs that drive our actions. Improvements are only temporary until they become part of who we are. You must create a new identity of the person you want to be, living at your ideal weight.

Form new habits and a new identity using small steps.

Your identity is not going to change just because you've snapped your fingers, but recognizing which identity you're working towards is the first of many tiny steps towards becoming the person you want to be.

These tiny steps are simply habits which accumulate over time.

- Each time you go start a workout, you are becoming an athlete
- Each time you write a page, you are becoming a writer
- Each time you eat healthily, you are becoming a healthy person

Deciding the type of person you want to become is the first hurdle; The second is to take small steps towards that version of yourself by creating new healthy eating habits.

Supplement of Month

GI Stem Dosing for GLP-1 Agonist Patients

- If a BM hasn't occurred for 3+ days - Start with 2 capsules at night, then 2 the following morning and 2 that night until a BM occurs then cut back to 2 each night until daily BM occurs.
- If for prevention/mild constipation, 1 at night should do the trick.
 - *except on dose increase days (when the drug dose is increased) then they take 2 caps each night for the first 2 days after a dose increase
- For nausea/excessive fullness -- take 1-2 in the morning depending on severity.

Available in on-line store

happyhormonecottage.com

Or IHC pharmacy



HHC GI Stim 60 Ct



\$40.00

GI Stim is a patented combination of ginger (*Zingiber officinale*) and artichoke leaf extract (*Cynara cardunculus L.*) delivered at a clinically proven dose to restore gastric motility, improve digestion, and relieve temporary gastric discomfort.

Clinical Application

- Stimulates Gastric Motility and Emptying
 - Promotes Cleansing of the Gut
 - Supports Microbial Balance in the GI Tract
- GI Stim is a combination of ginger (*Zingiber officinale*) and artichoke leaf extract (*Cynara cardunculus L.*) delivered at a clinically proven dose to restore gastric motility. This distinctive blend of bioactives promotes contractions in the migrating motor complex, helping to restore proper motility, which ensures the steady flow of food particles and bacteria through the small intestine. In addition, it provides support for improved digestion and relief from temporary gas, bloating and associated GI discomfort.

Client Spotlight

Carmel
Age: 43
Height: 5'5"
Starting Weight: 244
Current Weight: 175
Total Loss: 69



Motivation

My motivation to lose weight has been driven by a desire to keep up with my kids. I have 3 young, active children and I didn't have the energy or mobility to keep up with daily tasks, let alone play around with them. I have really struggled to lose weight the last couple years and had even gone in the opposite direction by gaining 40lbs in a very short period of time. I finally decided it was time to contact Happy Hormone Cottage to see if my thyroid was to blame for my struggles and I'm so thankful I did. Not only was I able to get my thyroid in order but I also took the opportunity to start my weight loss journey and I haven't felt this great in years.

Lessons Learned

I learned pretty quickly to front load my day with as much protein as possible. By starting with 30+ grams of protein at breakfast, I find it easier to reach my protein goal for the day. I also seem to feel fuller and more satisfied which helps with staying on track. Another factor I learned was how important fiber is and how I wasn't eating nearly enough of it. I think finding a balance of protein, fiber, and water that works for you is extremely helpful.

Recommendations

Start today, even if it's small or slow. Like with many things in life, the important (and often hardest) part is just getting started. Once you get going, take it one day at a time and don't get discouraged. Even small changes, when consistent, can lead to big outcomes, and before you know it, you're looking back at how much you've accomplished.